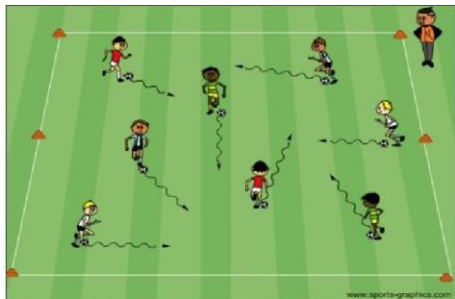





HSC Future Phantoms (U5-U6) – Week 3

Activity 1	Activity Description	Time
	<p><u>Paint the Field:</u> All players will dribble their soccer ball in a 15x20 yard grid pretending that it is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Variation 2: Ask the players to dribble their favorite foot and then dribble with your other foot.</p>	6 minutes
Activity 2	Activity Description	Time
	<p><u>Kangaroo Jack:</u> In a 15x20 yard grid, two or three players 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>	6 minutes
Activity 3	Activity Description	Time
	<p><u>Crab Soccer:</u> Have 3-4 players without soccer balls inside a 15x 20 yard grid acting as crabs. These crabs are standing upright. The other players start anywhere in the grid and when the coach says “GO” they dribble their soccer balls around, avoiding the crabs. The crabs try to kick the balls out of the grid. If a dribbler’s ball goes out of the grid, that player becomes a crab as well. Play until all players turn into crabs.</p>	6 minutes
Activity 4	Activity Description	Time
	<p><u>Ball Tag:</u> All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	8 minutes
Scrimmage	Activity Description	Time
3v3 or 4v4	3v3/4v4 in your area or 4v4 against the team practicing next to you	20 minutes