

# GREENFIELD AREA SOCCER CLUB

## PELE PRACTICE BASIC GUIDE

• Dribbling

• Shooting

• Passing

• Games

• Dribbling:

Road Course

Keep the ball close and zig zag through cones.



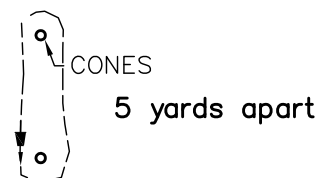
Oval Challenge

Time is 45 seconds for each one.

1st time – use any foot to get around.

2nd time – use only the right foot.

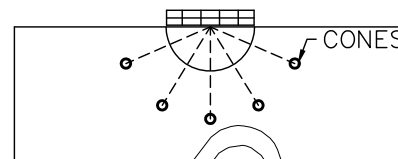
3rd time – use only the left foot.



• Shooting:

Goal shooting

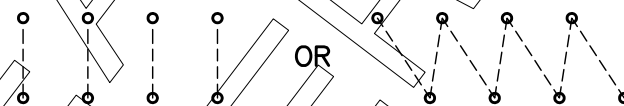
Kick from different areas on the field, switch it up, from side to side.



• Passing:

Line passing

kids across from one another, pass ball back and fourth.



• Games:

Junkyard

Place kids one half of the field and the other kids on the other half. Make a no go zone in the middle. Have them kick the balls and keep them out of there side of the field.

Square game

Take four cones and a make a square on one side of field and then another square on the other side. Divide the kids three on one side three on the other side. Have them dribble to the square trapping the ball (stopping it). Then the next child would dribble back until everyone has had a turn.

Pacman

Form a circle with the cones, all players have a ball except 1. That one is the pacman, he or she attempts to tag the others with the ball and make them a pacman. Last one standing wins.

Sharks and Minnows

Form a circle with the cones, all players do not have a ball except 1. That one is the shark, he or she attempts to kick the balls out of the circle as the others dribble, if so, then they become a shark. Last one standing wins.

• Coach's Points

Team Spirit:

1. Team name: Cougars etc.
2. Fun for the kids.

Note: These are basic practice guidelines to help you, build upon them and change as necessary.

