



RECREATION COACHING

ACTIVITIES

U5-U7



# Eastside Timbers Recreational Coaching Activities

## Introduction

Layout cones in a 15x20 yard box (can adjust for older players) ; this will do for all activities!

Remember young players find it difficult to see an imaginary line between 2 cones so lay down a couple extra cones for sidelines. Also, try and *stay away* from the 4 L' s; Lines, Lectures, Laps and Language. ..

**L = Laps; Young players don't need stretching so start with a FUN warm up game -pick one below!**

**L = Lines; Don't have players wait in turn in a line, have them all play at same time**

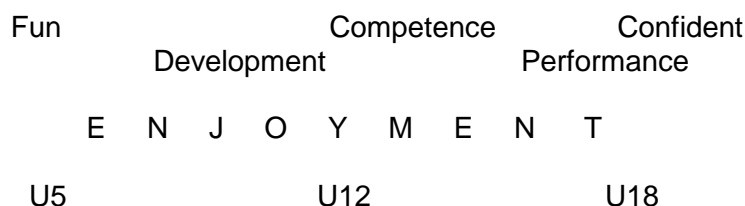
**L = Lectures; If you talk or make little players wait in line for more than 30 seconds, then you will lose them! Their powers of concentration are not the same as an adult!**

**L = Language; We are all important role-models in the lives of these young players so don't use any bad language or behavior!**

## **“Fun and the Enjoyment Factor”**

All players want to enjoy their soccer experience; however, defining enjoyment varies with age and the developmental level the individual is currently at. U5/U6 players will play primarily because their parents signed them up for it and explained to them that it would be fun. Whilst they may be interested in developing skills, they are far more interested in having fun. As players mature at differing levels; players reaching the u12 level are much more interested in *competence development*. They are more likely to accept practices that are less fun-oriented in favor of focused practices that improve their abilities. As players reach beyond the U15 level they are interested primarily in *confidence performance*. They tend to focus on things that they are capable of doing and *doing* them well rather than things they cannot do.

### **“The Enjoyment Continuum”**



Mini-Soccer coaches should therefore focus on making their practices and games fun, and move towards *competence development* as the individuals and group develops.

## **Teaching guidelines:**

- Be patient when teaching technique for the first time and be prepared to repeat the topic liberally
- Move onto the next technique only when the basics of the current technique are learned by the majority of the group
- Vary your practice organization to encourage repetition of the same technique through different teaching methods
- Encourage and motivate participants to practice skills at home
- Be patient when expecting young participants to reproduce technique correctly during games. What matters is that participants are coached the correct technique, not how quickly they begin to reproduce them in games
- Be sure to follow the curriculum. Learning technique in soccer requires a logical and sequential progression.

## An Outline Session

**Equipment required:** one ball per player, place cones in a 20 x 30 yard area

### Warm-up

**Body Part Dribbling:** Place the players in random formations within the space and have them dribble without touching other players. When you call out a body part (left foot, right foot, thigh, head, etc.) the players must stop the ball with that body part.

**Ball Stretching:** Have players stand with legs apart and roll their balls with their hands in a figure eight in and out of their legs. Then, have them place one foot in front of the other and roll the ball around the front foot ten times, then switch. Have them sit down, legs extended in front, and roll the ball towards and around their feet and return along the other side of the leg. Have them sit in a V and move the ball in an outline around their bodies, including their backs. This activity makes the players stretch without realizing it; players at this age tend to just “count” when being led through stretching exercises, they don’t realize what a stretch feels like. Activities like this warm up their muscles and keep them occupied.

**“I Can Do Something With the Ball, Can You”?:** Lead this game first, saying, “I can do something with the ball (dribble with your left foot, kick as far as you can, etc.) can you?” and then the players have to mimic you. Then call the players up one at a time to the center to lead the activity.

### Main Activities

**Individual Ball retrieving:** Have the players hand you their balls one at a time. Toss each ball away, and the players must retrieve their balls as quickly as possible and bring them back any way they want using the body part dribbling. Let them come up with their own ideas. A variation is to call out a number while the players run away and they must touch the ball that many times on their way back to you.

