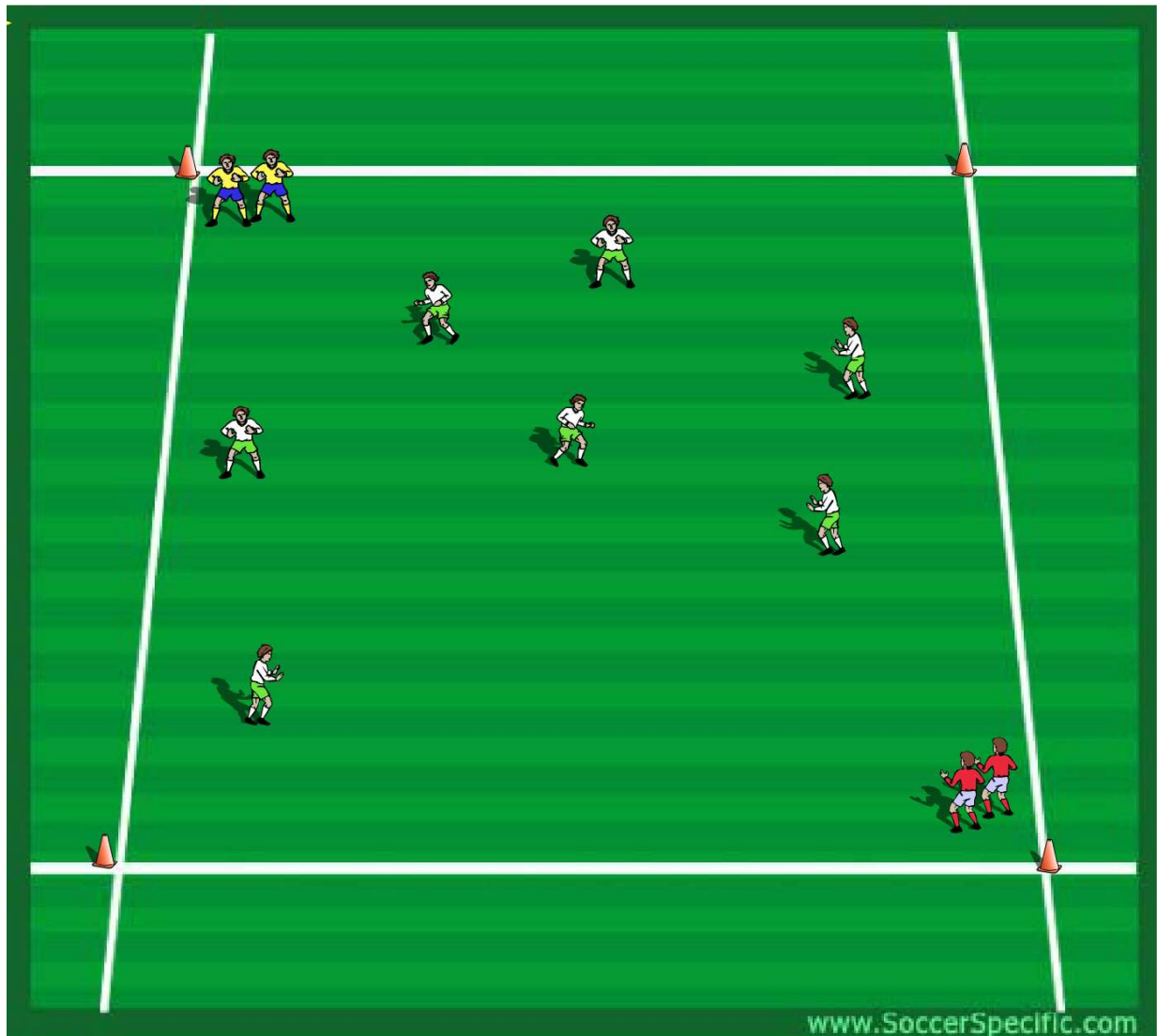


# Chain Tag



## Chain Tag

Purpose- Fun warm up players before soccer exercises.

