

# Scrimmage Session Template

**Soccer Learning Objective:** Practice soccer skills, fair play and sportsmanship.

## EQUIPMENT NEEDED

- 1 soccer ball per player
- 8 tall cones
- 2 or 4 pop-up goals (or 4 or 8 additional cones)
- Pinnies for half the players

## SETUP

### Small-Sided

- **Create** two side-by-side 30 x 50-yard grids using eight tall cones.
- **Place** one goal in the middle of each end line.
- **Stand** between both fields so you can see all youth.

### Line Soccer

- **Create** a 30 x 50-yard grid using four tall cones.
- **Place** one goal in the middle of each end line.

### Corner Soccer

- **Create** a 30 x 50-yard grid using four tall cones.
- **Place** one goal in the middle of each end line.

## KEY TERMS

**End line:** The shorter out of bounds line (behind the goal)

### Welcome and Warmup (5-10 minutes)

- **Greet** youth by name as they enter the soccer space.
- **Have** youth start small-sided pick-up games while they wait for everyone to arrive.
- **Provide** balls and cones as necessary.

### Opening Circle (5-10 minutes)

- **Do** an emotional and/or Group Agreements check-in.
- **Perform** a dynamic stretching routine.

## Scrimmage Session

Ages 9-11

**Activity: Scrimmage (25-30 minutes)**

- **Determine** which scrimmage option to use: small sided, corner soccer or line soccer.
- **Use** a grouper to divide youth into teams small enough for the scrimmage option.
- **Recognize** players when they execute recently practiced soccer topics during the flow of the game.
- After each scrimmage, **ensure** the players from each team line up and shake hands.

**Cool Down (3-5 minutes)**

**Allow** players to lower their heart rates by walking or jogging.

**Stretch, Closing Circle and Cheer (5 minutes)**

- **Have** the players get into a circle.
- **Perform** a second emotional check-in.
- **Lead** your team's closing cheer.
- **Ask** youth to clean up the space and put any equipment in the designated areas.
- **Provide** instructions for the transition to youths' next program area or activity