



Zombies

Objective- Work on both dribbling and passing skills

Players are first asked to make a circle with the cones

All players then enter the circle of safety with a soccer ball where no one can tag them

Coaches are positioned outside the circle and become zombies

Players begin by passing the ball as far as they can outside of the circle, they then run to retrieve their soccer balls and bring them back to the circle.

If the zombies tag them, they have to walk like a zombie for 10 seconds or get tagged by a teammate to unfreeze them so they can get back to the circle of safety.

Progression

Ask players how many times they can pass the ball and bring it back in 2 minutes

Coaching Points

Dribbling- Keep the ball close, encourage use of both feet, keep nose in front of ball to see monsters

Passing- place ball at slight angle, keep head still, use inside of foot and follow foot through the ball