### Organization

20x20 grid

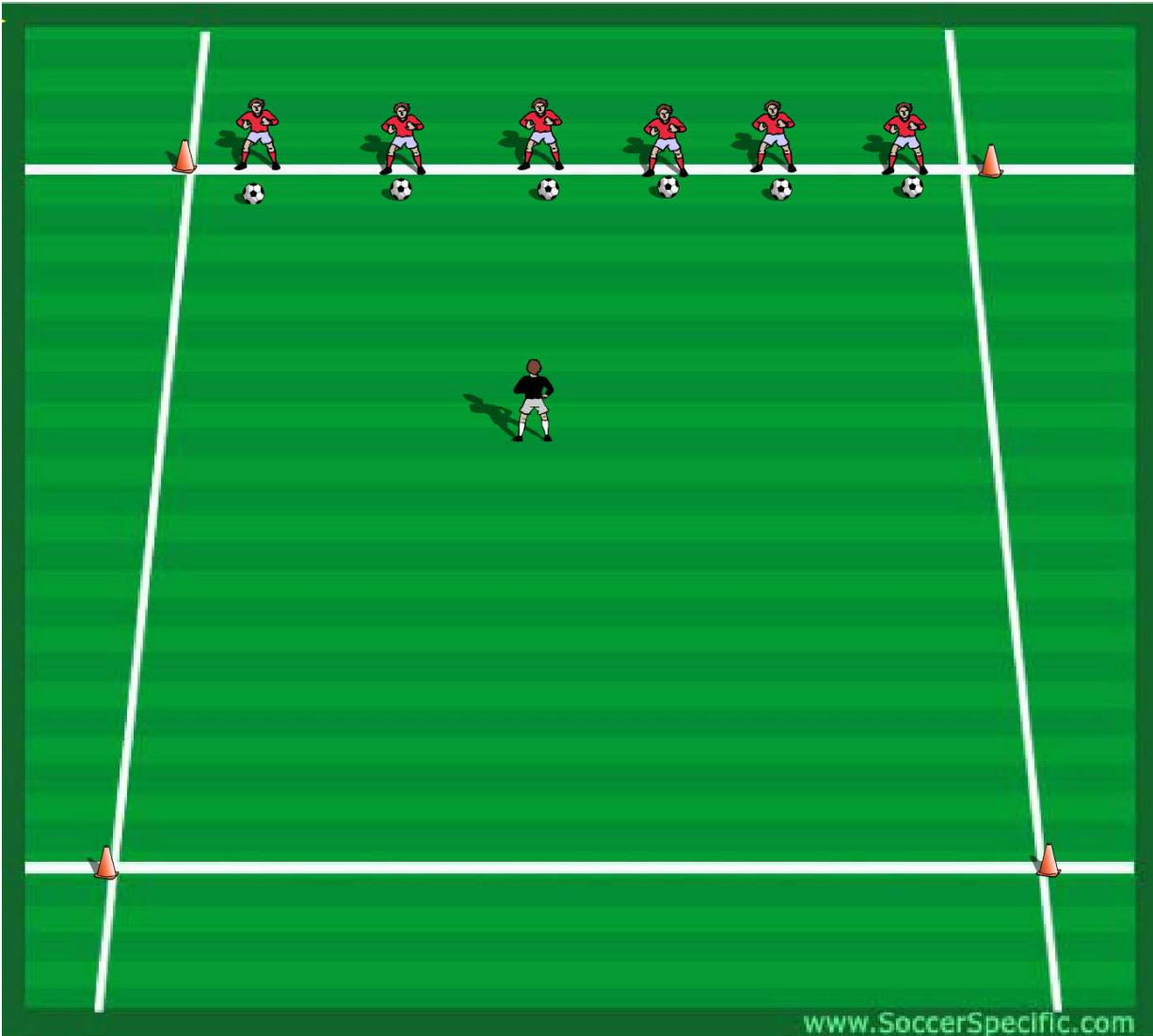
Two teams of two in scrimmage vests

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.

# Sharks & Minnows



## Sharks and Minnows

Purpose- To improve dribbling skills

Organization- Players line up on a line with a soccer ball. A player or coach stands in the middle as the 'shark'. On the coach's command, players attempt to dribble across the area to the opposite line. If the player's soccer ball or themselves are touched, they become a shark.

Progression- When a shark wins the ball, they must dribble out of the area before the minnow is caught.

