



Captain on Deck

Objective

Players enter the grid with a soccer ball (20x20) and find a space

Each side of the grid is called North, East, South and west

When coach gives command the players must dribble the ball to whatever side the coach calls e.g North, East, South or West

Coach can give other commands to help improve foot skills. These may be

Scrubbing the deck- Players push the ball side to side with the inside of their feet

I, I Captain- Players stop the ball when they here this call, salute the captain and call out I, I

Captain

Climb the rigging- Players perform toe taps on the ball and pretend to climb the rigging with their hands

Man over board- players leave their ball run around a cone and back to their ball

Incoming bomb- Players throw their ball into the air and control it.

Coaching Points

Keep the ball close

Fast feet, lots of touches on the ball

Listen to coaches call

Keep nose in front of the ball so you can see where you are going and try not to bump into each other