



US YOUTH SOCCER
YOUTH MODULE

ACTIVITY 1

? STEPS TO HEAVEN

1. ON THE RUN
2. SOLE OF THE SHOE
3. ON THE KNEE
4. HEAD TO THE FLOOR
5. STAYING ALIVE
6. DO SOME TRICKS
7. BALL TO HEAVEN
8. SWAP WITH A MATE
9. BALL'S ALL MINE
10. DO IT ALL AGAIN

DRIBBLING ACTIVITIES

ACTIVITY	RULES/SET UP	EQUIPMENT	KEY FACTORS
MATH DRIBBLE	-BALL EACH -PLAYERS TO DRIBBLE UNTIL COACH GIVES A MATH PROBLEM THEN WORKOUT THE ANSWER TO SPLIT INTO GROUPS	CONES BALLS	-USE ALL PARTS OF YOUR FEET TO DRIBBLE -LOTS OF LITTLE TOUCHES TO CONTROL -KEEP YOUR HEAD UP, LOOK FOR SPACE
GATES	SQUARE GRID WITH SEVERAL SMALL GOALS WITHIN THE AREA. EACH PLAYER MUST DRIBBLE THROUGH AS MANY GOALS AS THEY CAN IN A TIMED PERIOD.	BALLS CONES	-FIND SPACE -CHANGE SPEED -CHANGE DIRECTION

WACKY RACES	- 2PLAYERS RACE IN A FIGURE 8 OF PLAYERS TO TRY TO TAG EACH OTHER	BALL EACH	CLOSE CONTROL CHANGE OF SPEED
WHO LET THE DOGS OUT	-SPLIT INTO 2 TEAMS (ONE PAPER BOYS/GIRLS THE OTHER DOGS -PAPER BOYS/GIRLS MUST DRIBBLE THEIR BALL ACROSS THE SQUARE TO THE OTHER SIDE - DOGS, IN A CRAB POSITION, MUST TRY TO STEAL THE BALL WITH THEIR FEET -GAME ENDS WHEN ALL OF PAPER BOYS/GIRLS ARE CAUGHT	BALLS CONES BIBS	CONTROL CHANGE OF SPEED/DIRECTION

PASSING ACTIVITIES

<i>ACTIVITY</i>	<i>RULES/SET UP</i>	<i>EQUIPMENT</i>	<i>KEY FACTORS</i>
WORLD CUP PASSING	-PLAYERS WITH A PARTNER -ONE PLAYER TRYs TO KNOCK OF A BALL ON A CONE TO SCORE A POINT -PLAY TO CONCLUSION -WINNERS MOVE UP	BALLS CONES	-STANDING FOOT NEXT TO THE BALL - TOE TO TARGET -LOCK ANKLE -SIDE OF FOOT/ MIDDLE OF BALL

DEER HUNTER	<ul style="list-style-type: none"> - PLAYERS WITH PARTNER MUST RUN ROUNG GRID LINKED TOGETHER - 2 PLAYERS WORK AS A TEAM TO TRY TO HIT PLAYERS FROM THE KNEE DOWN WITH THE BALL - TIMED ACTIVITY 	BALLS CONES BIBS	WEIGHT, ACCURACY AND TIMING OF PASS
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SHOOTING ACTIVITY

ACTIVITY	RULES/SET UP	EQUIPMENT	KEY FACTORS
HIT THE COCONUT	<ul style="list-style-type: none"> - BALLS ON TOP OF CONES IN THE MIDDLE OF THE GRID - 2 TEAMS, ONE AT EACH END, TRY TO KNOCK THE BALLS OF THE CONE TO SCORE A POINT. 	BALLS CONES	<ul style="list-style-type: none"> - USE LACES TO STRIKE - POINT TOE DOWN - FOLLOW THROUGH - POINT SHOULDER TO TARGET - LAND ON STRIKING FOOT

HEADING ACTIVITY

- HEAD OUT OF OWN HANDS
- HEAD TO PARTNER
- SELF TOSS HEADER
- PARTNER TOSS HEADER
- CRAB HEADER
- KEEP UP HEADERS

HEADING GAME

- 2 AT EACH END
- PARTNER TOSS, HEAD TO GOAL

SMALL SIDED GAME

<i>ACTIVITY</i>	<i>RULES/SET UP</i>	<i>EQUIPMENT</i>	<i>KEY FACTORS</i>
HIT THE BARREL	3V3 TO SCORE YOU MUST HIT THE BARREL WITH THE BALL.	CONES BALLS BIBS	<ul style="list-style-type: none">- TRY TO MOVE TO RECEIVE A BALL- KEEP A TRIANGLE WHEN YOUR TEAM IS IN POSSESSION- SHOOT ON SIGHT