**The Blob:** Select one player to be ‘the blob’ with you. Have the players’ line up on one side of the goal box and the ‘blob’ (in a different color shirt/bib) stays at the other side. The players should start running to the other side and try to avoid being tagged by the ‘blob’. If tagged, the players should practice dribbling behind the goal until the ‘blob’ has tagged everyone. Select a new ‘blob’ partner and start over. Variations are to have the players dribble past you the coach

**Off to the Zoo:** This drill starts without a ball. Have the players gather randomly in an area, then call out an animal, and they must walk around mimicking that animal. After the players get the hang of it, add balls, and they must dribble while being an animal.

**The Gate Game:** Create 6-8 ‘gates’ or small goals with cones in an area of the field. Place one child in each gate—this is team A. Another child lines up facing the gate on either side with the ball (Team B) and tries to play the ball through the gate. If the Team B player wins, the players switch roles.

### Game Time

Play a small-sided game or two at a time, no more than 4 v. 4 with no goalkeepers. Have balls available out of bounds to kick in if the ball goes out (pass to players not as active in the game).

### Cool-down

Stretching is a good habit to get the players into, give them an idea of what you are looking for by giving them some instructions such as those listed below, and be creative:

How wide can you stretch your legs? How small can you make yourself? Curl up like a ball; How tall can you make yourself? Stretch as tall as a giraffe

## **Eastside Timbers Recreational Soccer Coaching Activities**

Get all participants to stand 3 steps back from their ball to learn the foot positioning first before complicating things with the ball! Lift the left foot up, take a small diagonal step forward (to the left), bend the left knee and drop the left shoulder down. Then lift the right foot up and take a quick hop diagonally forward to the right. When the ball is involved, on the hop push the ball forward in the same direction with whichever part of the foot is comfortable, preferably the right hand side of the laces of the right shoe. Let them practice on their own for 30 seconds.

Do not spend long on this exercise. Some players will understand the concept and this will begin to rub off on the players around. I have had a 3 year old do this fake and remember it the next day! Only spend 3-4 minutes on this then move onto another higher intensity activity.

### **Scrimmage**

Always end up with a game at the end. Pick 2 teams and each have an adult leader to facilitate the team picking a team name. Hands in -team cheer '1, 2, 3, GO 'scary tigers' or whatever players decide. At kindergarten level don't be afraid to put 2 or 3 balls on the field at a time to make sure all kids are involved. Work towards only having one ball on field as that is what they will play when the game comes around! Make sure they know each other's name!

Don't worry about playing 2 v 3 or 3 v 4; Make sure no player is sitting out!

***Remember to give them plenty of water breaks!***

***If you are in any doubt at any time, fall back on one of their 'favorites'!***

***Most of all – HAVE FUN!!***

### **Warm-Up Activities:**

#### **Ball Gymnastics**

Have players all start with a ball in front of the coach. Then proceed to do age appropriate ball gymnastics with them, for instance... have them bend down with their legs apart and move the ball with their hands in a figure 8 around their ankles, picking the ball up and trying to touch the sky, holding the ball standing on one leg and closing eyes (see who is last player standing!). Coaches use your imagination!! Have players come up with ideas to show you!

#### **Sharks and Minnows**

All players start in a line at one end of the grid, while coach is in the middle. The Coach puts his/her hands together on top of their head like a shark's fin. The players, on the coach's call, try to reach the other side of the grid safely. If they do they turn around and wait for the coach to call again. If they are tagged by the coach then they become a shark in the middle with the coach. After a few runs, declare whoever is left winners and progress to having the players each with a ball (gets them to attempt to look up for the 'shark' while dribbling!)

#### **Swim across River (and take your ball)!**

Version of Sharks and Minnows. Have Narrow River set up with cones. First have players carry their ball and not be tagged by coach (crocodile), then progress to having them dribble across and not get tagged.

#### **Freeze Tag**

Every player starts with a ball in a grid except two taggers (in different color bibs). After 3 seconds, the taggers are free to tag anyone with a ball. If tagged, they have to freeze with their legs apart and ball by side. They can be released (or unfrozen) by another free player dribbling ball up to them and passing ball through frozen players legs. Swap taggers after 30 seconds or if they freeze everybody!

This can also be played without the ball, just as a tag game. To be unfrozen, free players crawl through the legs of the frozen players.

