

Bridge Tag



Bridge Tag

Purpose- Fun warm up for players before soccer exercises

Organization-

20x20 Grid

Two red players stand alone on the side (monsters), ready to tag players waiting in the grid (Yellow Players)

When a player is tagged, they go down on all fours and make a bridge.

To become free a yellow player in the grid a teammate must crawl under the bridge for the player to become free.

Play for 90 seconds. For the monsters to win all the players must be tagged and in a bridge position

For the yellow players in the grid to win, one player must be still standing and not in a bridge

Look Up & Listen



Look up and Listen

Purpose- To focus on soccer skills and quick thinking

Organization- Divide the groups into two 15x15 areas, with all players having a soccer ball. Players dribble in their own separate areas and both watch and listen for signs from the coach what to do next. For example if the coach raises one hand in the air, players must work on change of pace. If the coach raises two hands all players change grids. If the coach calls out an order such as head on the ball, all players must place their head on the ball.

Progression- Ask players to dribble with weaker foot only.

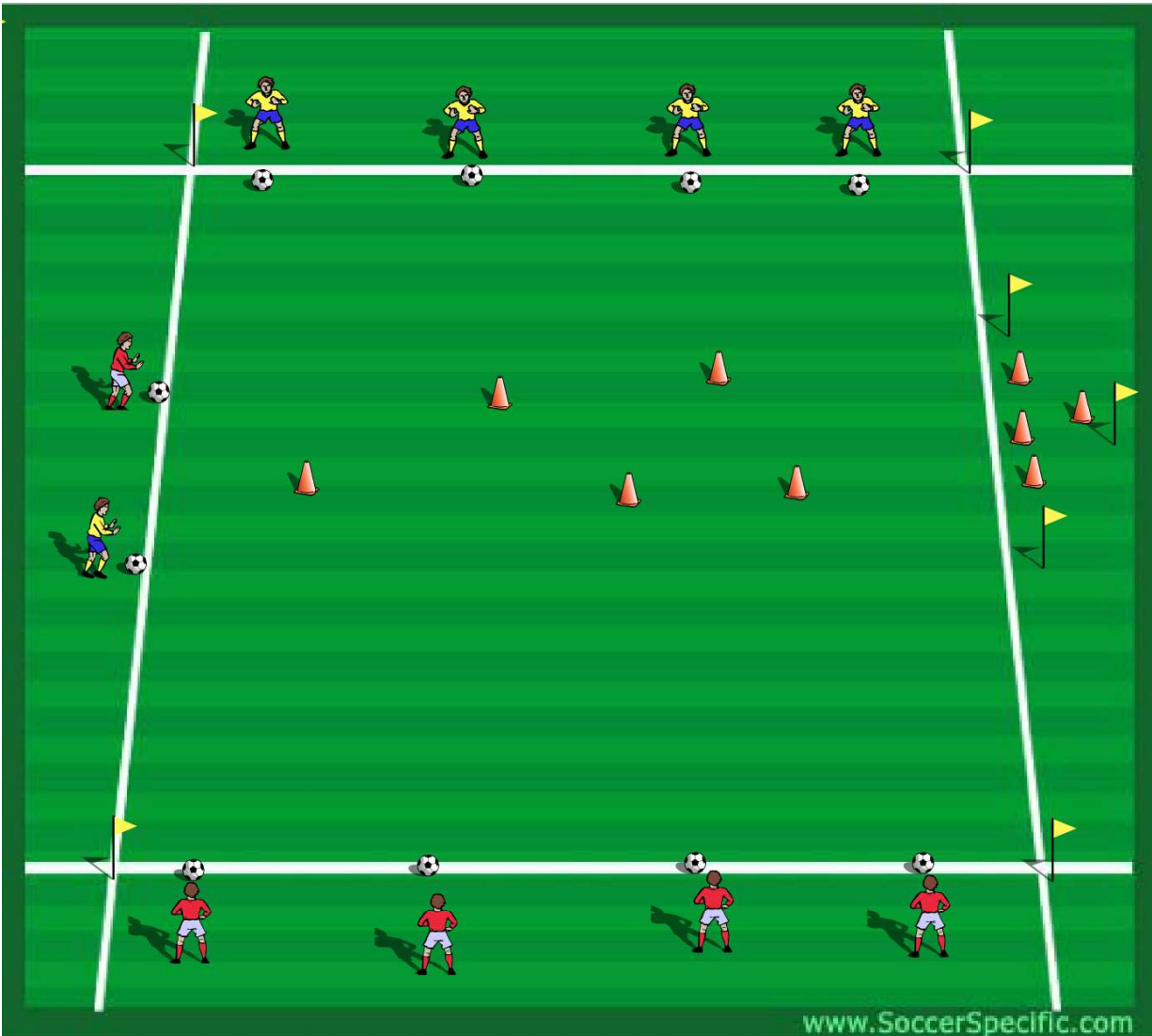
Coaching points

Keep the ball close and head up to look for space

Use both feet and explore all surfaces when dribbling

Work as a team

Paint Ball



Paint Ball

Purpose- To improve both dribbling and passing techniques

Organization- Set up a 20x20 grid and group players into two teams, a red team and a yellow team, facing each other. Two other players should be on the mid line, where they need to race through the cones and bring the cones back. First player to bring back two cones wins. The players on either end must try and hit the players on the opposite team and slow them down.

Progression- Players must dribble with weaker foot only

Coaching Points

Keep ball close

Use all surfaces of the foot to dribble with

Communicate both verbally and visually

Use the inside of foot to pass for accuracy

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.