
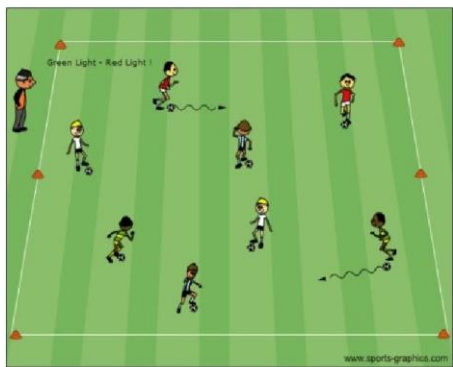
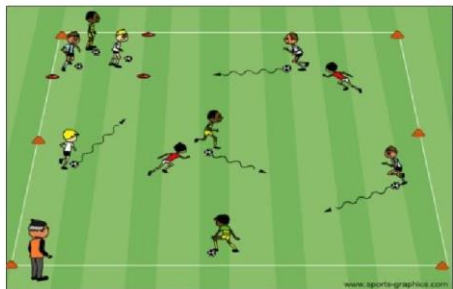
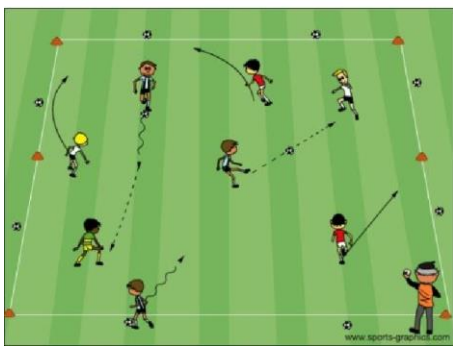


# HSC Future Phantoms (U5-U6) – Week 7

Activity 1	Activity Description	Time
	<p><b>Gate Dribbling:</b> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p><b>Coach:</b> Have players keep count of how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	6 minutes
Activity 2	Activity Description	Time
	<p><b>Red Light/Green Light:</b> All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p><b>Coach:</b> Control the frequency of light changes. You can also add other light colors (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball).</p>	6 minutes
Activity 3	Activity Description	Time
	<p><b>Shrek/Spiderman/Sponge Bob:</b> All players with a ball (dribblers) with the exception of two players who wear pennies (Shreks) in a 15x20 yard grid. The players with pennies are trying to tag the dribblers. Once tagged, the players must go to the castle/spidernet. Dribblers can only get back if another dribbler tags them or the coach uses his/her magic powers.</p> <p><b>Coach:</b> Make sure all players have a chance to be a Shrek.</p>	6 minutes
Activity 4	Activity Description	Time
	<p><b>Catching Robbers:</b> All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p><b>Coach:</b> Place the balls that are not being used around the perimeter of the grid.</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