

Pull the Pinny



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Purpose-To improve soccer related movement.

Organization

Set up a 20x20 grid, two players wearing a different color scrimmage vest to separate them from the other players in the grid.

All other players get a scrimmage vest and tuck it down their shorts and it hangs down like a tail. On coaches command the two players run around trying to pinch the players tails. Once a players tail has been pinched, they help and join the others, until all pinnies have been pinched.

Pac Man



Pac Man

Purpose- To improve dribbling and passing skills.

Organization- One player "Pac Man" has a soccer ball in a confined area (20x20) The other players try to stay away from "Pac man" who tries to hit the player's ball with their ball. If your ball is hit, you go outside the area, perform 10 toe taps and rejoin the game.

Progression

Add more "Pac Men"

"Pac Man" does not use a ball

Coaching points

Keep head up

Dribble quickly, approach from an angle

Keep body still and over the ball

Ankle locked and follow through to the target.

Crazy Cones



Crazy Cones

Purpose- To improve passing technique.

Organization- Set up a small circle and inside set up cones randomly in the area. Each player needs a ball. On coach's command the player's try to pass the ball at a cone and knock it down. The player who knocks the most cones over wins. Players do not have to use their own ball and after passing , the player needs to find the closest ball and try again.

Progression-

Ask players to use different surfaces of the foot
Coach calls that players can use their left foot only, right foot only.
Split players into two teams and play as teams only.

Coaching points

Approach from an angle
Keep body still and over the ball.
Ankle locked and follow through to the target.

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.