

DESCRIPTION

Game 1 - red light / green light - players are dribbling within their square - when coach shouts red light they stop, green light they go. You can add in more commands to challenge your players:

- yellow light = tik-toks
- Reverse = backward rolls
- U-turn = pull back turn
- Highway = fast

You can be creative to add new skills.

GAME 1

COACHING POINTS

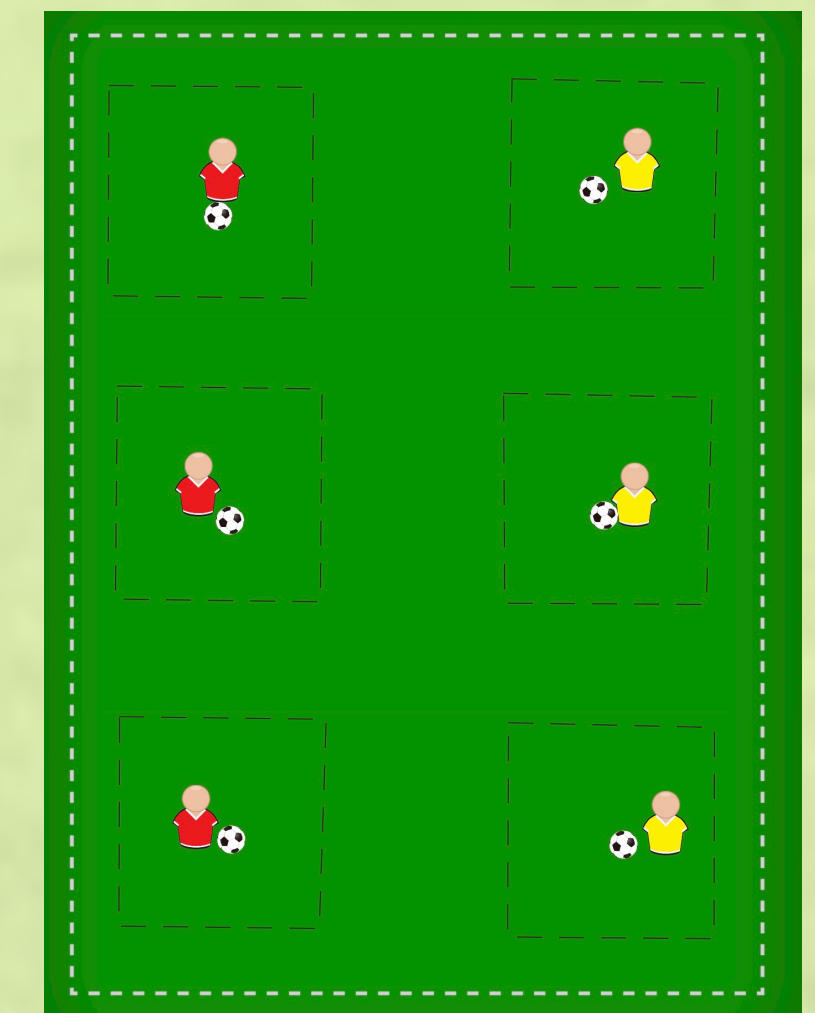
FIRST COACHING POINT - TURNING THE BALL

Players will need to be shown how to use the different surfaces of the foot to move the ball in different directions

SECOND COACHING - EYES UP

Ensure players are looking where they're going. If you have the colored cones or objects you can hold them up instead of shouting. ie hold up a red cone for red light.

DIAGRAM



Game 2 - steal the bacon - same set up as above, with the players on the same side now a team. Place all the soccer balls in the middle. When coach shouts go one player from each team runs to the middle to get a ball and dribbles it back to their square. When player one gets back, player two can go. The team with the most balls wins. If you only have one ball per player you can ask player one to run and get a ball, they pass to player 2, who passes to player 3 and so on. When it get to the final player they now run in and get the next ball and repeat the sequence.

