

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)

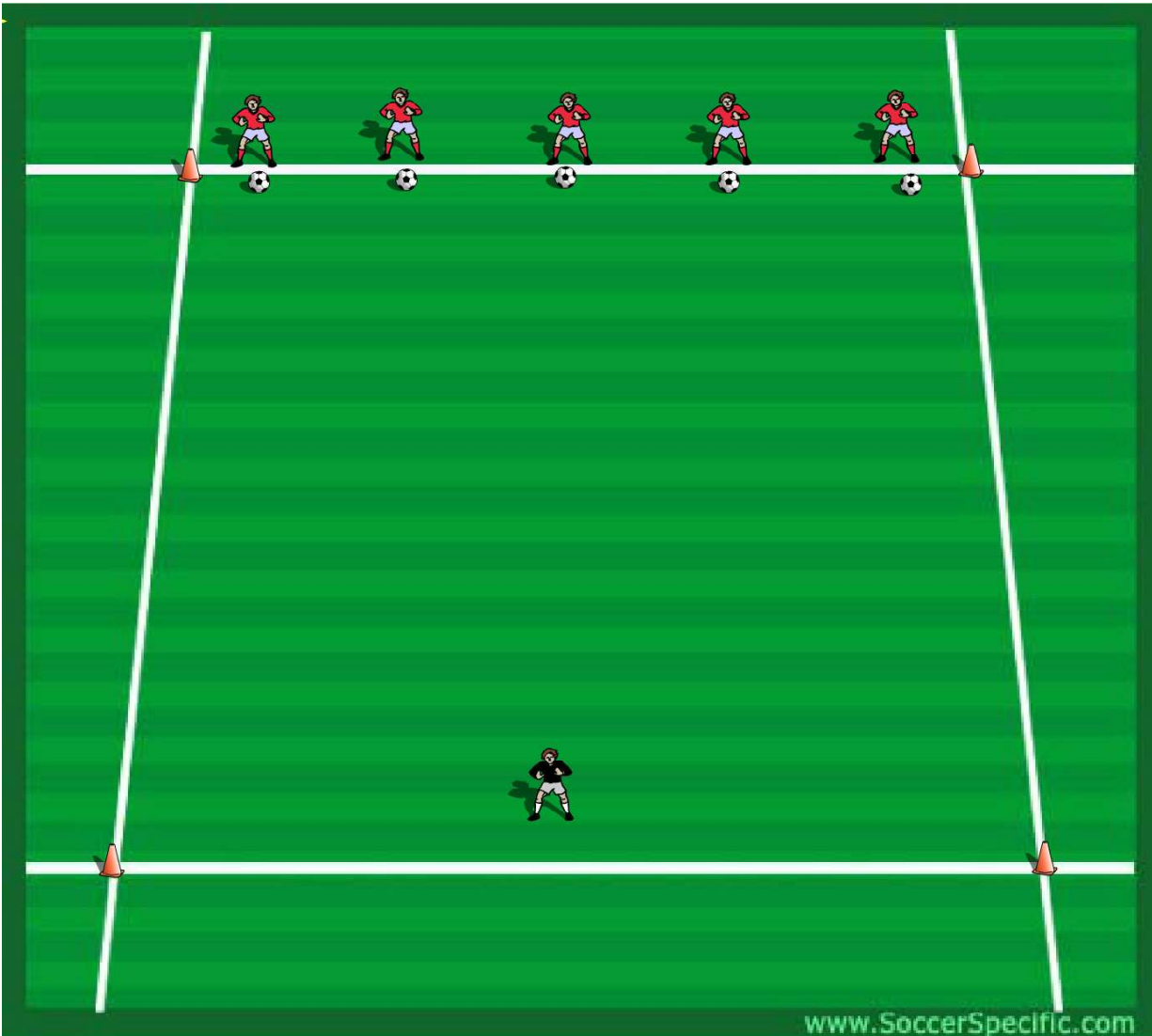
When a player is tagged, they go down on all fours and make a bridge.

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

Mr. Freeze



Mr Freeze

Purpose- To improve ball skills.

Organization- Players attempt to dribble from one side of the grid to the other. When coach turns around and looks at his/her players they must have their ball still and remain frozen. If players move when the coach looks at them, they must go back to the beginning and start again.

