

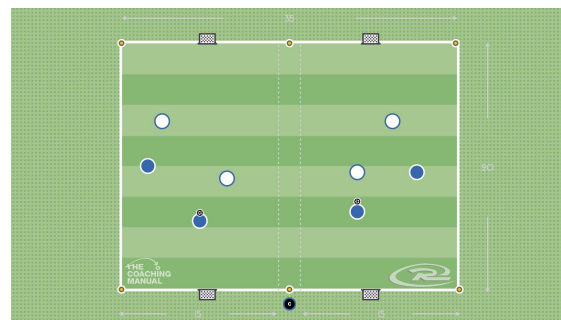
## Micro Division: 2v2's To Small Goals To Score

Written by Rush Soccer

15 mins    8 players    8 balls    8 bibs    8 cones  
35 x 20 area

### RUSH WAY

Coach positively to build confidence, actively, passionately. Through simple activities, and through this environment rich in decision making. Over 75% of the session is opposed, transitional and directional. Lead the players towards thinking and discovering the game themselves.



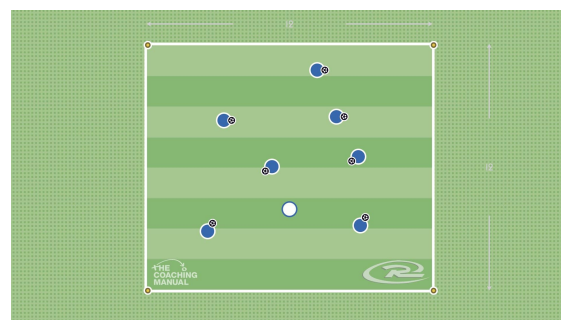
## Micro Division: Shooting Through An 'Ouch' Game With Different Stimulus (Visual, Auditive)

Written by Rush Soccer

10 mins    8 players    8 balls    8 bibs    8 cones  
20 x 15 area

### ORGANIZATION & DESCRIPTION

In one of the 20 x 15 yards small fields defined in the previous activity. 'Ouch' is the easiest game. Grab two bibs in different colors and ask the players to play with a ball each. As you walk or jog around the field, ask the players to follow you and try to hit you shooting the ball at you at knee height or lower. Every time you get hit, yell 'OUCH!'. Wave a colored bib in the air to add a condition, for example: every time a green bib is waived the players must only shoot with the left foot. You can vary these stimulus to auditive later, for example: if you clap once, the players can only shoot with the right, if you clap twice, with the left. Have fun and exaggerate a little bit, they'll laugh.



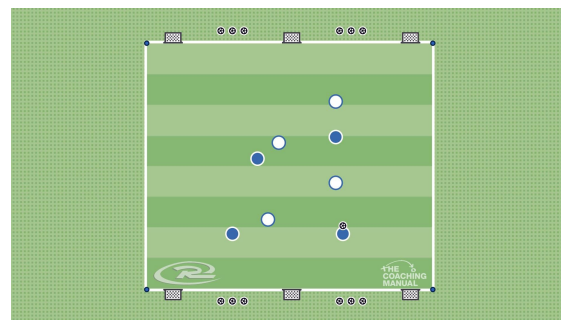
## Micro Division: 6 Goals Game To Shoot & Score

Written by Rush Soccer

15 mins    8 players    8 balls    8 bibs    12 cones  
35 x 20 area

### RUSH WAY

Coach 4:1 positive to instructional. Actively, passionately. Through simple activities, and through this environment rich in decision making. Over 75% of the session is opposed, transitional and directional. Lead the players towards thinking and discovering the game themselves.



## Micro Division: 3v3 (U6) / 4v4 Shooting To Goal

Written by Rush Soccer

20 mins    8 players    8 balls    8 bibs    12 cones  
35 x 20 area

## RUSH WAY

Coach positively to build confidence, actively, passionately. Through simple activities, and through this environment rich in decision making. Over 75% of the session is opposed, transitional and directional. Lead the players towards thinking and discovering the game themselves.