#### **Hospital Tag**

Layout appropriate sized grid, with a small square on one side (the hospital). All players are in and try to tag each other. If tagged on shoulder for instance, player has to hold shoulder with one hand. If tagged a second time hold that spot with the other hand and run into the hospital to free themselves. Game gets amusing if player is tagged twice on the feet!

### **Fetch!**

Each player picks up a ball and brings it to the coach. The coach throws it away 10 yards and calls a number (i.e. 2). That is the # of body parts the player has to bring the ball back with. The coach can show them a couple of ways to retrieve ball if needed (i.e. holding ball between knee and one hand) then let them be creative! Then the number that the coach calls can represent the number of kicks the child should have to kick it back to the coach. Then the coach can move to a different position after he throws the ball away.

### **Pac-Man**

The Coach starts with a ball in the grid. All the others start in the grid without their balls (placed just outside the grid within easy reach). On command the coach with the ball has to dribble the ball under control while attempting to tag others. If he does then they also get their ball and attempt the same.

### **Body Part Dribble**

Each player has a ball in a grid, and dribbles it around with his/her feet. After 20 seconds or so, the coach calls out a part of their body i.e. 'hand' and the players have to stop their ball with their hand as quickly as possible. Play a few times, having fun using ideas such as 'ear', 'nose', 'elbow', or 'knee'. Then advance the game where coach instead of calling a body part out, simply points to it on their body. The players are therefore taught in a fun way to look up each time they touch the ball. Coach can move around when kids get used to looking up. Challenge kids to dribble faster!

### **Red Light Green Light**

When you (the coach) calls 'green light' the players make the sound of a car revving up and move forward. When you call 'red light' they must stop (making the noise of screeching brakes) keeping their ball under the control. Add yellow light that means walking! If coach calls red light twice in a row, watch all kids move -joke about them crashing! Coach can introduce moving up gears to move.

### **Blob/ Link Tag**

Coach is 'it', all the players have a ball in a grid. If the coach tags someone's ball (usually get the best dribbler first to allow the weaker players to get more touches), that player's ball is knocked out of the grid and then the two link arms (or hold hands) and try to tag somebody else's ball. Game continues. Instead of having 6 people linked, the blob can mutate to 2 blobs or 3. Can play again!

### **Magic Goals!**

Each player starts in area with a ball. The coach and assistant hold up one end each of a bright t-shirt twisted up and ask the players what it looks like. Hopefully one of the parents will call it a goal and then play with them having to kick their ball through the goal. They cannot run through/under the goal otherwise they lose a point. The goal can then walk around the area!

### **Everybody's it!**

Every player starts with a ball in a grid. On command they can hunt each other down and if they can touch their ball against somebody else's then they score a point. This teaches them to be creative, fake to get a view of someone's ball or in turn shield their own ball from attack!

### **Crab Soccer**

Divide the players into 2 teams of 3-4 players. Set up a grid with a goal at one end. Have one team (each with a ball) stand on the opposite end line from the goal and get them to dribble around the other team (down on hands and feet like crabs with bottoms off the floor). If player scores, have them pick ball up run back to start line and try again. Switch teams after 1-2 minutes. Each team will score a lot (thus having fun and success) so you can call it a tie!

### **Everybody Tag!**

Every player starts with a ball on a small field. On command they can dribble towards each other and if they can lightly tag someone else's arm then they score a point. This teaches them to be creative, fake, turn with their ball, shield and get their head up. Coaches can play and be tagged easily to help all players be successful and have fun!

### **Keep away from coach!**

Show players how to turn with the ball (as simple as turning in a tight small circle maneuvering the ball with the inside of the right foot) keeping the ball close to their feet. Coach jogs around and says they will try and tag players balls (but don't really)! Concentrate on having players keeping the ball close to their feet but turning away from the coach (getting their body in between opponent and ball as soon as possible).

### **Fun Shielding Game (using hands)**

Introduce the concept of shielding the ball using hands first (younger players will comprehend this infinitely quicker as they are more dexterous with their hands than feet). Each player has a partner with one ball between them. (The Coach should give a good picture to start so they do not go straight down and bang heads). One player tries to keep the ball away from coach. The only rules are that the ball has to remain on the ground and that you can only maneuver it with one hand at a time. If partner (coach) touches the ball with his/her hand possession changes! When coach wins ball, demonstrate that you don't have to run away, just simply place your body frame between the ball and the opponent.