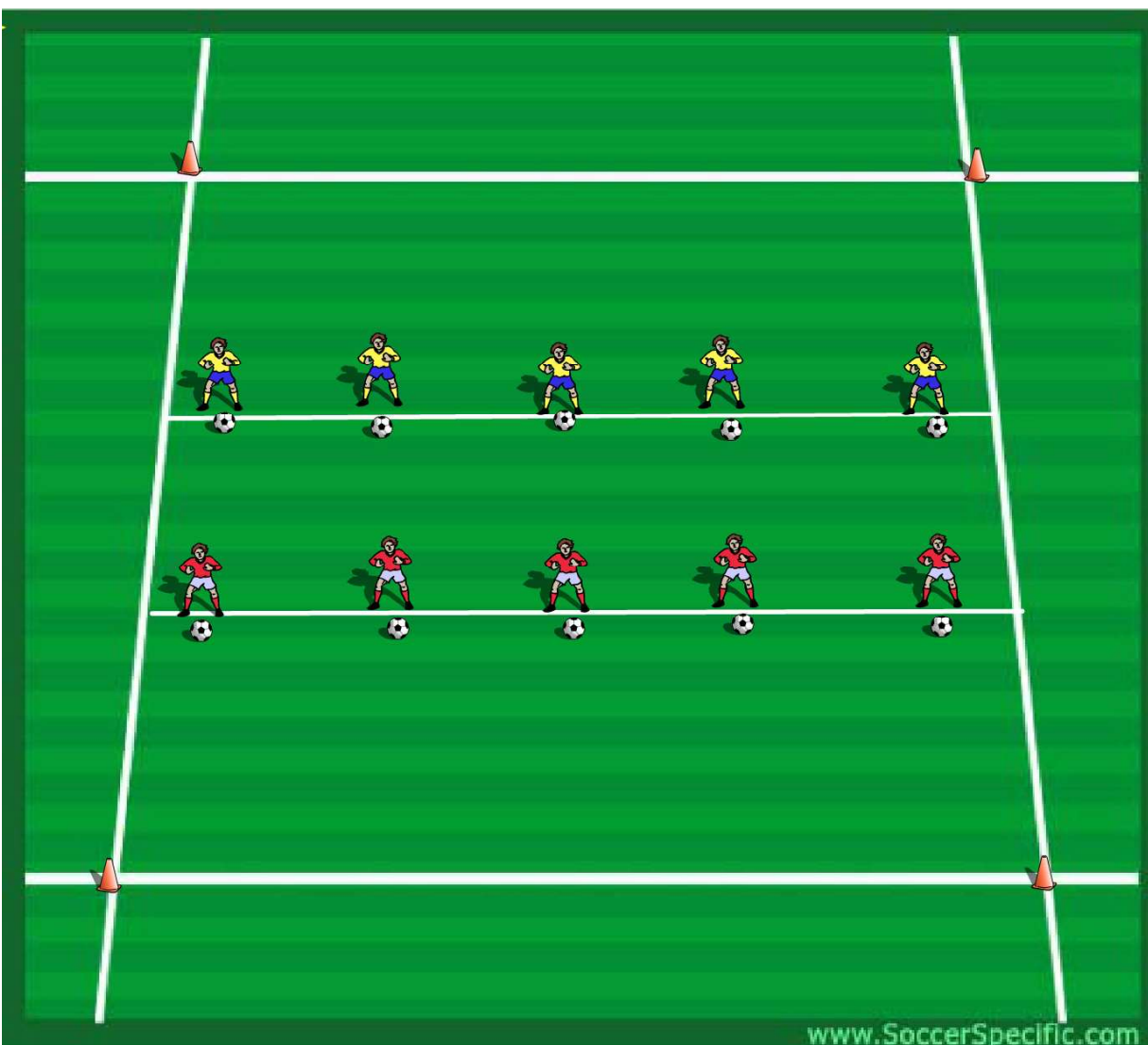
### Coaching Points

Keep ball close

Inbetween touches of the ball, look up to see where the sharks are.

When getting by the shark, look to change speed and direction.

# Crows & Cranes



## Crows and Cranes

Purpose- To Improve dribbling skills

Organization- Set up the grid as shown above. Divide teams into two groups. When either team is called they must dribble to the end line while being chased by the other team (without balls) Every time a player is caught, you gain a point for your team. The player chasing must touch their partners ball to gain the point.

Progression- Vary the size of the space or vary the starting position between the two teams.

### Coaching Points

First touch should be long and out of your feet to get maximum speed.

Player encouraged to use instep or outside of foot to dribble with.

In between touches, players should be looking up.

Angle the dribble in front of the pursuing defender to cut off their path.

# 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.