

Sharks and Minnows



RULES

- All players with a ball except two 'tagger' without a ball
- Taggers try to kick ball out of area
- If a player gets their ball kicked out. They must perform 5 toe taps before reentering

POINTS

- Keep head up
- Look for taggers
- Find space
- Change speed and direction to keep ball away from taggers

Touches on the ball



RULES

- All players with a ball
- Allow all players to dribble with ball and try new moves
- Encourage players to show a move/change of direction and get other players to try

POINTS

- Emphasize change of speed
- If you see a good move- show the move and get all players to try

Shrek



RULES

- All players with a ball on the edge of the square (swamp)
- Coach starts as 'Shrek'
- On command Players run across square/swamp to the other side
- Shrek tries to tag a player
- If tagged, player becomes another Shrek

POINTS

- Keep head up
- Look for tagger
- Find space
- Keep ball close
- Change speed

GAME



RULES

- 4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- If a team mate is open look to make a pass
- Take early shots