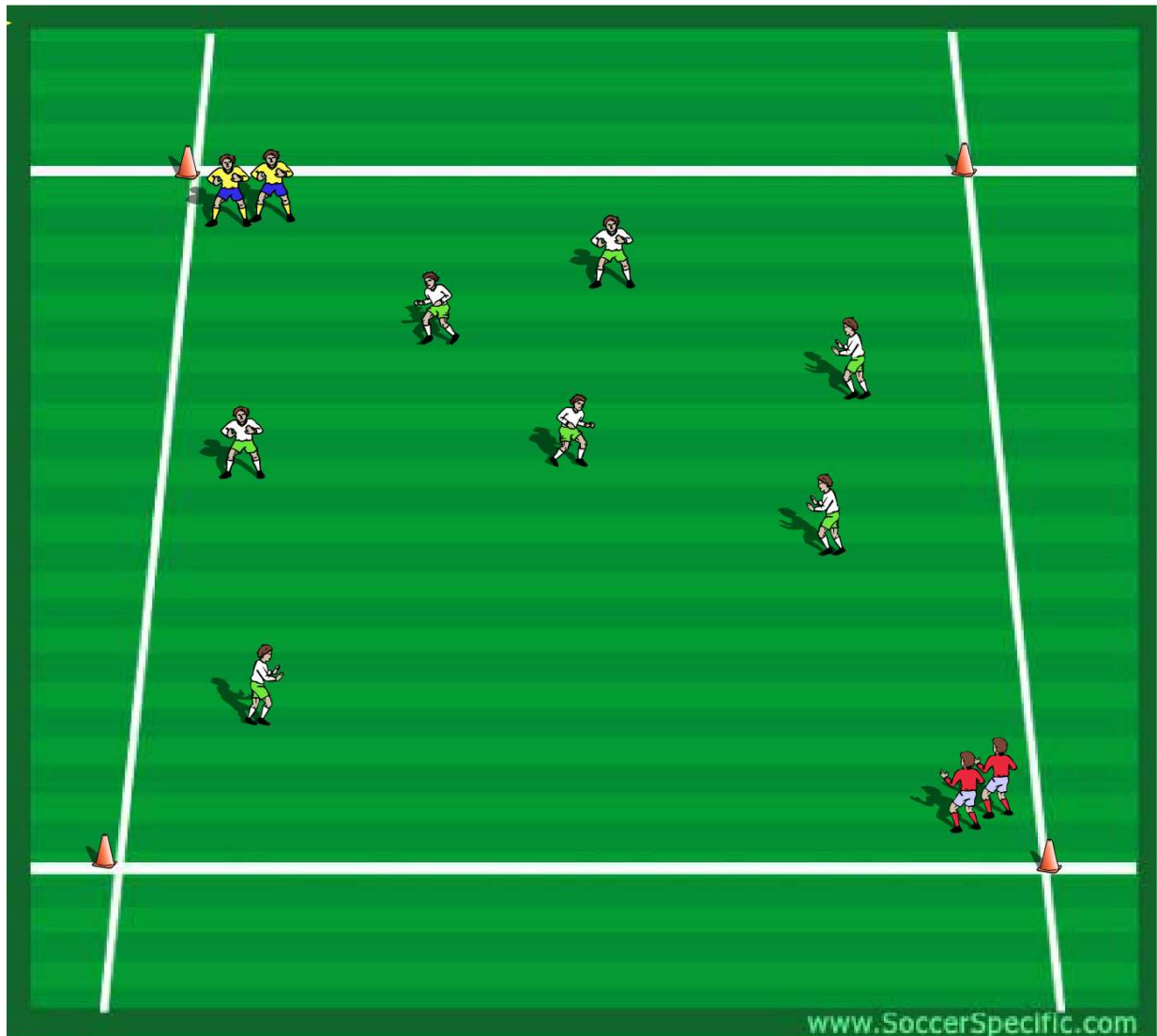


Chain Tag



Chain Tag

Purpose- Fun warm up players before soccer exercises.