Secondly, tell players not to travel -can stay in one spot and still retain possession. Third, get shielder to keep hip pointing to partner. Fourth, give everyone a ball in the rectangle and if coach (without ball) approaches them they are to turn away to shield. Coach can introduce inside and outside of foot turns this way.

### **Minefield**

Put all the cones randomly on the field (half right way up and half upside down). Coach and assistant coach make two teams and join one each. Appoint one team to search out the cones that are right way up and flip them upside down while the other team is doing the opposite. Play for 30 seconds then yell stop and see which team wins!

### **Kick to the edge of the world**

Have all the players stand at one edge of your grid with their ball and then tell them that they all have 3 kicks to get it as close to the other side (edge of the world) without going over as they will lose their ball. Coach should demonstrate! For fun ask them how far away the other line is! This gives the players the idea of putting the correct weight behind a pass or when they are kicking the ball.

### **1 v 1 Circle of Fire**

Divide players into two teams and number each player of each team 1, 2, 3 etc. Put four goals out (a goal being two cones close to each other about 1-yard apart) then throw a ball out and call a number. Those two players go out and play for 20 seconds. They score points by kicking through the cones, so yes they can challenge each other.

### **Simple Body Fake or Trick ('Show me some MAGIC!')**

All players love to learn new tricks! Instructor can use their favorite trick or any Coerver move as long as they break it into very small steps. I prefer to teach tricks without the ball first!

HAVE FUN ☺

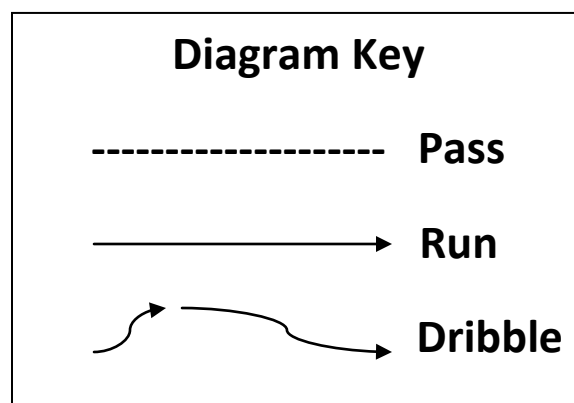


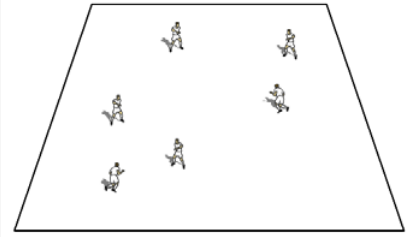
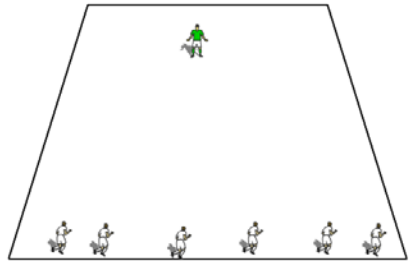