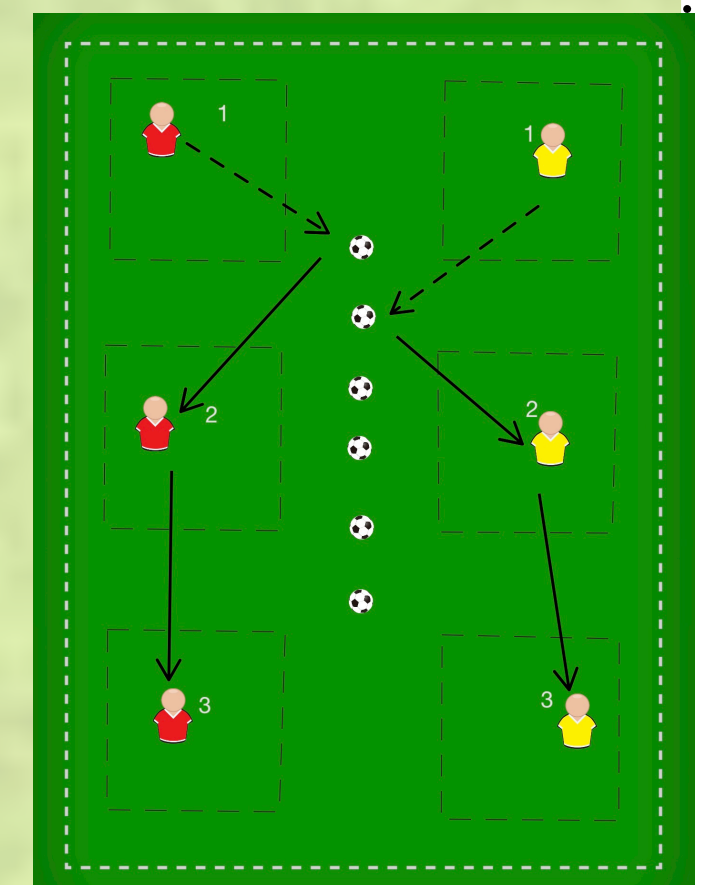
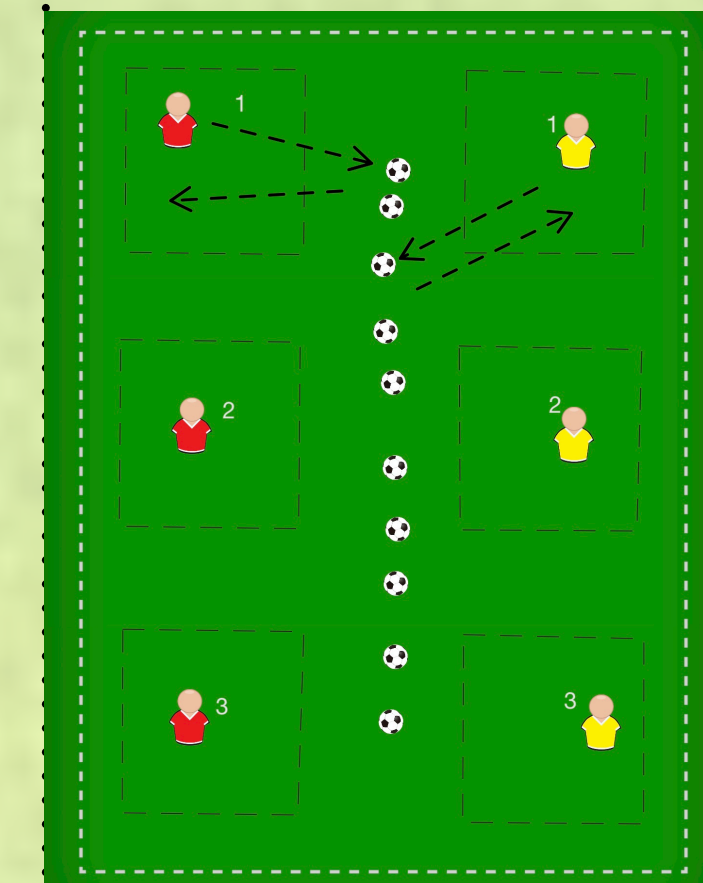
GAME 2

FIRST COACHING POINT - QUICK FEET

Players should take small touches but move their feet quickly. Heels off the ground as they run.

SECOND COACHING POINT - CONTROL

It's important we help players realize that speed is essential but while also maintaining control. This may require the player to slow down slightly to have better control of the ball.



Game 3 - sharks and minnows (modified) - kids love this game so we've modified it to keep it safe for distanced practices. Players in teams again. Team one goes first as the minnows, team two in their squares are the sharks. One player at a time must try to swim across the ocean safely. The opposite team will kick their ball at the swimmer - if the swimmer gets hit they go back to their square and help the sharks. Count how many sharks team two has after all of team one have taken their turn. You'll then reset and switch rolls so that team two are the minnows and team one are the sharks.

SCRIMMAGE

This should be a fun, high-energy way to finish the session with a little competition. Add-in coaching points as needed but allow the players to enjoy the game.