Organization

20x20 grid

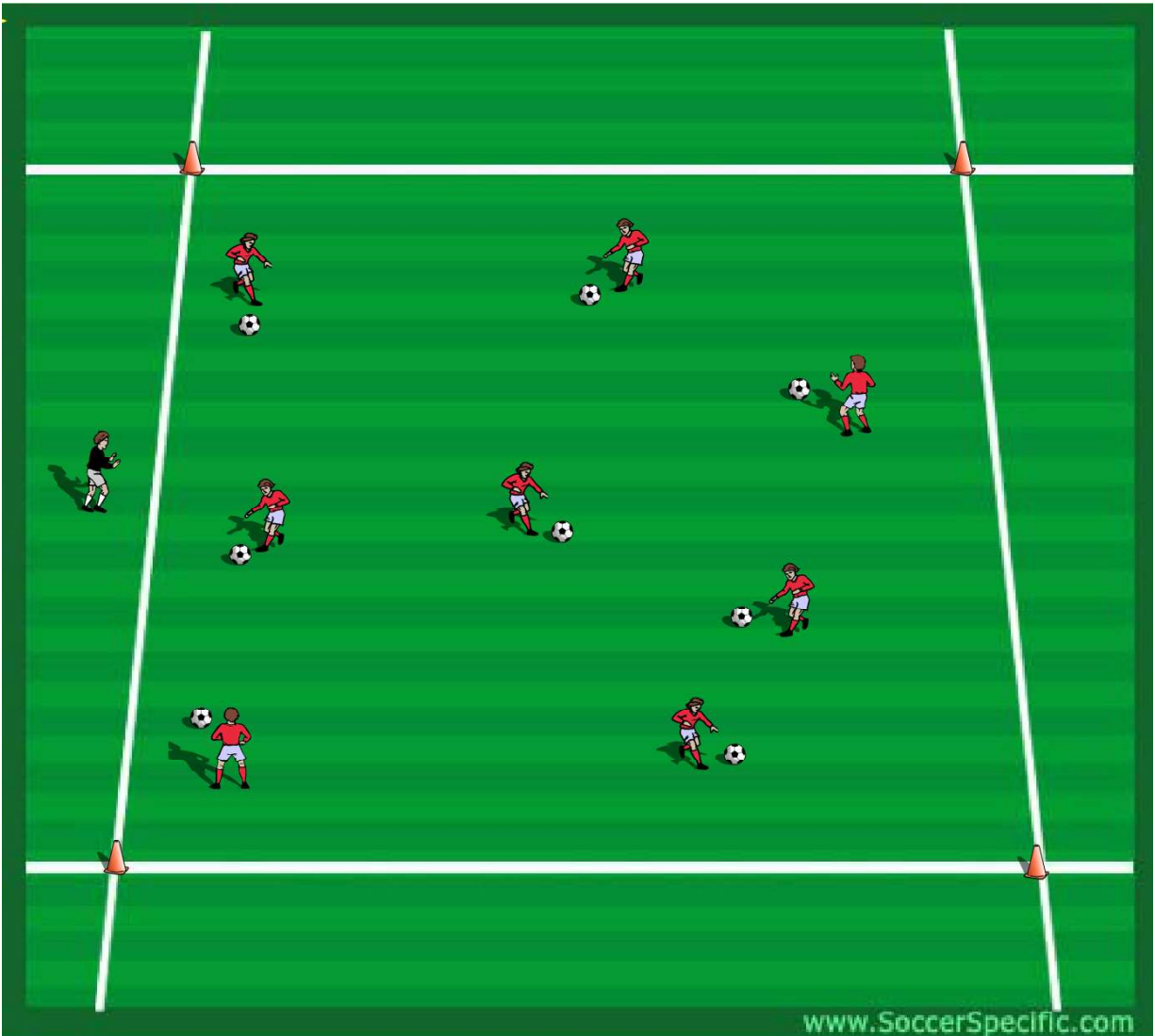
Two teams of two in scrimmage vests

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.

Copy the Coach



Copy the Coach

Purpose- To improve coordination and listening skills.

Organization- Each player has a soccer ball in a 20x20 area. Coach calls out instructions and players copy the coach, but only when instructions include the phrase "coach says". Example "Coach says dribble ball with their feet" players should dribble the ball with their feet. If an instruction is called out such as "toe taps on the ball" the player must not perform the task as it must always be prefaced by "Coach Says"

Progression- Coach calls out instructions quicker, not giving the players much time to think.

Coaching Points

Keep ball close and nose in front of the ball to see what is front of you.
Helps improve both co-ordination and listening skills in young player.

Pin Ball Wizard



Pin Ball Wizard

Purpose- To Improve communication and passing skills.

Organization

Area 15x15 & 10x10

4 players dribble their ball within the 10x10 grid. On the command of the coach they have to play their soccer ball to each of the players on the outside of the 15x15 grid, whilst staying in their grid. Time how long the players take and then do it again and ask the players if they can beat their time.

Change middle after players complete two attempts, so everybody plays in the middle grid.

Purpose- Ask players to use weaker foot only.

Coaching Points

Keep your head up and nose in front of the ball, so you know who is free to pass to.

Always attempt to pass to an open player.

Make players aware the most accurate part of the foot to pass with is. The inside of the foot.

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.