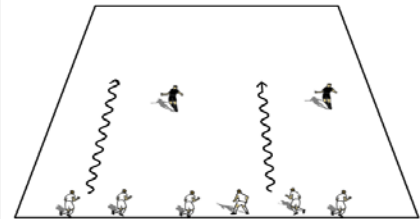
Diagram	Description	Coaching Points
<p style="text-align: center;">Greetings Game</p> 	<p><b><u>Greetings Game</u></b>  All the players run around inside a grid. The coach calls out various greetings, which each player then has to carry out with the others: shake hands, high fives (right or left hand) shoulder to shoulder, back to back, etc.  Progression: Each player has a ball.</p>	<ul style="list-style-type: none"> <li>• Inside and outside of foot dribbling</li> <li>• Toe down ankle out</li> </ul>
<p style="text-align: center;">Red Light, Green Light</p> 	<p><b><u>Red Light, Green Light</u></b>  All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells "green light" and the players try to dribble to the coach. When the coach yells "red light" he waits a moment then turns around, anyone who is not stopped moving has to go back.  Progression: the coach can move to make the game more challenging.</p>	<ul style="list-style-type: none"> <li>• Toe down/ankle out ('Elvis style')</li> <li>• Hips forward</li> <li>• Flick from the knee</li> <li>• Keep ball close (within stopping distance)</li> <li>• Keep head up when possible (No 'Bumpy Bumpy')</li> </ul>
<p style="text-align: center;">Ouch!</p> 	<p><b><u>Ouch!</u></b>  Each player has a ball. The coach jogs around inside the rectangle and the players try to kick their ball so it hits the coach. The coach should yell "ouch" each time they are hit to keep the game fun for the kids.  Progressions: Coaches should change pace, direction, speed up or slow down to make the game challenging based on the level.</p>	<ul style="list-style-type: none"> <li>• Keep the ball low</li> <li>• Push pass or outside of foot pass only</li> <li>• Involve other coaches/parents as necessary</li> </ul>
<p style="text-align: center;">Frog Attack</p> 	<p><b><u>Frog Attack</u></b>  The game takes place in a rectangle; all the players start on one side and try to get to the other side. Two players who are "frogs" must hop to try and tag the other players as they try to get to the other line. When a player is tagged, they become a "frog" as well. Play until two players are left.</p>	



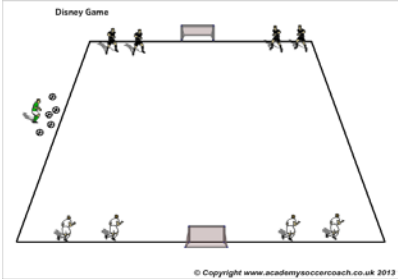

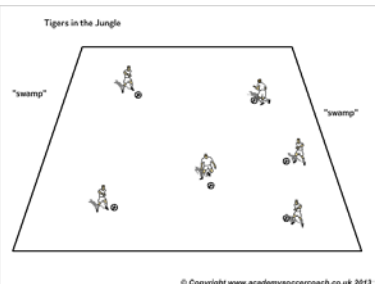
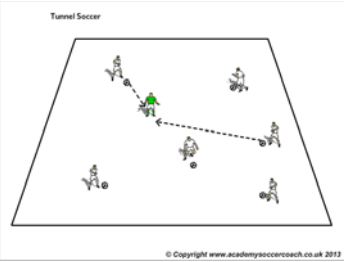
Diagram	Description	Coaching Points
 <p>Disney Game</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b>Disney Game</b></p> <p>Two teams of equal numbers stand at either end of a field. Give each player a Disney character name (or a number), making sure there is a matching character on the other end. Coach sends in a ball and calls out a character, that character from each team goes onto the field and plays 1v1 trying to score.</p> <p>Progression: Call multiple names from each side so there are multiple 1v1 games going on at the same time.</p>	<p><b>Coaching Points</b></p> <p><u>Defender:</u></p> <ul style="list-style-type: none"> <li>• ‘Superman’ position</li> <li>• Get in quickly</li> <li>• Create a ‘comfort zone’</li> <li>• Body position</li> </ul> <p><u>Attacker:</u></p> <ul style="list-style-type: none"> <li>• Attack at pace</li> <li>• Show some ‘magic’</li> <li>• Accelerate out of move</li> </ul>
 <p>Dog &amp; Master</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b>Dog &amp; Master</b></p> <p>Each player (master) dribbles a ball (dog). The coach calls out various commands: keep him on a short leash (dribble keeping ball close), the dog runs away (kick ball and run after it, catching it before it stops rolling), run with the dog, walkers swap dogs, etc.</p>	<ul style="list-style-type: none"> <li>• Keep ball close (‘piece of string’)</li> <li>• Stop with sole of foot</li> <li>• Accelerate away (‘snap/crack’)</li> </ul>
 <p>Tigers in the Jungle</p> <p>“swamp” “swamp”</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b>Tigers in the Jungle</b></p> <p>Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal. Only tigers are not allowed; the tiger is going to kick the other animals' balls into the "swamp" outside the grid. When a ball is kicked into the swamp, they have to retrieve their ball and stand inside the grid holding the ball over their head, making their animal noise. Another animal can unfreeze them by dribbling the ball between the frozen animal's legs.</p>	
 <p>Tunnel Soccer</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b>Tunnel Soccer</b></p> <p>Each player has a ball. The coach has no ball but moves around the field with the players. From time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him and try to pass through the tunnel whenever he stops. After a few shots the coach moves on again. Who can score the most points?</p>	<ul style="list-style-type: none"> <li>• Push pass (progress to outside of foot pass)</li> <li>• Hips to target</li> <li>• Receive with ‘care’ (foot ‘gives’ on receiving pass)</li> <li>• Move after pass</li> </ul>


