

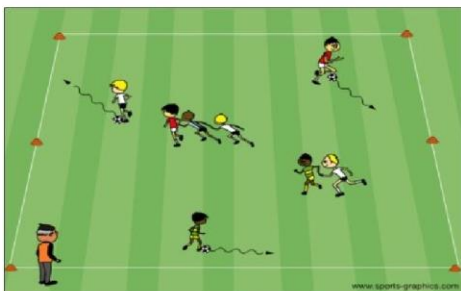



# HSC Future Phantoms (U5-U6) – Week 2

Activity 1	Activity Description	Time
	<p><b>Free Dribble:</b> All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p><b>Coach:</b> Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p><b>Version 2:</b> Coach can put pressure on players dribbling.</p> <p><b>Version 3:</b> Players can dribble at each other and perform a move and accelerate away.</p>	6 minutes
Activity 2	Activity Description	Time
	<p><b>Hit the Dirt:</b> All players are dribbling in a 15x20 yard grid. When the coach says “Hit the Dirt”, the players must stop the ball and lie on his/her chest on the ground. When the coach says “Up” each player gets up and dribbles again.</p> <p><b>Variation 2:</b> When the coach says “Hit the Dirt”, the players hit the ground and jump up again.</p>	6 minutes
Activity 3	Activity Description	Time
	<p><b>Snake:</b> All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p><b>Coach:</b> Encourage the snake players to hiss.</p>	6 minutes
Activity 4	Activity Description	Time
	<p><b>Freeze Tag:</b> All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p> <p><b>Coaches:</b> One coach may be the freeze monster while another is unfreezing players.</p> <p><b>Version 2:</b> Players can unfreeze each other by tagging them.</p> <p><b>Version 3:</b> Players can unfreeze each other by kicking the ball through their legs.</p>	8 minutes
Scrimmage	Activity Description	Time
3v3 or 4v4	3v3/4v4 in your practice area or 4v4 against team practicing next to you	20 minutes