

Railroad Tag



Railroad Tag

Purpose- Warm up to get body ready for soccer practice.

Organization

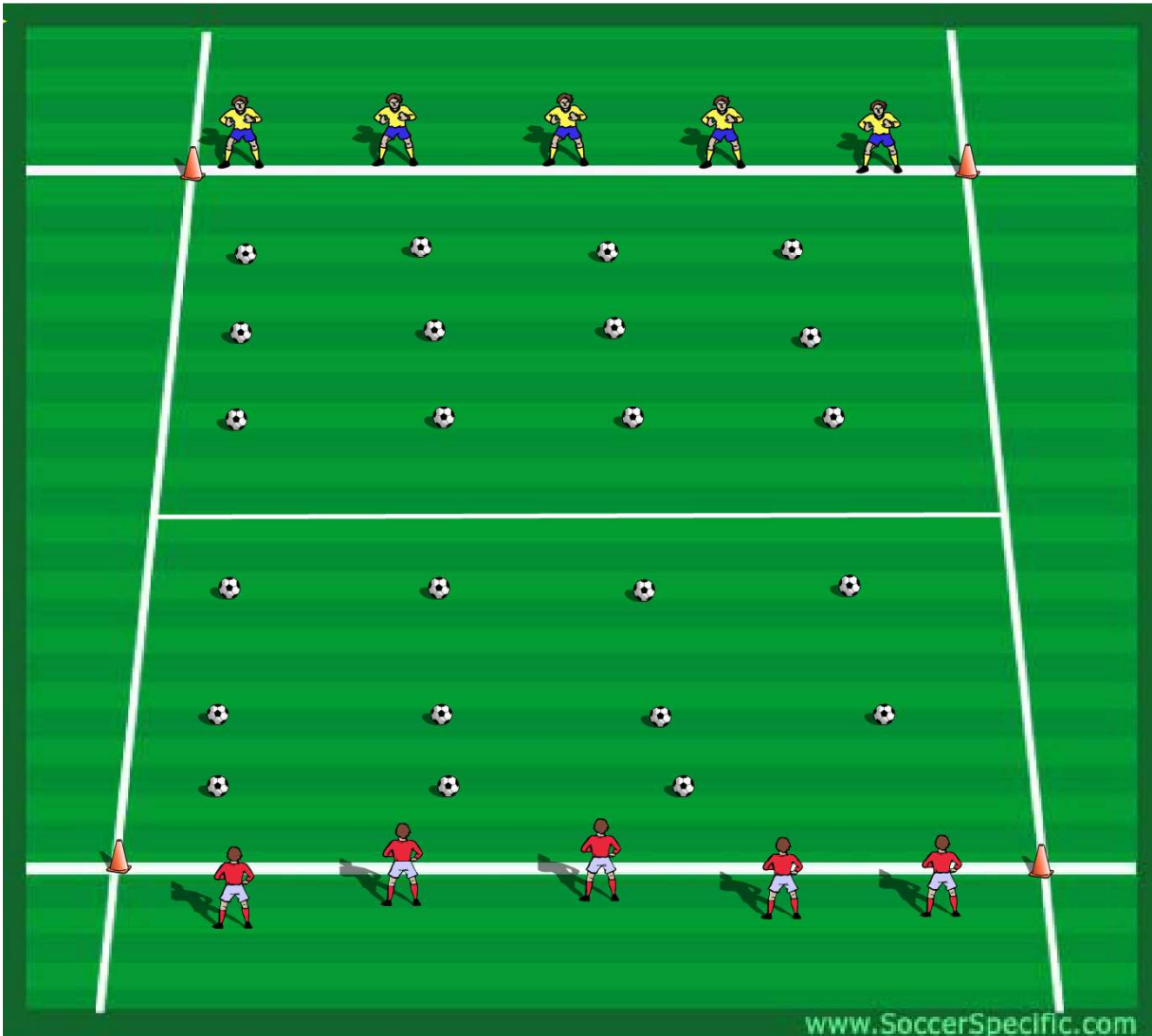
Two players will be designated as "it."

On coaches command the players who have been designated as "it" will chase all of the other players around the field and try to tag them. If a player is tagged, they have to lie down on the ground on their stomach, like a railroad track. Another player that has not been tagged yet, can jump over the player that is lying down and then they can get up

Coaching Points

Work on agility and movement

Pass the Buck



Pass the Buck

Purpose- to improve the technique of passing

Organization- Set up a 30x30 grid and place balls in each side of the grid, as shown in the diagram. On the coach's command, players run from the end line to a ball in their own half and pass it into opponents half. The player then runs back to the end line and repeats the process. Continue the process for two minutes and at the end of two minutes, the balls are counted up and the winning team is who has the most balls in the opponents half.

