

# 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

# Robin Hood



## Robin Hood

Purpose- To improve dribbling skills

### Organization

Set up a 20x20 grid with two players on each corner. When the coach gives the command "GO", players take turns in running to the balls in the middle and bringing one back to their team. When all the balls are gone, players are allowed to steal balls from other teams. Winning team is the team with the most soccer balls when the coach calls "STOP"

Progression- Ask players to play the game with their weaker foot only.

### Coaching Points

Keep the ball close

Use all surfaces of the foot to dribble with

Keep head up to look for space and who has the most soccer balls to steal from.

# Space Invaders



## Space Invaders

Purpose- To encourage, passing, dribbling and decision making.

Organization-The coach stacks up soccer balls in the middle and the rest of the players team up in two and link arms. On the coach's command he/she strikes the balls and runs around the grid, trying to hit players under the knee. If the players are hit they fall to the ground, then get up and join the coach trying to hit the other players. The winning team is the last team standing.

Progression- Ask players to use weaker foot only

## Coaching Points

Keep head up so you can see where the space invaders are

Dribble your ball into a position where you can shoot them

Keep your pass low and aim ahead of them if they are running across you

# 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.