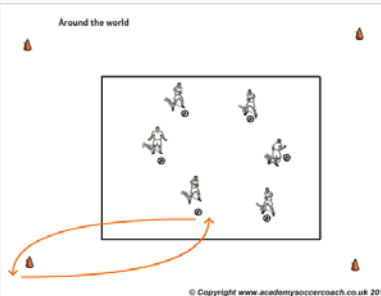
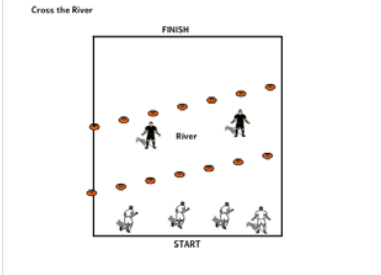
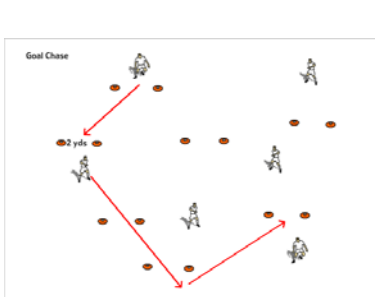
Diagram	Description	Coaching Points
 <p>I Can, Can You?</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b><u>I Can, Can You?</u></b>          Coach asks players, "I can do something without the ball, can you?" At this point the coach does some sort of physical movement with the ball (skip, walk and clap hands through legs, etc.).          Progressions: Introduce the ball, have players move it with their hands, then have them play with the ball on the ground</p>	<ul style="list-style-type: none"> <li>• Ask player to watch ball then look up (encourages not looking at ball all of the time)</li> </ul>
 <p>Around the world</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b><u>Around the world</u></b>          Set out 4 cones on the perimeter of a large area. Ask the children for names of towns and cities, assign each cone a name. As the players dribble in the area the coach calls out the name of a town and the players must dribble around that cone and then return to the dribbling area.</p>	<ul style="list-style-type: none"> <li>• Toe down/ankle out ('Elvis style')</li> <li>• Hips forward</li> <li>• Flick from the knee</li> <li>• Keep ball close (within stopping distance)</li> <li>• Keep head up when possible (No 'Bumpy Bumpy')</li> </ul>
 <p>Cross the River</p> <p>FINISH</p> <p>River</p> <p>START</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b><u>Cross the River</u></b>          The players go boating (run) from one shore to another shore. In the river are two "piranhas" that try to tag the boaters. If tagged, the boaters either become a piranha as well, or the two can switch places. Progression: Add a ball for the boaters.</p>	
 <p>Goal Chase</p> <p>2 yds</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b><u>Goal Chase:</u></b>          Set up several small 'goals' inside a larger area. There should be a few more goals than there are players. Have the players start running around; on the coaches signal the players try to run through as many goals as possible, keeping track of how many they get in 30 seconds.</p>	

