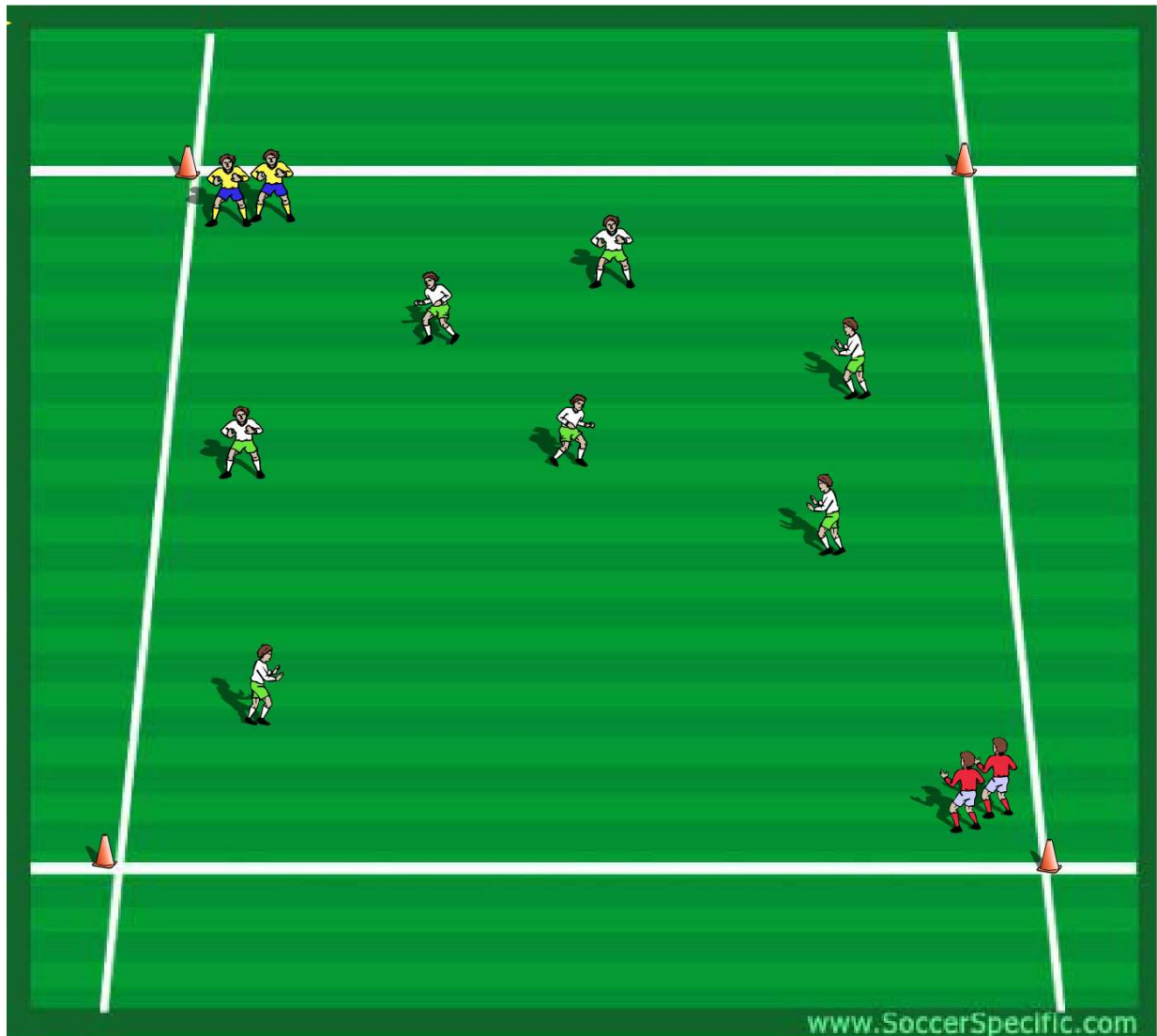


Chain Tag



Chain Tag

Purpose- Fun warm up players before soccer exercises.

