**Scrimmage Activities**

1. POSITIONING – Show on dry erase field: Positions and their responsibilities.
* Set players up on field as they would be playing in the game (extra players w/ keeper to see)
* Coaches move ball around field, players set up accordingly (start with kick off)
* Switch players around as they would in a game (different positions)

- Spread out – explain (you are making more running for yourselves by bunching up, you then have to run hard to get to the position you should have already been in)

- Forwards stay up- explain,

- Fullbacks come up when we are attacking (no further than halfway),

- MARKING a player-explain (throw-ins, corner kicks, direct kicks).

FREEZE SCRIMMAGE

Set up and play as normal. When the whistle blows everyone must freeze. Offensively we demonstrate that when bunched together, 1 defender can guard 2 or more attackers rather easily. We point out open spots on the field and explain the advantages of attackers SPREADING OUT - scoring goals. Patience is key. Once the kids have spread themselves back out we restart the scrimmage with a drop ball.

##### Quick Shot Scrimmage: divide field into 3 segments (using cones)

* Center segment is for dribbling/passing ONLY (largest segment)
* Outside segments are for shooting or clearing ONLY

The Four-Goal Game

Set-up: Place a small goal in each corner of a 30-yard square.

How to play: Each team defends two goals and tries to score in the other two goals.

Vision On!

Set-up: Use a 30x20 yards playing area with two goals at either end. Place an adult assistant at either end of the pitch, behind the goals.

How to play: Each team defends and attacks two goals.

Teams can score in either of the goals they are attacking, providing there is no one standing behind it.

The assistants work up and down the end lines, positioning themselves behind the goal they think is going to be attacked next.

Two Goal Game

Set up two goals with cones on each playing end. Scrimmage and teams can score on either goal by dribbling through goals rather than shooting.

'TEAM KNOCK OUT'

Divide the squad up into two teams – one team inside field with ball and one on the outside without a ball. When ready, players on the outside run into the grid, attempt to steal any ball they can and put it through any one of the goals that are marked by the cones. Players with the ball attempt to keep the ball away from the defenders by dribbling or passing to a teammate that has lost their ball. If an attacking player looses a ball, they immediately try to 'steal' it back.

The game stops when all of the balls have been kicked through the goals. Then the two teams switch roles. Keep track of how long it takes each team to steal all of the balls. If a ball is kicked out of bounds it goes over to the other team for a throw-in.

END ZONE GAME

Here is a 4 v.4 game that is free flowing and gives players a lot of problems to solve. It is a good game to use towards the end of the session as it is very close to the 'real' thing. One particularly good thing about this game is that since teams end up attacking in two, different directions, it forces players to play in different positions. They are at the back of the team when their team attacks one end-zone, while they will find themselves at the top of the team when they attack in the other direction. This is great for their development.

 Set up the field as shown with a seven yard 'End-Zone' at each end.

 Score a goal by getting the ball from one 'End-Zone' to the other by passing or dribbling.

 Once a goal is scored - immediately attack going in the other direction. Do not give the ball to the other team. The 'End-Zones' are free, only the attacking team can enter these areas.

This game also encourages players to "SPREAD OUT" and work together, which, players are starting to be able to do at this age. At first, players will be tempted to just kick the ball up the field instead of passing. With patience, and demonstration of what is possible, this game could have a dramatic impact on their ability to play attractive, skillful soccer.