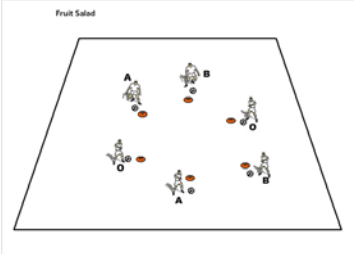
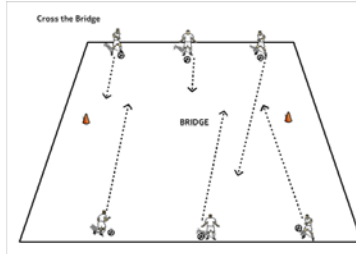
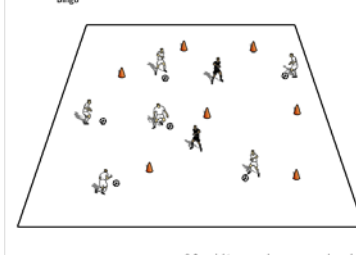
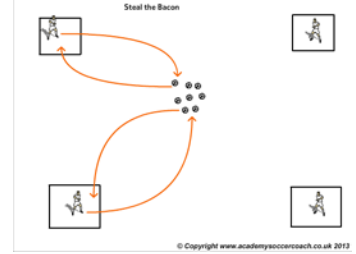
Diagram	Description	Coaching Points
 <p>Fruit Salad</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b>Fruit Salad</b></p> <p>The coach makes a circle with cones (one cone per player), and the players each stand by a cone. The coach assigns a fruit name to each player (apple, banana, orange, etc.) The coach calls out a fruit name and any player who has that name runs to a different cone. When the coach yells 'fruit salad' every player must run to a different cone.</p>	<ul style="list-style-type: none"> <li>• Keep head up</li> <li>• Spatial awareness</li> </ul>
 <p>Cross the Bridge</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b>Cross the Bridge</b></p> <p>Divide the players into two groups, one on each sideline. Mark the center of the field with tall cones (or flags), this is the bridge. On the coaches command the teams switch places, dribbling across the bridge. Which team can switch the fastest?</p> <p>Progression: Make the bridge more narrow, add a 'bridge keeper' to kick balls away.</p>	<ul style="list-style-type: none"> <li>• Toe down/ankle out ('Elvis style')</li> <li>• Hips forward</li> <li>• Flick from the knee</li> <li>• Keep ball close (within stopping distance)</li> <li>• Keep head up when possible (No 'Bumpy Bumpy')</li> </ul>
 <p>Bingo</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b>Bingo</b></p> <p>A number of tall cones are distributed throughout the field. Designate two "replacers" (coaches). Each player has a ball. The players dribble around and try to knock down as many cones as they can yelling "bingo!" as they do. The 'replacers' stand the cones back up immediately. Who can get the most bingos?</p> <p>Progression: Must be 3 yards away to knock cones over, must strike ball with Push pass/outside of foot/laces</p>	<ul style="list-style-type: none"> <li>• Push pass (progress to outside of foot pass/laces pass)</li> <li>• Hips to target</li> </ul>
 <p>Steal the Bacon</p> <p>© Copyright www.academyfootballcoach.co.uk 2013</p>	<p><b>Steal the Bacon</b></p> <p>Set up a square and have one player stand at each corner. A pile of balls should be in the middle of the area. On the coaches command the players must run into the middle and grab the balls with their hands and take them back to their corner. After all the balls are gone from the middle the players can take the balls from other corners (no one can defend their own goal).</p>	<ul style="list-style-type: none"> <li>• Keep head up when possible</li> <li>• Spatial awareness</li> </ul>


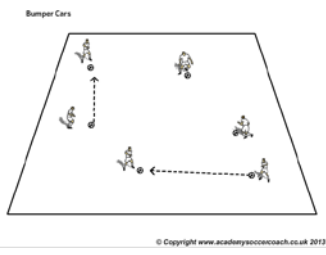
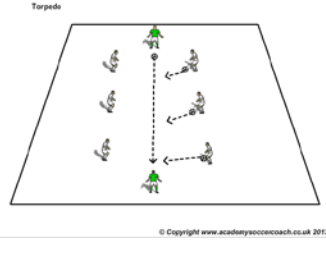