Organization

20x20 grid

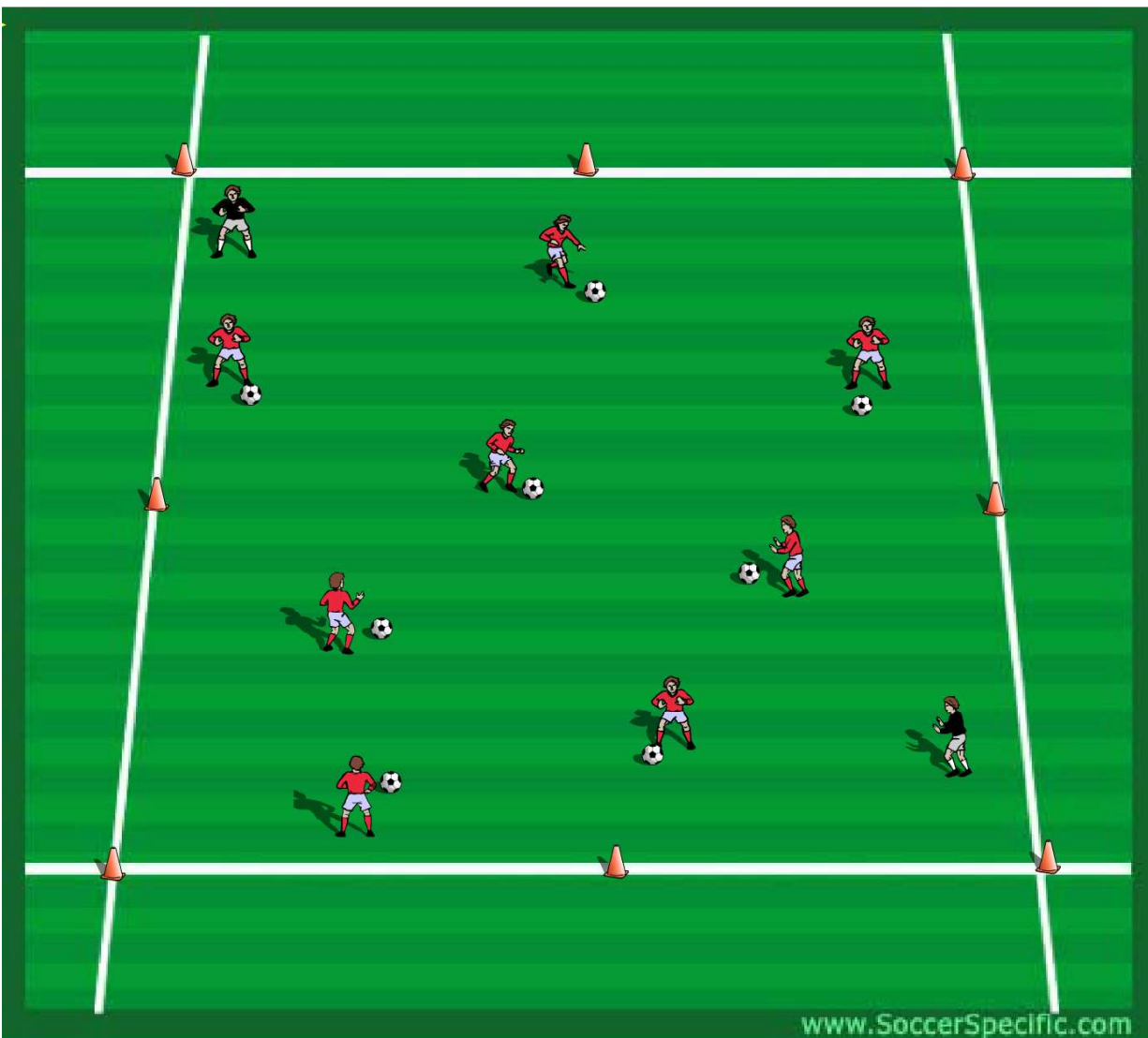
Two teams of two in scrimmage vests

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.

Knockout Tag



Knockout Tag

Purpose- Individual skills to Improve dribbling skills

Organization- Eight players are placed in a 20x20 grid with a soccer ball and a penny tucked in their back of their shorts. Two neutral players are also placed in the grid and when the coach gives the command, the neutral players attempt to pull the pennies from the players dribbling their soccer balls in the grid. Winning player is the last player standing.

