

# Railroad Tag



## Railroad Tag

Purpose- Warm up to get body ready for soccer practice.

### Organization

Two players will be designated as "it."

On coaches command the players who have been designated as "it" will chase all of the other players around the field and try to tag them. If a player is tagged, they have to lie down on the ground on their stomach, like a railroad track. Another player that has not been tagged yet, can jump over the player that is lying down and then they can get up

### Coaching Points

Work on agility and movement

# Hungry Hippo



## Hungry Hippo

Purpose- To Improve individual dribbling skills.

Organization- Set up a 25x25 grid, pair players up and set up a hippo nest on each corner. One player on the team protects the balls in the nest, while the other team mate gets a soccer ball from the grid and brings it back to the nest. The partners tag and then change roles. This continues until all the balls in the grid have gone. The Winning team, is the team with the most soccer balls in their nest.

Progression- When all the soccer balls have been taken back to the hippos nest, one player at a time in the team can go and steal a ball from another nest. When the coach calls stop, the winning team, is again the team with the most soccer balls.

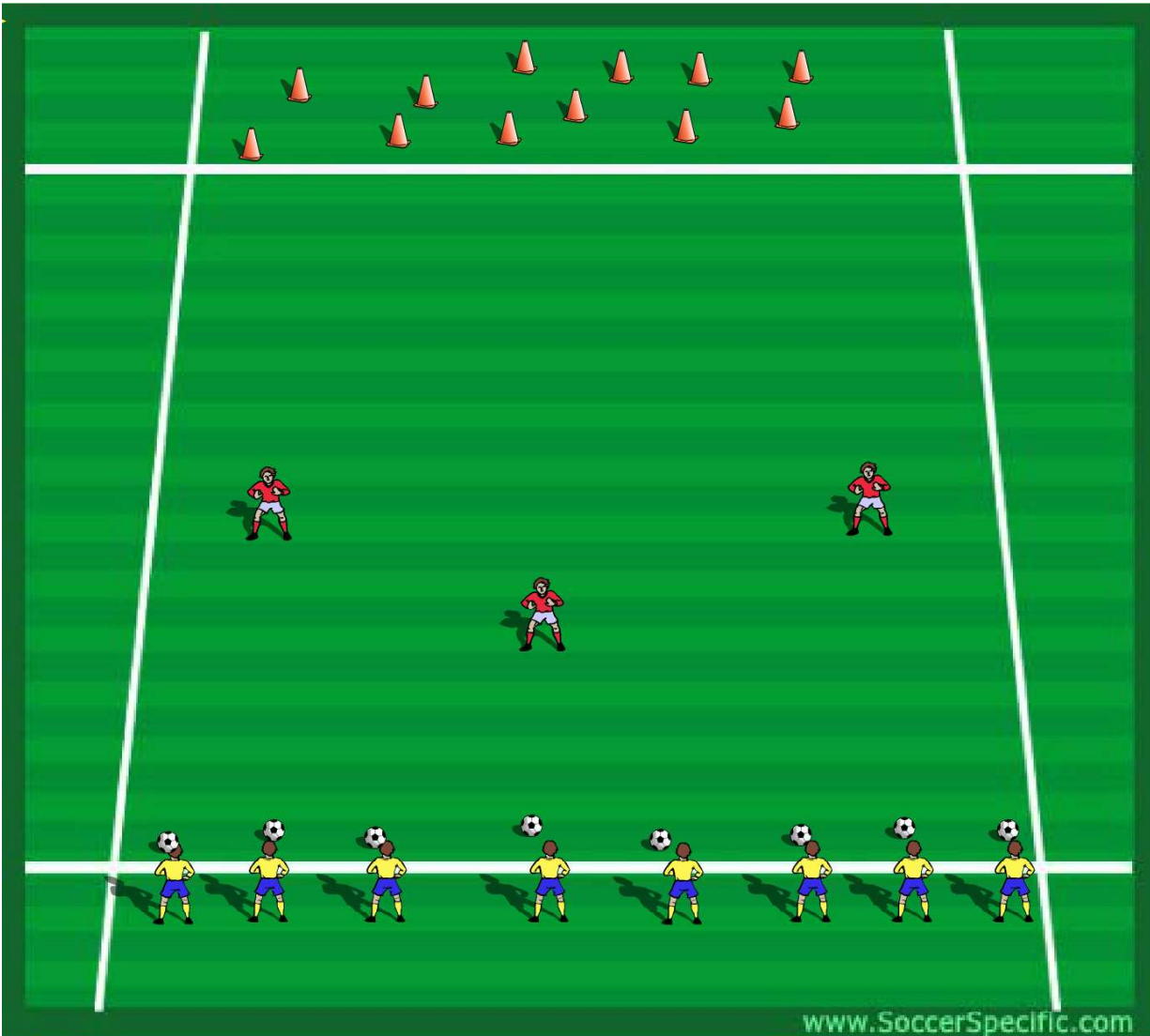
### Coaching points

Keep ball close

Use all surfaces of the foot to dribble with

Keep head up looking for opposing players, open soccer balls and nests you need to steal soccer balls from.

# Jake and the Pirates - Treasure Trail Two



Jake and the Pirates Treasure Trail Two

Purpose- To improve the technique of dribbling

Organization- Set up a 20x20 grid with Jake and his gang lined up across the line, with Captain Hook opposite in the middle of the grid as shown above. The players with the ball attempt to dribble past the pirates, once they have dribbled past the pirate, the players must attempt to pass the ball and knock down a cone. Once they knock down a cone, they pick it up and bring it back with them.

Progression- Players must use weaker foot only

Coaching Points

Keep ball close and under control

Use all surfaces of the foot to dribble with

Keep head up to see where the pirates and space are

Accelerate away when you beat the pirates

# 4v4 Scrimmage



4v4 Scrimmage Focus on topic that has been worked on in training.

Purpose- To improve skill and first touch in small playing area.

Progression- Add goalkeepers.