Play (10 mins)

Objective: Ignition game to keep players angaged when arriving at training.

Duration: 5-10 minutes

Description (rules, number of players, grid size, etc.):
* One or two small sided fields of 2v2, 3v3, or 4v4 game play. OK to be numbers up or down
* As players arrive, place them on a team and begin playing.
* When the ball exits the field or goal is scored - coach plays a new ball in.
* When all balls are out - collect them and return them to coach to play a new round.

Key Points:
* Not much, get them playing

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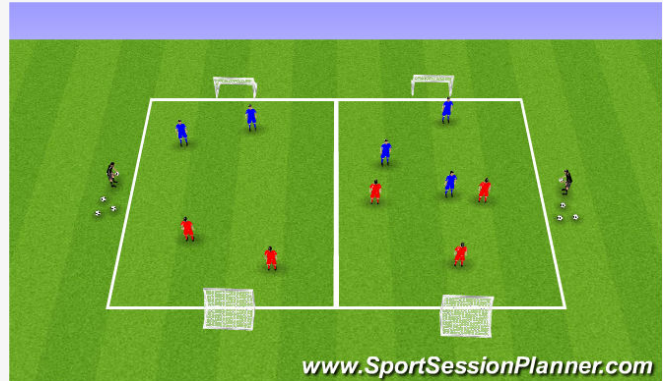
red light/green light (10 mins)

Objective: introduce basic dribbling concepts

Duration: 10 mins

Description (rules, number of players, grid size, etc.):
* Players "drive" (dribble) their "cars" (soccer ball) all over the city.
* When coach says "red light" players stop and put their foot on top of the ball.
* When coach says "green light" they go and continue "driving"
* Additional lights:
- Yellow light: go slow
- Blue light (like a police car): make a siren noise and go fast.
- Strobe light: players stop the ball and dance!

Key Points:
* Head up to find the "open road" (space) and to avoid traffic jams (other players)
* Little but quick touches – keep it close so you don't go through the red light
* Use different parts of your foot (inside, outside, sole) to control ball.

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gates (10 mins)

Objective: emphasize basic dribbling concepts

Duration: 10 mins

Description (rules, number of players, grid size, etc.):
using cones, bags, water bottles, etc. arrange multiple "gates within field.
Players earn "points" for every gate they run/dribble through.
30 second rounds - players keep track of their points. Play multiple rounds.
Introduce game without the ball so players understand the rules, then add a ball.

Key Points:
Head up to find open gates - avoid the crowds
Burst of speed to open gates
small, quick touches to keep ball under control

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Get Out of There! (10 mins)

**Objective: apply basic dribbling concepts against pressure**

Duration: 10 mins

Description (rules, number of players, grid size, etc.):
* Coach plays ball into space and calls a number ("Two" means 2v2) and players enter field. Add obstacles before entry if desired.
* Objective: teams attempt to score goal.
* Play until ball is out of bounds, goal is scored, or coach yells "Get Outta There!"
* Players return to lines for next play.

Key Points:
* Dribble fast (cheetah with a jetpack on!) past your opponent.
* Attack through windows - burst thru them to goal.

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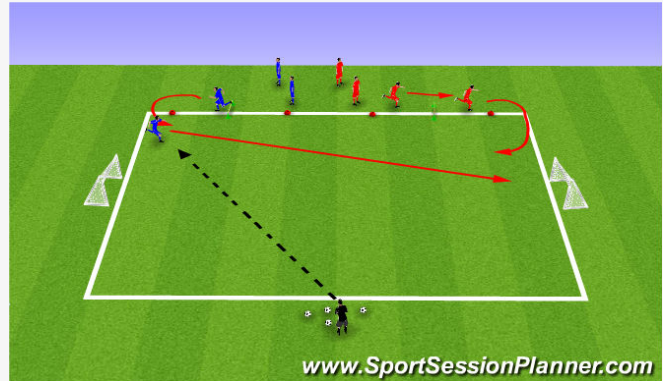
Boss of the Balls (15 mins)

Objective: introduce game/scrimmage format

Duration: 10-15 mins

Description (rules, number of players, grid size, etc.):
* One or two small sided fields of 2v2, 3v3, or 4v4 game play. OK to be numbers up or down - balance teams by ability accordingly.
* If you only have one coach and more than 8 players - rotate players in and out of play every 2-3 minutes. You can have the players sitting out collect balls out of bounds to keep the game going.
* When the ball exits the field or goal is scored - coach plays a new ball in.
* When all balls are out - collect them and return them to coach to play a new round.

Key Points:
* Coaches: play new ball into open space to spread out players, and play new ball into a different player to give them opportunities.
* Not much coaching is needed - be positive and encouraging is more important than any coaching point you can provide them (the game is already complicated enough!)

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