Progression- Ask players to dribble with weaker foot only.

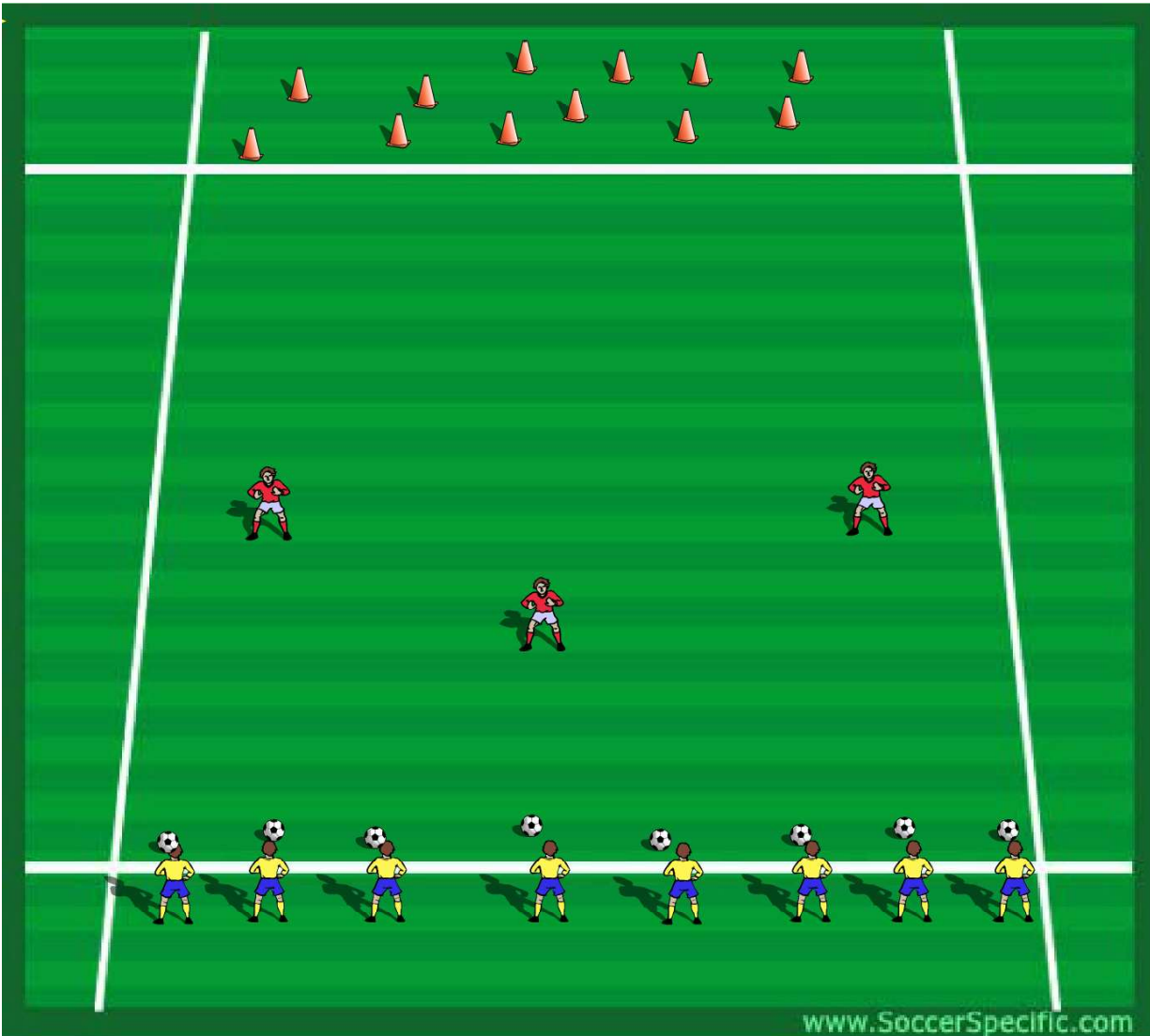
Coaching Points

Keep ball close

Use all parts of the surface when dribbling the ball

Keep head up and look for opposition and space

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.