Progression- Players can only dribble with their weaker foot only

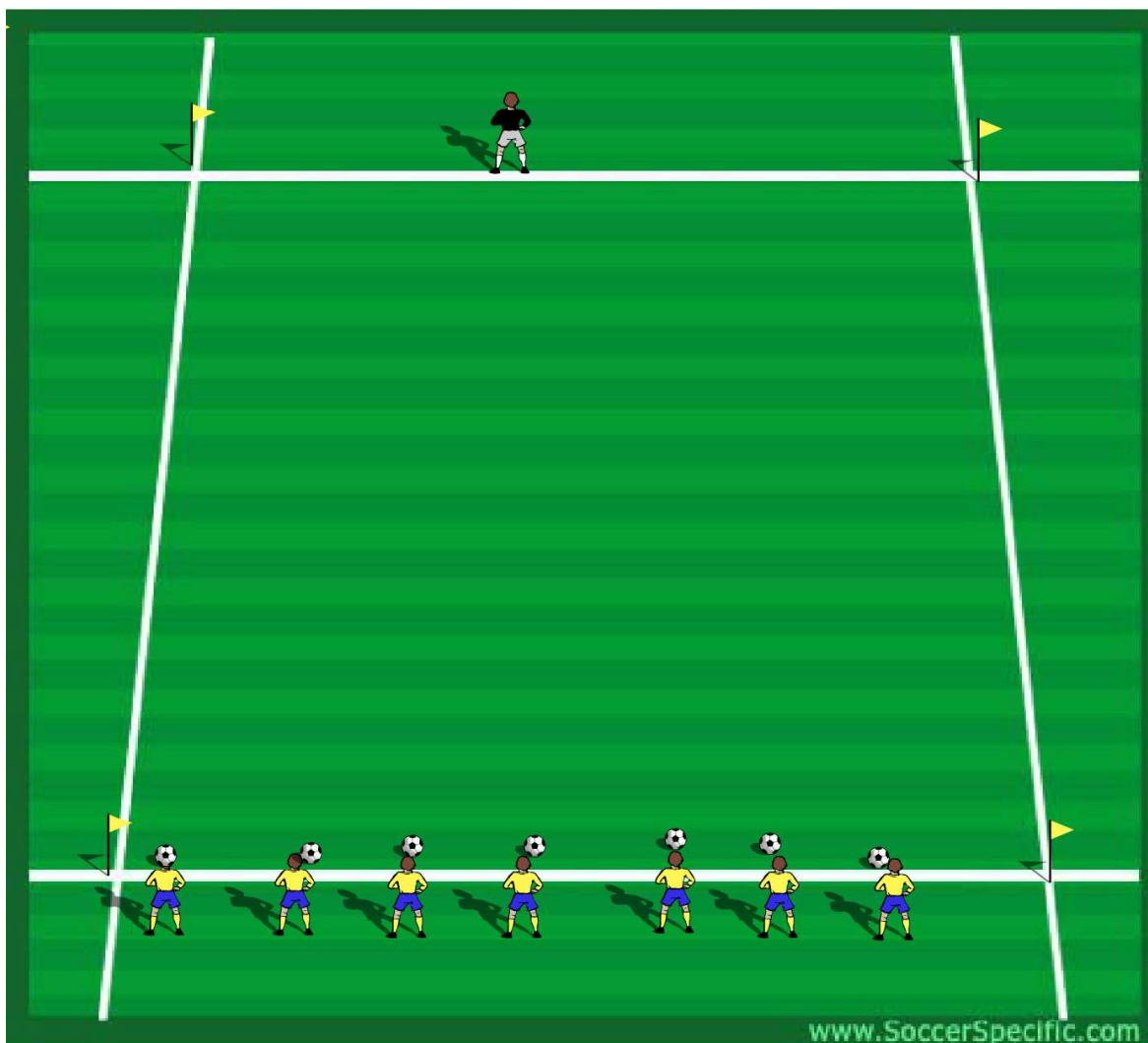
Coaching Points

Players need to keep their head up, to see what the coach is doing.

Keep the ball close

Use all surfaces of the foot to dribble the ball with.

Red Light, Green Light



Dribbling Games Red light, Green light

Purpose Starting and stopping the ball and improve vision

Organization

Players line up at the one side of the 20x20 area

Coach stands on opposite side with a red and green cone

When coach holds the green cone in the air, players dribble forward

When coach holds the red cone up in the air, players need to stop ball immediately

If the coach turns around and player is still moving when the red cone is in the air he/she must go back to the beginning and start again.

Coach continues to change from red and green cone to confuse players. The first player to make it to the coach wins the game

Progression- Ask players to use weaker foot only.

Coaching Points

Keep the ball close

Keep head up

Use all different parts of the foot to dribble with (laces,sole,inside and outside)

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.