

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

Follow the Leader



Follow the leader

Purpose- To keep the ball close and listen to instructions.

Organization

Players are divided into pairs and enter a 20x20 grid.

Players are numbered one and two. Player number one starts as the leader and dribbles the ball anywhere in the grid. Player number two must follow player number one and copy all the moves skills that he/she shows.

Play for one minute and then change roles. After a couple of runs, change with a different partner in the grid.

Progression- Ask players to use weaker foot only.

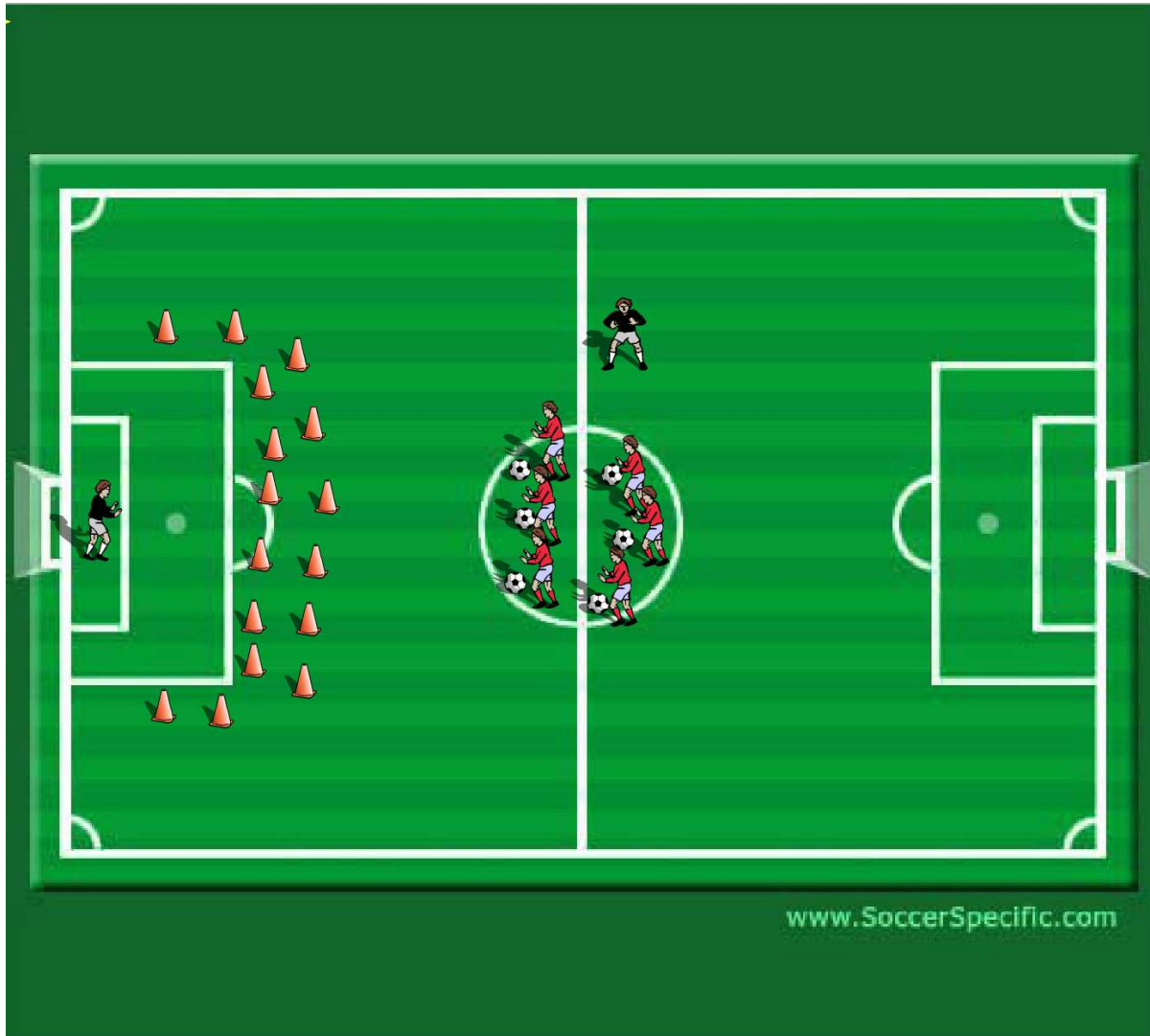
Coaching Points

Keep the ball close.

Ask players to use both feet and all parts of the foot.

Encourage players to use lots of different moves.

Sleeping Dragon



Sleeping Dragon

Purpose- To improve both dribbling and turning skills.

Organization- All players enter centre circle which is known as the circle of safety where they cannot be tagged.

One coach is positioned outside the centre circle & the other coach lies in the six yard box as the sleeping dragon.

Players leave the circle, get a piece of treasure and bring it back to the circle. As soon as the players reach the treasure, the dragon wakes up and tries to tag the players before they can get the treasure back to the circle of safety.

If a player is tagged, they must go back to the circle of safety do five toe taps and go again. The coach sets a time limit that all the treasure needs to be back in. The coach can then appoint one of the players as the next dragon and play the game again.

Coaching Points

Keep the ball close.

Encourage use of both feet and use of all parts of foot.

Keep nose in front of the ball so you can see where the dragon and the treasure is.

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.