

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.

Hospital Tag



Hospital Tag

Purpose- To improve dribbling skills under pressure

Organization- Set up a 20x20 grid and put four cones outside the grid, with two neutral players inside and call them paramedics. Red players are told to dribble around the grid, while the players in black (the monsters) run around attempting to tag the red players. The first time they are tagged, they are told to hold their arm, the second time they are tagged, they hold their arm, and leg while still dribbling. The third time they are tagged they go down on one knee, holding their leg and arm calling for a paramedic. One paramedic comes running out, links arms with the player and takes them back to the coned area. The injured player performs five toe taps in the ER (coned area) and returns to the game.

Progression- Add another monster, to give even less time for players to think and rest.

Coaching Points

Keep the ball close

Keep head up, look for space and to stay away from monsters.

Road Runner



Road Runner

Purpose- To improve dribbling skills

Organization- Players enter a 30x30 yard grid. Each player has their own soccer ball and gates are set up in different parts of the grid. On the coach's command, players must dribble through as many gates as they can in 60 seconds. Players score 1pt for every cone they dribble through, players lose 1pt every time they hit a cone or bump into another player.

Progression- Ask players to use weaker foot only and dribble around the cones in a figure of eight.

Coaching Points

Keep nose in front of the ball, to see where everyone is and where the gates are located.

Keep ball close in crowded areas

Work on change of pace and accelerating through the gates

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.