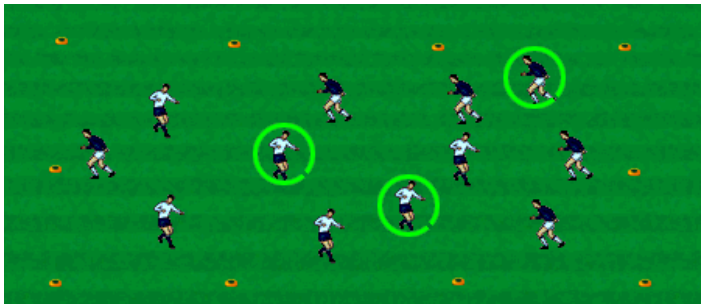
Activities for 5-8 year-olds
Rob Herringer

Activity, Description, and Progression	Diagram	Coaching Points
Warm-up- **VEST TAG** - All players inside grid - Three players are "it" and try to throw and hit other players w/ vests - If hit, player picks up vest and is "it" - ADD balls for "safety" Players with ball cannot be hit with vests (must pass)		1. Have Fun! 2. Teach proper stretching (dynamic) 3. Get them excited about playing soccer
DRIBBLING ACTIVITIES **Free Dribble** - right foot only - left foot only - magic **Belly Button Tag** **Sharks and Minnows** **Freeze Tag**		1. Frequent ball contact 2. Use of both feet and different surfaces 3. Foster creativity 4. FUN! 5. Learning by doing

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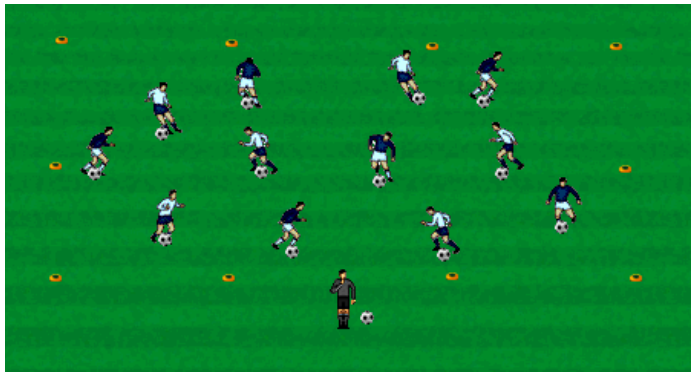
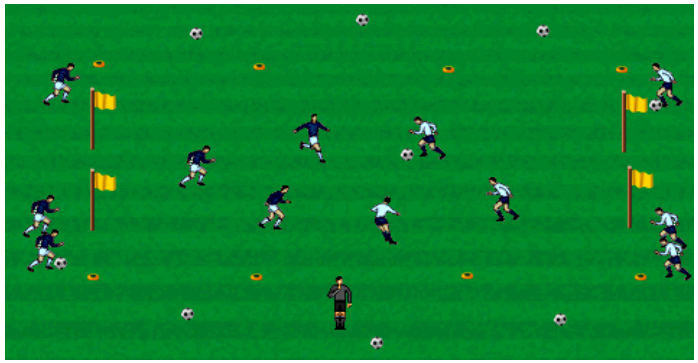
STRIKING THE BALL ACTIVITY **Ships and Subs** - One team is the "ships" who try to dribble around and prevent their balls from being hit by the "subs" - Other team, "subs", try to kick their balls into the ships' balls for a point		1. Show the use of the different surfaces (short ball= inside, long ball= laces, etc.) 2. Coach can also touch on dribbling points (shielding, cuts for space, etc.)
SEE 'YA LATER - Coach plays ball out, and two players from each team run out and try to score on flag goals as quickly as possible - Players come off as soon as a goal is scored or the ball goes out of bounds		1. Encourage shooting early 2. Encourage dribbling at opponent if shot is not on 3. Celebrate goals 4. Make it fun!
GAME- 3 V 3 TRANSITION - Team changes (3 on, 3 off) when ball goes over their endline		**Let them Play!**

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