Progression- Use weaker foot only.

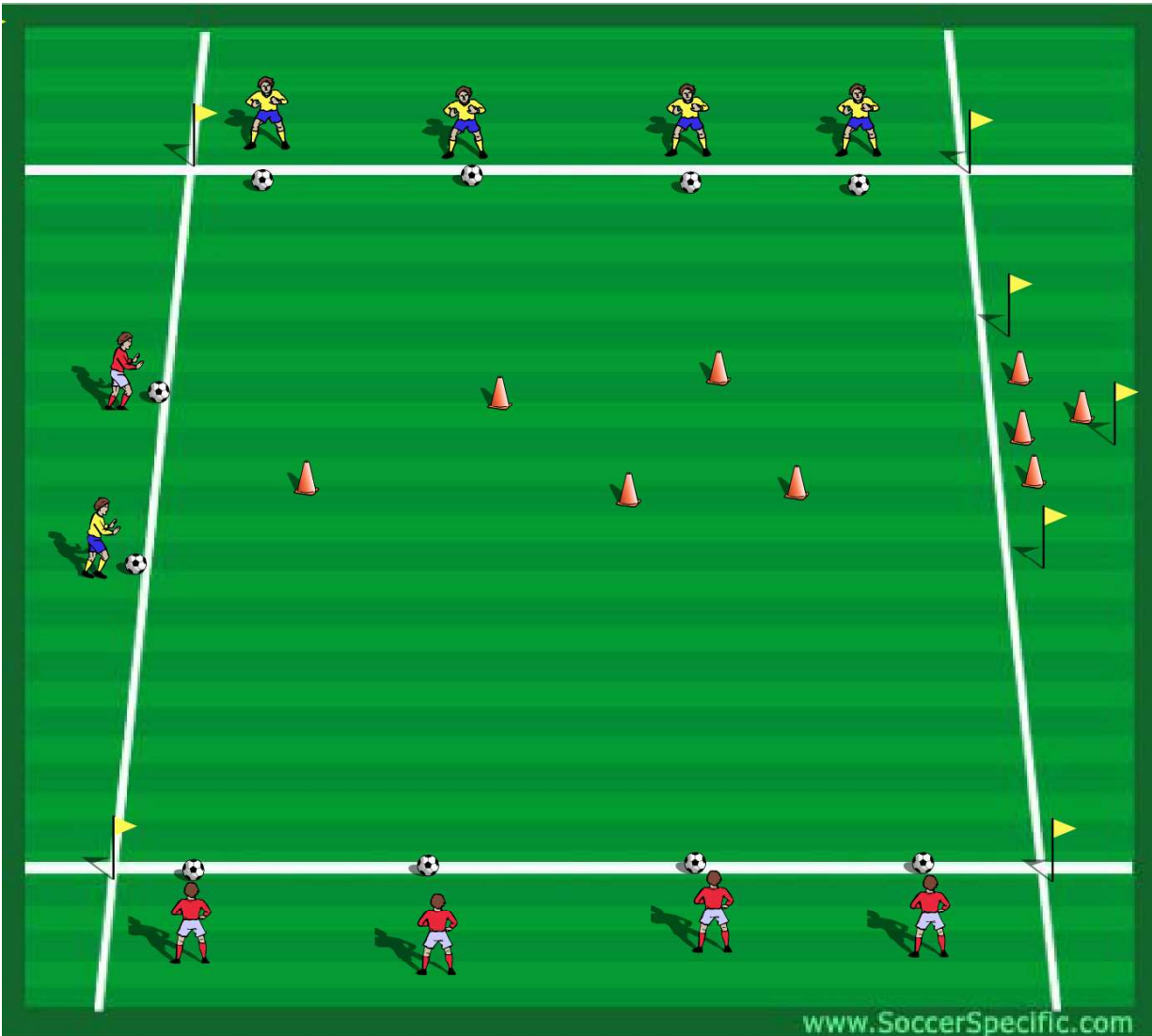
Coaching Points

Use the inside of the foot

Approach ball from angle, ankle locked and follow through to your target

Work on weight of pass

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.