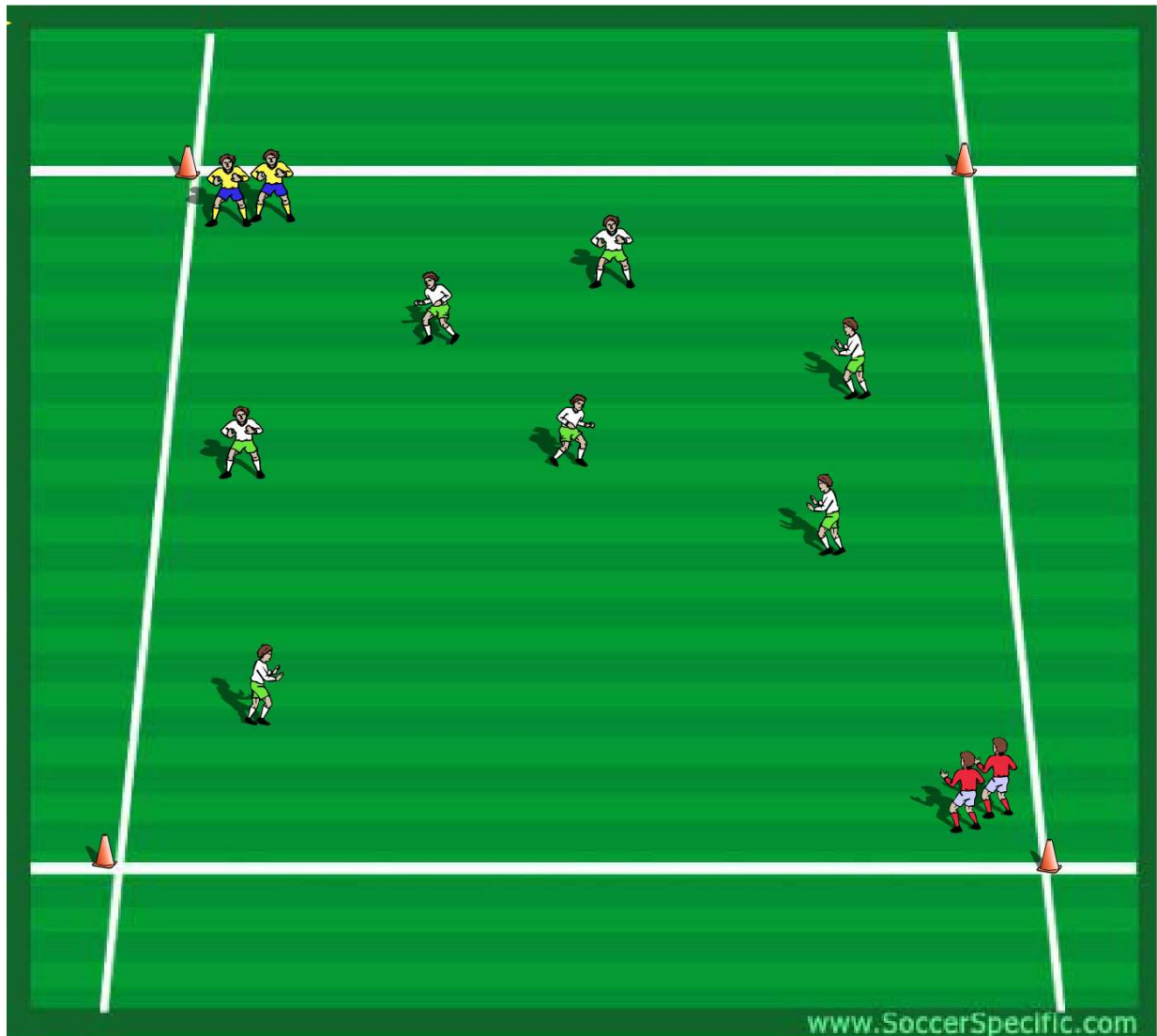


Chain Tag



Chain Tag

Purpose- Fun warm up players before soccer exercises.

