
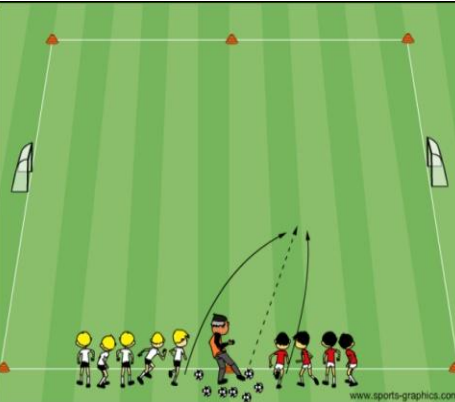
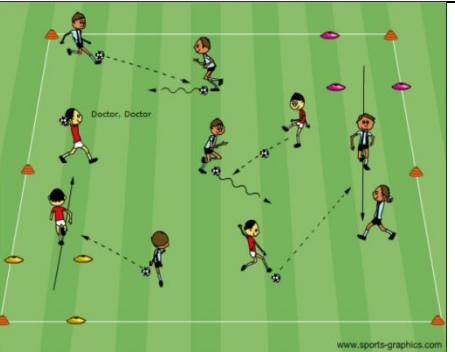



(U6) --- Week 10

Activity 1	Activity Description	Time
	<p>Egg Hunt: In a 15x20 yard grid two or three player are the kangaroos and the other players are dribbling. The kangaroos are trying to tag the dribblers. Once a dribbler is tagged, he/she turns into a kangaroo.</p>	<p>6 minutes</p>
	<p>Get "Outta" There: The players are divided into two teams, and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta here".</p> <p>Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service.</p>	<p>6 minutes</p>
	<p>Doctor Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p>	<p>6 minutes</p>
	<p>Cops and Robbers: The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group in half cops and half robbers, and place the cops' balls on top of discs.</p>	<p>6 minutes</p>
<p>Scrimmage</p>	<p>Activity Description</p>	<p>Time</p>
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>