### Activity 1
- **Round 1:**
  - Play 2 rounds of 7 minutes with 2 minute break between rounds.
  - No players are allowed in the end zone.
  - Goals between the cones: Point.
  - Scoring: Hit the ball on the cone.
  - Points: If the soccer ball is hit the ball on the cone, place a soccer ball on each cone. Two balls on the floor and place a soccer ball in each end zone.

### Activity 2
- **Round 2:**
  - Play 2 rounds of 7 minutes with 2 minute break between rounds.
  - No players are allowed in the end zone.
  - Goals between the cones: Point.
  - Scoring: Hit the ball on the cone.
  - Points: If the soccer ball is hit the ball on the cone, place a soccer ball on each cone. Two balls on the floor and place a soccer ball in each end zone.

### Activity 3
- **Round 3:**
  - Play 2 rounds of 7 minutes with 2 minute break between rounds.
  - No players are allowed in the end zone.
  - Goals between the cones: Point.
  - Scoring: Hit the ball on the cone.
  - Points: If the soccer ball is hit the ball on the cone, place a soccer ball on each cone. Two balls on the floor and place a soccer ball in each end zone.

### Activity 4
- **Round 4:**
  - Play 2 rounds of 7 minutes with 2 minute break between rounds.
  - No players are allowed in the end zone.
  - Goals between the cones: Point.
  - Scoring: Hit the ball on the cone.
  - Points: If the soccer ball is hit the ball on the cone, place a soccer ball on each cone. Two balls on the floor and place a soccer ball in each end zone.

### Warm Up
- **Round 5:**
  - Play 5 rounds of 3 minutes with 2 second break between rounds.
  - Warm Up.
  - Round 6:
    - Place the soccer ball in the center.
    - Players will pass the ball to the next player.
    - Each player will take turns passing the ball to the next player.
    - The team with the most goals wins.

### Diagram
- Diagram showing the layout of the game with players and cones.

### Checking for Understanding
- Questions to check comprehension.

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**Fantastic Rutes**

**Week:** 8

**Age Group:** U18

**Season:** Fall 2015

**Interactive Lesson Plan**