Organization

20x20 grid

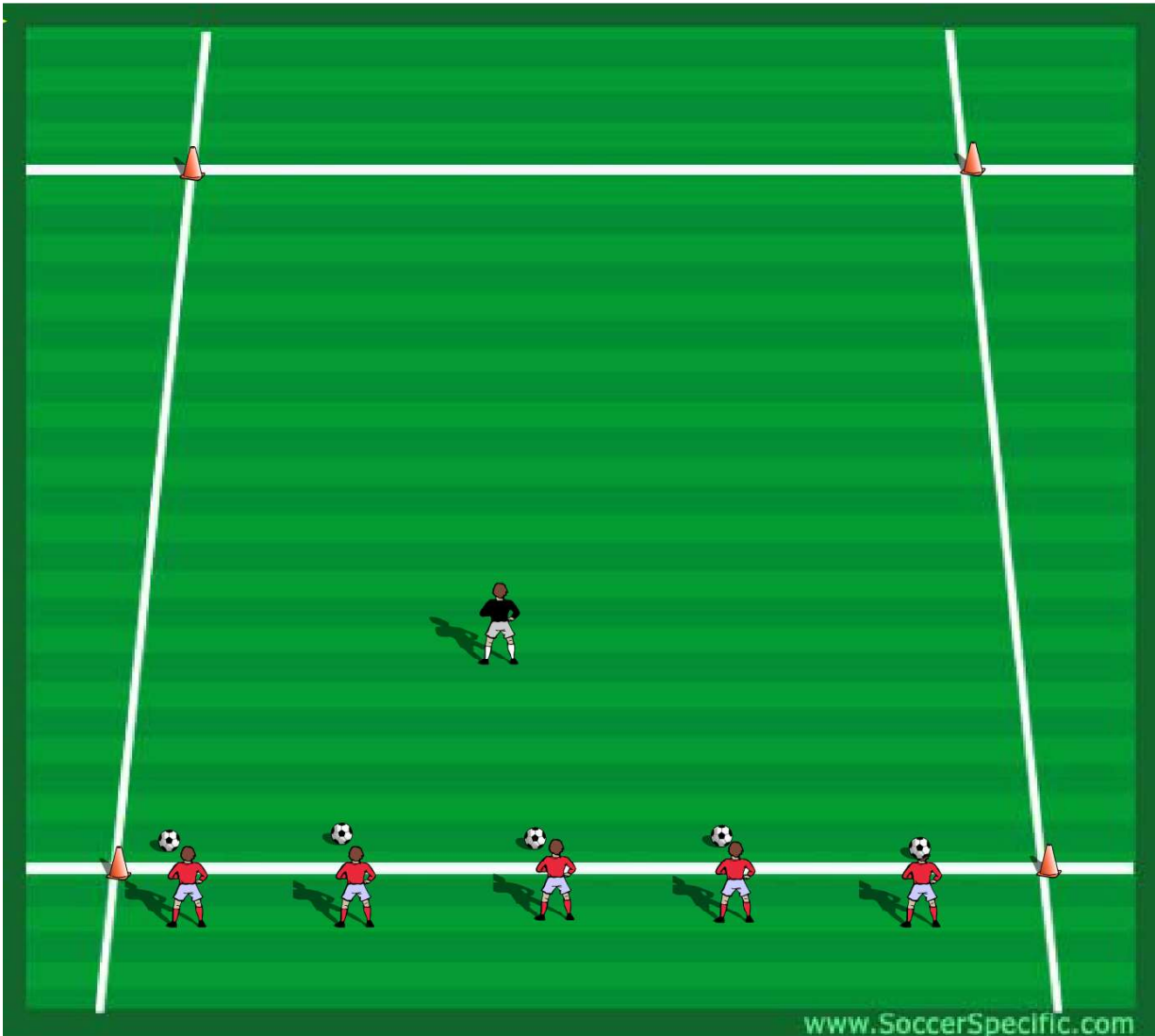
Two teams of two in scrimmage vests

All other players inside the grid

On coaches command the teams in scrimmage vests run around the grid and try to tag the neutral players in white. The team who tag the most players wins the game

All players must stay in the 20x20 grid.

What's the Time Mr. Fox?



Whats the time Mr Fox

Purpose- To improve turning and change of speed while dribbling

Organization- Each player has a ball and the exercise is played in a 20x20 yard area. The game begins by the players asking the coach "What time is it Mr Fox?" The coach turns around and calls a time such as 6 O' clock. Players and coaches then take six steps forward and ask again. "What time is it Mr Fox?"

This continues until the coach calls "DINNER TIME" As soon as this happens, players need to turn with their balls and get back to the starting line before the coach (Mr Fox) tags them. If players are tagged, they become Mr Fox with the coach.

