



MASS YOUTH SOCCER

Activity 1 Steal The Treasure

Duration 8 mins

In a 15Wx20L yard grid, place a 4x4 yard square in each corner (Pirate Ships) and 1 in the center of the field (Treasure Ship.) Divide the players equally between the 4 corner squares. All the soccer balls in the center square with the coaches guarding them. The players try to invade the Treasure Ship and steal soccer balls. If tagged by a coach, they must go back to their ship before they can try again.

Variations

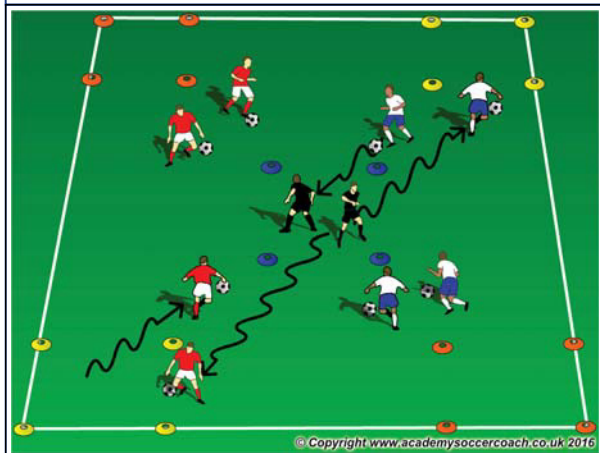
Activity Time 90 secs

Rest 30 secs

Intervals 4

• **Round 1:** Coaches are the guardians of the Treasure Ship & players are the invaders.

• **Round 2-4:** Select 2 or 3 players to be the guardians.



Activity 2 Pirates' Invasion

Duration 8 mins

In a 15Wx20L yard grid, place a 4x4 yard square in each corner and 1 in the center of the field. Divide the players equally between the 4 corner squares and each player has a soccer ball. The coaches stay in the center square. The players try to dribble their ball into the center square, tag a coach then get back to their home square without getting tagged by the coach. Each successful dribble in and out is 100 pts.

Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

• **Round 1:** players try to dribble into the center square and out without getting tagged by a guardian (coach).

• **Round 2:** Players try to dribble into the center square and tag the guardians.

• **Round 3+:** 1st player to get 4 tags can switch and become a guardian.

Activity 3 Capture the Cannon Balls

Duration 8 mins

In a 15Wx20L yard grid, place a 4x4 yard square in each corner (Home Ship) and 1 in the center of the field (Treasure Chest). Divide the players equally between the 4 corner squares. All the soccer balls in the center square; they are the cannon balls on a ship. On coach's command, all players will try to steal the cannon balls and take them back to their ship. Players can steal cannon balls from other ships too.

Variations

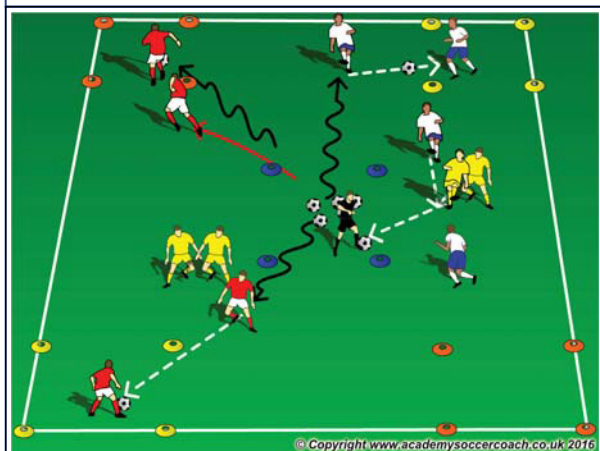
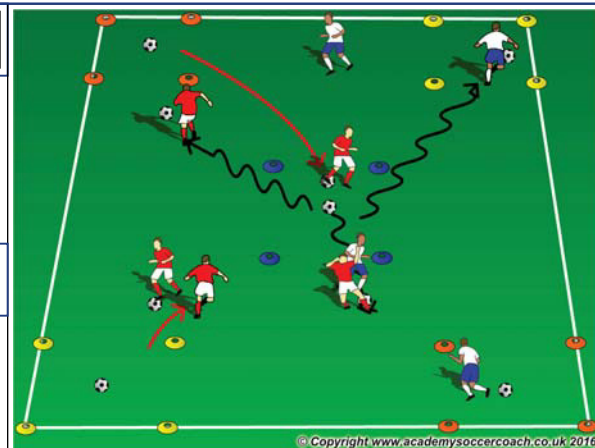
Activity Time 90 secs

Rest 30 secs

Intervals 4

• **Round 1:** Players can only dribble the ball back to their ship.

• **Round 2:** Players can dribble or pass the ball back to their ship but ball must be stopped on the ship. **Round 3+:** Coaches can check if the players can come up with a plan to get more cannon balls back to their ship.



Activity 4 Two-Headed Sea Monster

Duration 8 mins

15Wx20L yard grid, place a 4x4 yard square in each corner (Caves) and 1 in the center of the field (coach is in there to stop balls for the monster). Divide the players equally between the 4 corner squares. All the soccer balls in the center square. 2 pairs of players are moving around the field (joined at the hands). They steal soccer balls & pass them back to the coach. Players get any ball they can back to their cave.

Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

• **Round 1-2:** Players get as many balls as possible back to their cave.

• **Round 3-4:** Each team starts with a ball and try to get from cave to cave while avoiding the two-headed monster. If they lose their ball, they can get a new one from the center square and continue playing.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.