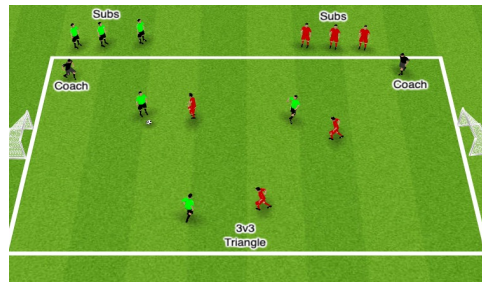## Activity

➤ Mid Week:
  ➤ Your "topic" & Activity Take Precedence
  ➤ Spend more time working on the explanation of your activity: "dribbling, Passing, Shooting, etc"
  ➤ Small Sided Games can be stopped, in order to explain rules, shape and general info
➤ Weekend:
  ➤ The mid week activity should be used as your warm up
  ➤ Once completed, the players will take part in a scheduled game vs another group

Small Sided Game

➤ 3v3
➤ Look for Triangles
➤ Ball goes out - Coach puts new ball in
➤ After a goal / teams reset in own half
➤ Flow of Game takes precedent over stoppages
➤ Subs = every 2-3 mins
➤ Repeat: "Spread out" / "Head Up"

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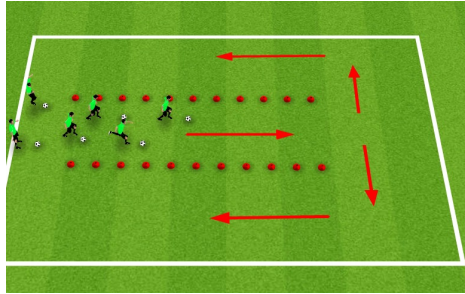## FIRST KICKS:
MID WEEK VS WEEKEND
Technical Support

➤ Connect with your Technical Lead with Q's
➤ Staff are "ON Field" to run activities with you
➤ Keep it Fun & Safe for ALL
➤ If the ball(s) are rolling; you're doing great!
➤ Your energy becomes their energy
➤ Do Not hesitate to ask Staff for help
➤ Add wrinkles that go with the Topic

Surfers & Sharks

➢ Every Player on a Ball (Surfers)
➢ Players must ride the wave (middle) whilst dribbling to get to the other side
➢ Coaches (Sharks) are trying to catch them
➢ Add in: Right foot / left foot / etc
➢ Make it a game of who can ride the most waves

Small Sided Game

➢ 3v3
➢ Look for Triangles
➢ Ball goes out - Coach puts new ball in
➢ After a goal / teams reset in own half
➢ Flow of Game takes precedent over stoppages
➢ Subs = every 2-3 mins
➢ Repeat: "Spread out" / "Head Up"
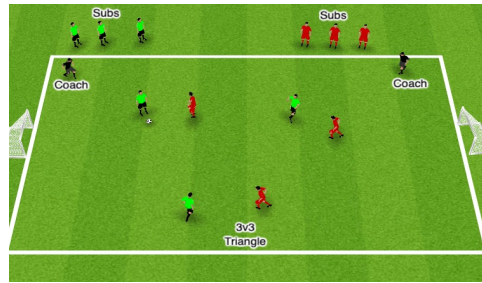
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FIRST KICKS WEEK 1:
U6"DRIBBLING & GAME PLAY"

Technical Support

➢ Connect with your Technical Lead with Q's
➢ Staff are "ON Field" to run activities with you
➢ Keep it Fun & Safe for ALL
➢ If the ball(s) are rolling; you're doing great!
➢ Your energy becomes their energy
➢ Do Not hesitate to ask Staff for help
➢ Add wrinkles that go with the Topic