

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 30x50-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 30x50-yard grid using four tall cones.
- **Place** one goal in the middle of each end line.

Corner Soccer

- **Create** a 30x50-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 12-14

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 small teams appropriate for the scrimmage option.
- **Recognize** players when they execute recently practiced soccer topics during the flow of the game.
- After each scrimmage, **make sure** the players from each team line up and shake hands.

Cool Down (3-5 minutes)

Allow players to lower their heart rate by walking or jogging.

Stretch, Closing Circle and Cheer (5 minutes)

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