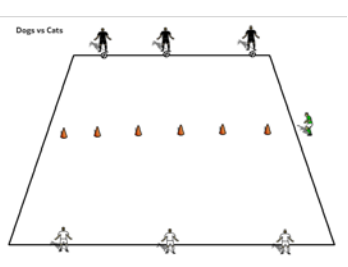
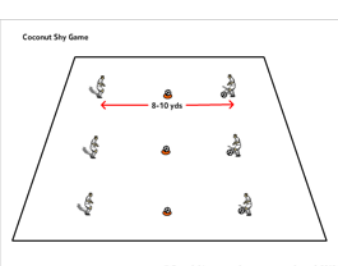
Diagram	Description	Coaching Points
	<p><b>Traffic Officer</b></p> <p>Set up four small grids in a large area. Break players into small groups and assign each to start in a grid (each group should be in a different color, or easily identified). The coach (traffic officer) stands in the middle and directs traffic (players) where to go. Progressions: Send multiple groups to the same grid. Dribble with outside of feet only.</p>	<ul style="list-style-type: none"> <li>• Toe down/ankle out ('Elvis style')</li> <li>• Hips forward</li> <li>• Flick from the knee</li> <li>• Keep ball close (within stopping distance)</li> <li>• Keep head up when possible (No 'Bumpy Bumpy')</li> </ul>
	<p><b>Bumper Cars</b></p> <p>All the players dribble a ball around in an area. Each player tries to kick his or her ball and have it hit another player's ball. If they hit a ball, they get a point. Progression: Specify how players must kick the ball (Push pass/outside of foot/laces).</p>	<ul style="list-style-type: none"> <li>• Hips to target</li> <li>• Address specific passing technique (Push pass – hips to target, toe up, ankle locked, follow through)</li> </ul>
	<p><b>Torpedo</b></p> <p>Split the players in half, facing each other. Everyone on one side needs a ball. Two coaches should pass the ball between the two teams. The players with the balls should try to pass their ball ('torpedo') to hit the ball the coaches are passing. If the torpedo misses, the player standing across from them retrieves the ball and tries to hit the coaches' ball on the next pass. Progression: Kick with the outside, kick with a specific foot (right/left)</p>	<ul style="list-style-type: none"> <li>• Hips to target</li> <li>• Address specific passing technique (Push pass – hips to target, toe up, ankle locked, follow through)</li> </ul>
	<p><b>Moving Targets</b></p> <p>Everyone has a ball and is dribbling inside an area. Two coaches hold a practice jersey between them, forming a goal. The players try to kick their ball through the goal as the coaches are moving. Coaches should move into open areas so the players have to dribble around and kick their ball through a moving target.</p>	

Diagram	Description	Coaching Points
	<p><b>Ball Retrieval</b></p> <p>The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back in the manner you specify. Progressions: two hands, one hand &amp; forehead, right foot only, etc. Coach should move around the area.</p>	<ul style="list-style-type: none"> <li>• Keep head up when possible</li> <li>• Spatial awareness</li> </ul>
	<p><b>Hospital Tag</b></p> <p>Players each have a ball and are dribbling in an area. The coach is the 'doctor' and stands outside the area. Players dribble in the area and try to tag each other. When tagged the person has to hold that body part. Once a player is tagged for the third time they go to the doctor and do a task before coming back in. Play to see who can visit the doctor the least. Progression: Specify how players should dribble</p>	
	<p><b>Dogs vs Cats</b></p> <p>Split the team into two groups (give them team names) and have them spread out facing each other. Between the groups set up several tall cones. One of the groups starts with balls. On the coaches command they strike the ball and try to knock over as many cones as possible. The other team collects the balls and the coach resets the cones. Then they complete the same activity. Progression: Must strike the ball with inside of foot only (push pass)</p>	<ul style="list-style-type: none"> <li>• Hips to target</li> <li>• Address specific passing technique (Push pass – hips to target, toe up, ankle locked, follow through)</li> </ul>
	<p><b>Coconut Shy Game</b></p> <p>Everyone pairs up and stands 8-10 yards apart, one player starts with a ball. Between the players is a ball on top of a disc cone (or a tall cone). The players pass the ball back and forth trying to knock the ball (coconut) off the cone. The person who knocks the ball off replaces it on the cone, while their partner retrieves the game ball. Coach decides on passing technique.</p>	<ul style="list-style-type: none"> <li>• Hips to target</li> <li>• Correct passing technique</li> <li>• Follow through</li> </ul>





# Training Sheet

Name	X

**Warm-up:**

Diagram	Description	Coaching Points

**Main Activities:**


**Game Time:**

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**Key and Notes:**

- Pass
- Run
- ↪ Dribble



# Training Sheet

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Name	X

Diagram	Description	Coaching Points

**Main Activities:**


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Diagram	Description	Coaching Points

**Main Activities:**


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# Training Sheet

Warm-up:

Name	X

Diagram	Description	Coaching Points

Main Activities:


Game Time:

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**Key and Notes:**

- Pass
- Run
- ↪ Dribble