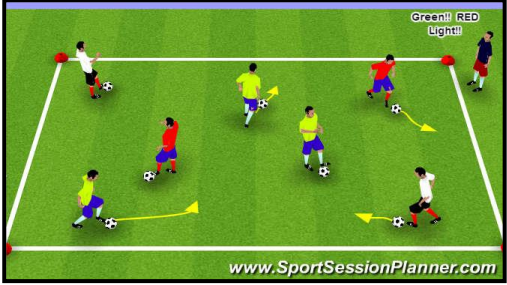




## Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Guided Questions
<b>Activity 1</b>	<p><b>Red Light/Green Light:</b> All players are dribbling freely in a 15Wx20L yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p><b>Coach:</b> Control the frequency of light changes.</p> <p><b>Variation 2:</b> Now the colors are the surfaces: <b>Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop.</b></p>		<ul style="list-style-type: none"> <li>• How far should the ball be from the dribbler?</li> <li>• When and how to change directions?</li> <li>• What surface should the dribbler use?</li> <li>• When and how to stop the ball?</li> </ul>
<b>Activity 2</b>	<p><b>Body Part Dribble: (Movement Education and Coordination):</b> All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) And the players then stop their ball with that part of the body.</p> <p><b>Coach:</b> Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>		<ul style="list-style-type: none"> <li>• How far should the ball be from the dribbler?</li> <li>• When and how to change directions?</li> <li>• What surface should the dribbler use?</li> <li>• When and how to stop the ball?</li> </ul>

Let's Play the Game	Recommended Rules	
	<b>Dimensions in Yards:</b>	<b>Long:</b> 30 max-20 min <b>Wide:</b> 25 max-15 min
	<b>Ball</b>	Size 3
	<b>Number of Players</b>	4/5 Players per team on the field - No Goalkeepers needed
	<b>Referee</b>	No Referee needed
	<b>Duration</b>	Playing 6 minute quarters
	<b>Fouls and Misconduct</b>	No cards ( Yellow or Red) If a child misbehave you must correct their behavior and continue playing
	<b>Free Kicks</b>	All free kicks shall be direct
	<b>Out of bounds - Side Line</b>	1. When the ball goes out bounds, please play a new ball in to the team that should receive the ball 2. When needed play a 50/50 ball in. Do not create breakaway situations
	<b>Out of Bounds – End Line</b>	1. When the ball goes out of bound, Please have teams regroup on their side of the field 2. Playing the ball in for the team who is defending the end it went out on
	<b>Corners (optional)</b>	N/A