



MASS YOUTH SOCCER

Activity 1 The Hungry Caterpillar

Duration 8 mins

In a 15Wx20L yard grid, all players are dribbling their soccer ball (pieces of fruit) except for 1 or 2. The players without a ball are Hungry Caterpillars and each will try to make themselves the biggest. They chase the dribblers around to get their fruit. If a dribbler or their ball gets tagged, they join the Caterpillar to make it grow. First caterpillar to get 4 player becomes the giant butterfly.

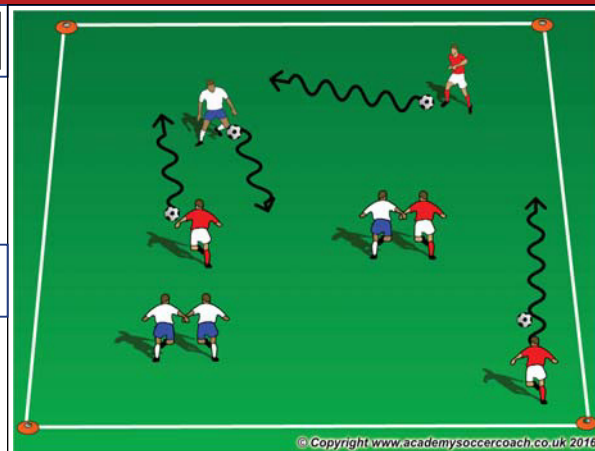
Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Coaches start as the Hungry Caterpillars.
- **Round 2:** Select players to start as Hungry Caterpillars.
- **Round 3:** If the dribblers can last for 20 seconds without getting tagged, they can pick a teammate from the Caterpillar to be a dribbler again.



Activity 2 Hansel & Gretel

Duration 8 mins

In a 15Wx20L yard grid, select 2 players to start as Thing 1 & Thing 2; they do not need a soccer ball and can only hop around the field. The rest of the players start at one end line with a ball; they are Cats in Hats. On the coaches command, the dribblers try to get across the field without getting tagged by a Thing. If a dribbler gets tagged, they become a Thing also.

Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Coaches are Things but do not have to hop or skip.
- **Round 2:** Players are Things and must hop or skip.
- **Round 3:** Dribblers have to get the entire way across and back without getting tagged by a Thing.

Activity 3 The Cat In The Hat vs Things 1 & 2

Duration 8 mins

In a 15Wx20L yard grid, select 2 players to start as Thing 1 & Thing 2; they do not need a soccer ball and can only hop around the field. The rest of the players start at one end line with a ball; they are Cats in Hats. On the coaches command, the dribblers try to get across the field without getting tagged by a Thing. If a dribbler gets tagged, they become a Thing also.

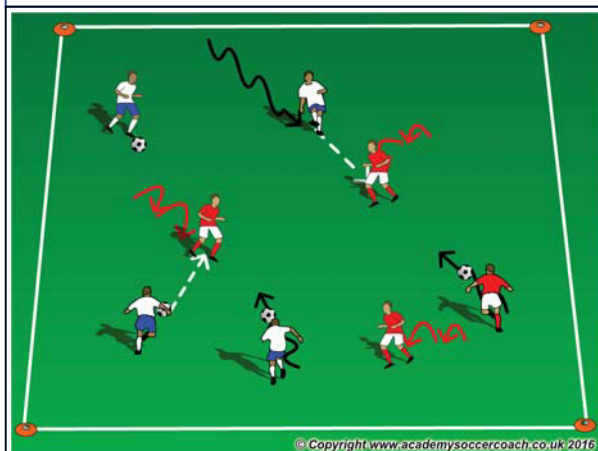
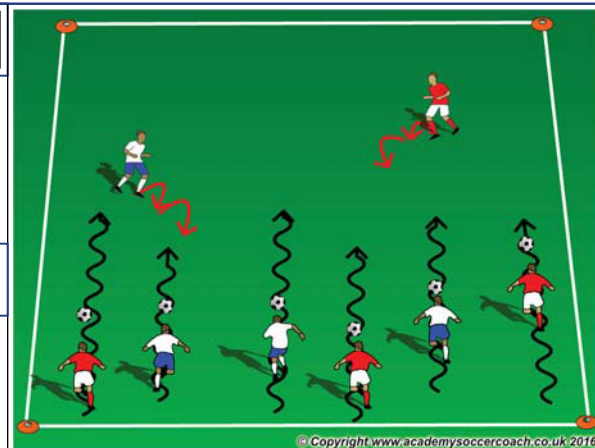
Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Coaches are Things but do not have to hop or skip.
- **Round 2:** Players are Things and must hop or skip.
- **Round 3:** Dribblers have to get the entire way across and back without getting tagged by a Thing.



Activity 4 Tiggers vs Rabbits (Whinnie the Pooh)

Duration 8 mins

In a 15Wx20L yard grid, the coach will divide the team into 2 teams; 1 team is the Tiggers and the other is the Rabbits. The Tiggers start without a ball and can only hop or skip. The Rabbits start with a ball and try to hit the Tiggers below their knees. When a Rabbit hits a Tigger, the Tigger becomes a Rabbit.

Variations

Activity Time 90 secs

Rest 30 secs

Intervals 4

- **Round 1:** Rabbits start with the ball and they count the number of Tiggers hit.
- **Round 2:** Tiggers become Rabbits and vice versa (switch roles).
- **Round 3 & 4:** Tiggers become Rabbits when hit and the number of Rabbits grows.

Game - 4v4

Duration - 25 mins

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