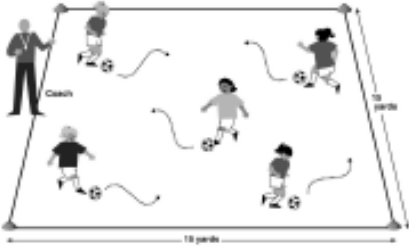
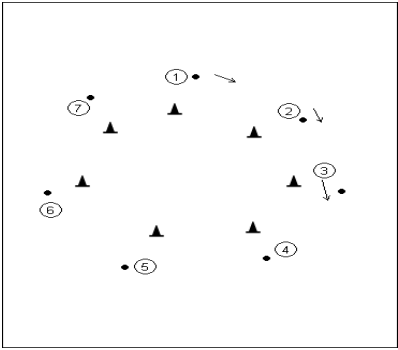


AYSO Region 183 – Activity Plan - Cars

Time	Activity	Description
0 min	Master Coach Review with Team Parents	Theme is Dribbling and Foot-skills; Working with the ball; All about Fun with Cool Games! Take a Water Break every 5-10 minutes.
0 to 5 min	Cars!	Ice-Breakers Each Player Names a Race Car or Truck. (ie. Red Car, Corvette, Indy Car, Speed Racer Car, etc.) The names will be assigned for the games below.
0 to 5 min	Warm up Activity	Each player dribbles ball in a grid. Each player is welcome to dribble around in any direction of the grid.
05 min – 15 min - Part 1 15 min – 25 min - Part 2	Red Light, Green Light	Red, Yellow or Green Lights 
05 min – 15 min Part 1 15 min – 25 min Part 2	Speed Racer	Cones setup in Circle. Every player at assigned cone and then races around the circle to get back to assigned cone.  Use more cones to create highway lanes outside of the circle to promote directional runs from goal to goal.
25 min – 50 min	3 v 3 Game 3 players per side 5 Min Quarters 4 Quarters	Every 5 minutes; take a 1 min break Substitute Players at 1 min break (Rotation) Coach / Parents guide players and also referee Observe: Players from Station Activity Games will behave with dribbling, some foot-skills and start to develop penetration into the attacking half of the field.