

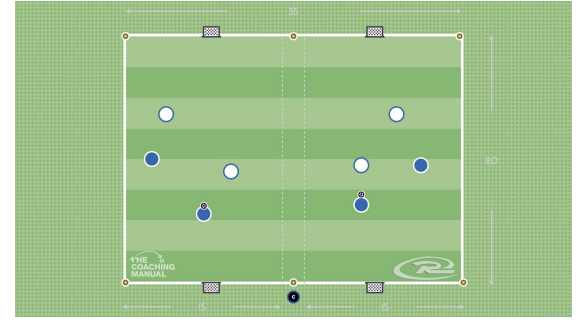
Micro Division: Dribbling: 1v1 and 2v2 Small Sided Game

Written by Rush Soccer

20 mins 8 players 8 balls 8 bibs 6 cones
35 x 20 area

ORGANIZATION & DESCRIPTION

Using two parallel 20 x 15 fields separated by five yards start these scrimmages as soon as the first player arrives. Build one up to 2v2, then start another scrimmage in the second field. Play the game with normal rules. After 10 minutes, make a short water break and introduce guided questions.



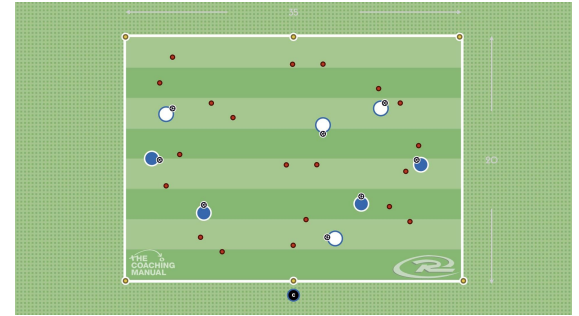
Micro Division: Running With The Ball Through A Gates Game

Written by Rush Soccer

10 mins 8 players 8 balls 8 bibs 26 cones
35 x 20 area

ORGANIZATION & DESCRIPTION

The coach sets up several small goals or gates (two cones a yard apart) inside a larger area (35 x 20). There should be at least one or two more gates than there are players. Have the players try to run with the ball through as many gates as they can in 60 seconds. Repeat for round 2 and see if the players can beat their OWN record.



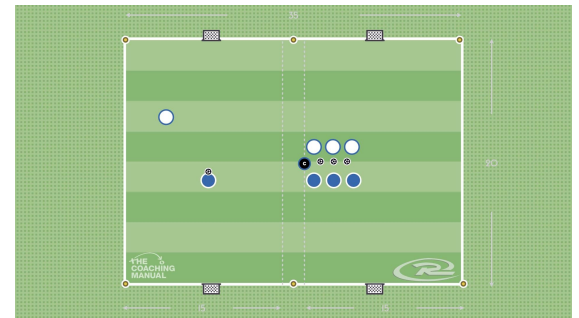
Micro Division: Dribbling: 'Get Outta There'

Written by Rush Soccer

10 mins 8 players 8 balls 8 bibs 6 cones
20 x 15 area

ORGANIZATION & DESCRIPTION

Split your group into two groups and play in one of the 20 x 15 fields you used in the first activity. Gather all balls on the sideline in the middle of the field at coach's feet. Each group lines up in pairs on both sides of the coach. Coach plays ball onto the field, once the ball is played in players start to play. When the ball goes out of bounds, the coach shouts "Get Outta here" at which point players leave the field. When the coach plays another ball in another pair go in. Once the ball is won players can attack designated goals. Once all the balls have gone players retrieve balls and bring them back to the coach.



Micro Division: Dribbling: 2v2 and 3v3 Scrimmages

Written by Rush Soccer

20 mins 8 players 8 balls 8 bibs 6 cones
35 x 20 area

ORGANIZATION & DESCRIPTION

Using two parallel 20 x 15 fields separated by five yards. Play the game with normal rules. Play in 10 minute intervals max. Small goals, no keepers, normal rules. Let them play and coach positively.