Progression- Ask players to dribble with weaker foot only

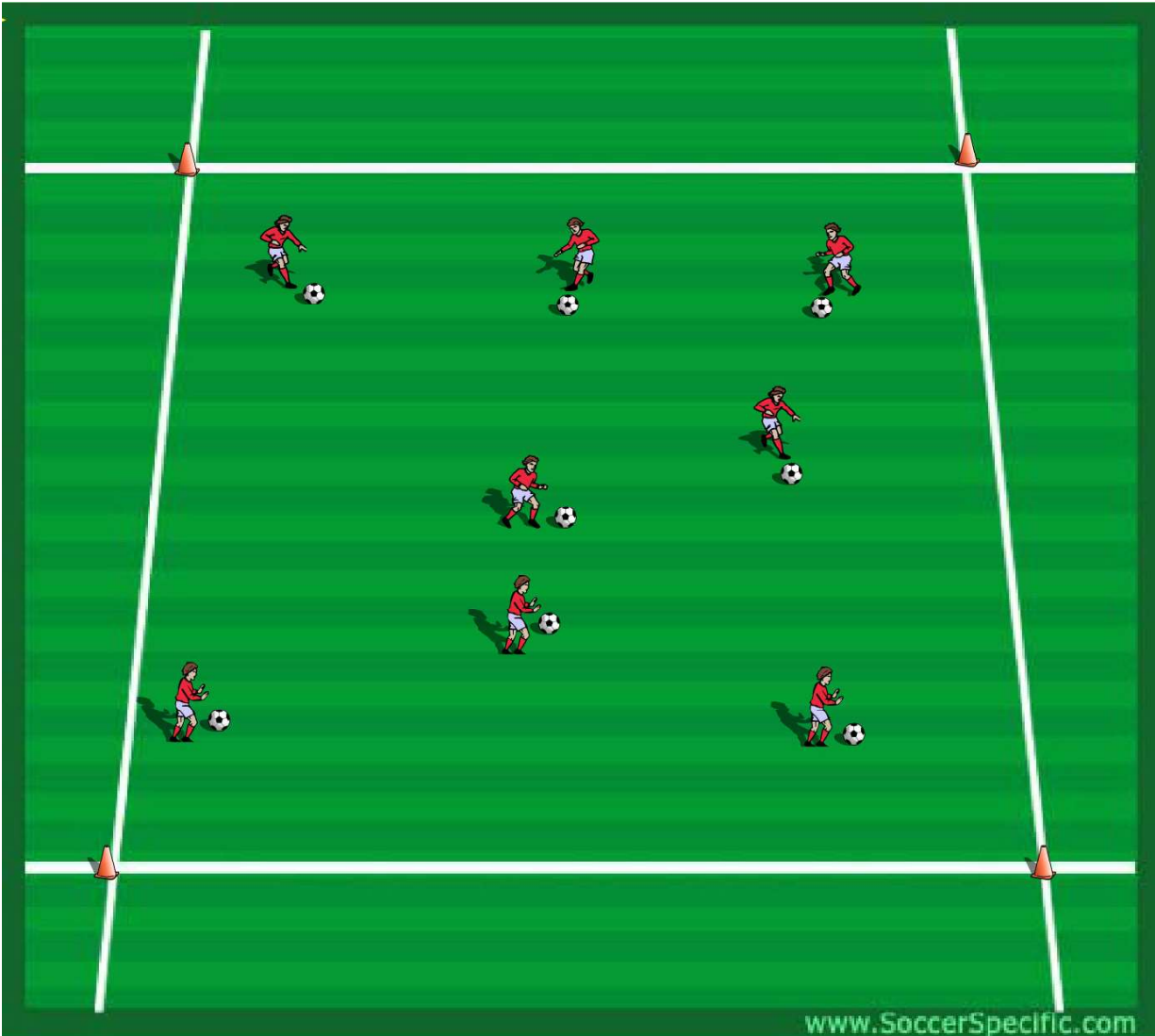
Coaching Points

Keep the ball Close

Turn and accelearte away

Listen to the coach and be aware of where you are on the field

Soccer Knockout



Soccer Knockout

Purpose- To improve dribbling and shielding skills.

Organization- Each player dribbles in a confined space approx 15x15 and tries to kick another player's ball out of the grid, without losing possession of their own ball. Players can return to the game after completing an assigned task (i.e ten toe taps) If players can retrieve their own ball before it leaves the grid, they keep playing.

Progression- Make the grid smaller or play the game in teams.

Coaching Points

Keep heads up to see if they are being chased and where the free space is in the grid.

Shield the ball by placing your body between the ball and opponent.

Try to have your shoulder, hips and side to the opponent.

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.