

RS Curriculum - 2v2 / 3v3 Funino

		Activity 1 - Fun game	Activity 2 - Skill Based	Activity 3 - Fun game	Activity 4 - 1v1 game	Activity 5 - Game - 2v2/3v3	During the practice, there will be 4 stoppages. One at the end of each activity. They will participate in one of the games below for 60 seconds as something fun to do
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min	
		Cone Monster - Everyone has a ball inside a square. The monster has a cone and tries to touch everyone's ball with the cone. If they succeed, that person becomes the monster.	Rings Game - Colors activity - placed x amount of rings in different places. Put a color inbetween each area. Whenever you say the color the players must run and stop their ball inside the ring. Give them a certain amount of seconds to keep pushing them. Progression would be to have one less ring than players and if you get a ring you get a point.	Coach Smack - Players dribble their ball and try to hit the coach's legs. They get a point every time they hit it.			
	Day 1				Standard 1v1	2v2 or 3v3 games	
Week 1	Day 2	Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5 - Game	Have kids do a plank race. Have them in groups and everyone does planks until all players have individually run around the circle. Announce winning team Have kids do a toe tap race to see who can get the most in 60 seconds. Can do it forward or backwards Have kids do a sit up race with partners. Whichever group gets the most in 2 30 second round wins. add them together
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min	
		Cone Monster - Everyone has a ball inside a square. The monster has a cone and tries to touch everyone's ball with the cone. If they succeed, that person becomes the monster.	Rings Game - Colors activity - placed x amount of rings in different places. Put a color inbetween each area. Whenever you say the color the players must run and stop their ball inside the ring. Give them a certain amount of seconds to keep pushing them. Progression would be to have one less ring than players and if you get a ring you get a point.	Coach Smack - Players dribble their ball and try to hit the coach's legs. They get a point every time they hit it.			
					Standard 1v1	2v2 or 3v3 games	
	Day 1	Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5	Have kids do a push up race. same rules as situps Have kids partner up and do dual force activity. Side by side , shoulder to shoulder. They must push the other back and forth Have them partner up. One player holds the ball and lays down. The other has to try and get it out of their hands. Rotate
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min	
		Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has the most pinnies. You count the ones in their hand and hips.	Rings Game - Colors activity - placed x amount of rings in different places. Put a color inbetween each area. Whenever you say the color the players must run and stop their ball inside the ring. Give them a certain amount of seconds to keep pushing them. Progression would be to have one less ring than players and if you get a ring you get a point.	Coach Smack - Players dribble their ball and try to hit the coach's legs. They get a point every time they hit it.	1v1 Race - Race around goal on your side then go 1v1	2v2 or 3v3 games	
Week 2	Day 2	Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5	
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min	
		Cone Monster - Everyone has a ball inside a square. The monster has a cone and tries to touch everyone's ball with the cone. If they succeed, that person becomes the monster.	Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.. You can separate by colors and have them go to those. Or say they are volcanoes and the move puts the volcano out	Partner Relays. - Everyone has a partner. The first player sprints to the line, does a turn, and passes it back to their teammate. Then there teammate goes. Each team reaces until everyone has done a set number	1v1 Race - Race around goal on your side then go 1v1	2v2 or 3v3 games	
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5	
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min	

	Day 1	<p>Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)</p>	<p>To the Wall and back - set up a long line of cones. Players will dribble to the wall and do a turn and sprint back. Whoever gets back first, or first 2 etc get a point</p>	<p>Space Invaders : In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe. The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they can get to.</p>	<p>1v1 to side goals - Players start on opposite sides of the center of the field. Coach passes to one player (or just passes to the center) and the player must perform a lunge move on their opponent then try to score in one of the goals. Defender can win it in score (most likely just have to roll a ball out so either player can get it.)</p>	2v2 or 3v3 games
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min
Week 3	Day 2	<p>Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)</p>	<p>To the Wall and back - set up a long line of cones. Players will dribble to the wall and do a turn and sprint back. Whoever gets back first, or first 2 etc get a point</p>	<p>Space Invaders : In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe. The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they can get to.</p>	<p>1v1 to side goals - Players start on opposite sides of the center of the field. Coach passes to one player (or just passes to the center) and the player must perform a lunge move on their opponent then try to score in one of the goals. Defender can win it in score (most likely just have to roll a ball out so either player can get it.)</p>	2v2 or 3v3 games
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5 - Game
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min
	Day 1	<p>Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has the most pinnies. You count the ones in their hand and hips.</p>	<p>Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, around the last one, between again and sprint back</p>	<p>Space Invaders : In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe. The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they can get to.</p>	<p>1v1 Race - Race around goal on your side then go 1v1</p>	2v2 or 3v3 games
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5 - Game
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min
Week 4	Day 2	<p>Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)</p>	<p>Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, around the last one, between again and sprint back</p>	<p>Sharks and Minnows - Bruce the Shark - Nemos</p>	<p>1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint or trick your opponent</p>	2v2 or 3v3 games
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min

Week 5	Day 1	<p>Cone Monster - Everyone has a ball inside a square. The monster has a cone and tries to touch everyone's ball with the cone. If they succeed, that person becomes the monster.</p>	<p>Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, around the last one, between again and sprint back</p>	<p>Sharks and Minnows - Bruce the Shark - Nemos</p>	<p>1v1 Race - Race around goal on your side then go 1v1</p>	<p>2v2 or 3v3 games</p>
Week 6	Day 1	Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min
		<p>Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)</p>	<p>Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.</p>	<p>Partner Relays. - Everyone has a partner. The first player sprints to the line, does a turn, and passes it back to their teammate. Then there teammate goes. Each team races until everyone has done a set number</p>	<p>1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint or trick your opponent</p>	<p>2v2 or 3v3 games</p>
Week 7	Day 1	Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5 - Game
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min
		<p>Cone Monster - Everyone has a ball inside a square. The monster has a cone and tries to touch everyone's ball with the cone. If they succeed, that person becomes the monster.</p>	<p>Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, around the last one, between again and sprint back</p>	<p>Partner Relays. - Everyone has a partner. The first player sprints to the line, does a turn, and passes it back to their teammate. Then there teammate goes. Each team races until everyone has done a set number</p>	<p>1v1 Race - Race around goal on your side then go 1v1</p>	<p>2v2 or 3v3 games</p>
Week 8	Day 1	Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min
		<p>Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)</p>	<p>Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.</p>	<p>Space Invaders : In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe. The space fighters are trying to avoid the guards so they can land on a ship. Have</p>	<p>1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint or trick your opponent</p>	<p>2v2 or 3v3 games</p>
Week 9	Day 1	Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min
		<p>Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has the most pinnies. You count the ones in their hand and hips.</p>	<p>Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, around the last one, between again and sprint back</p>	<p>Space Invaders : In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe. The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they can get to.</p>	<p>1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint or trick your opponent</p>	<p>2v2 or 3v3 games</p>
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5 - Game
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min

Week 10	Day 1	Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.	Coach Smack - Players dribble their ball and try to hit the coach's legs. They get a point every time they hit it.	1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint or trick your opponent	2v2 or 3v3 games
Week 11	Day 1	Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min
		Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has the most pinnies. You count the ones in their hand and hips.	Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, around the last one, between again and sprint back	Coach Smack - Players dribble their ball and try to hit the coach's legs. They get a point every time they hit it.	1v1 Race - Race around goal on your side then go 1v1	2v2 or 3v3 games

Notes

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