



Copy the Coach

Objective- To improve coordination and listening skills.

Each player has a soccer ball in a 20x20 area.

Coach calls out instructions and players copy the coach, but only when instructions include the phrase "Coach says"

Example "Coach says dribble ball with feet " players should dribble the ball with their feet.

If an instruction is called out such as "toe taps on the ball" the player must not perform the task, as it must always be prefaced by "coach says"

Coaching Points

Keep the ball close and nose in front of the ball to see what is in front of you

Helps improve both co-ordination and listening skills in the young player.