

Bumper Ball



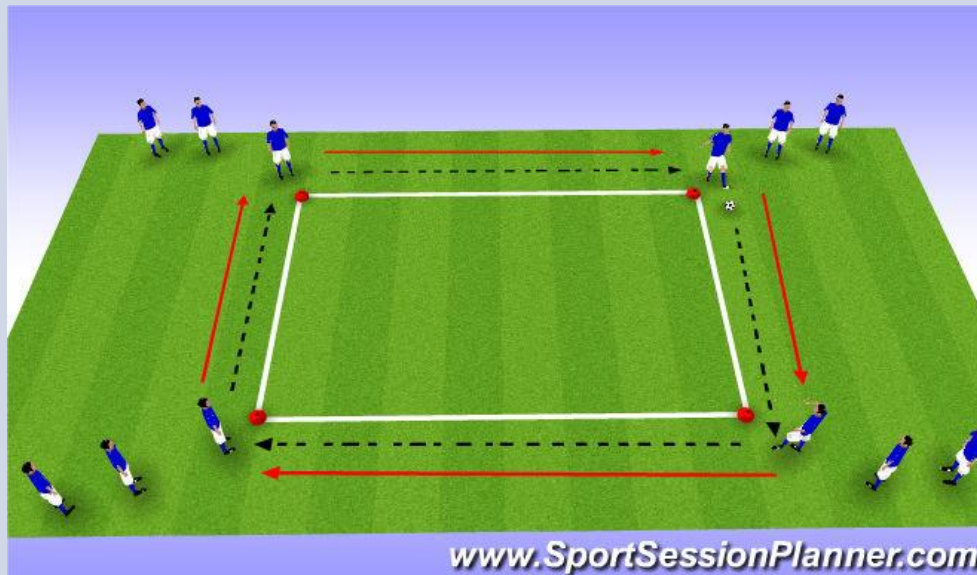
RULES

- All Players with a ball
- Each player tries to kick their soccer ball and hit another players soccer ball
- If a player hits another ball, they get a point and shout 'bumper ball'

POINTS

- Keep ball close
- Keep inside the area
- Use both feet
- Look at ball when kicking
- Keep ball on ground by hitting the middle of ball

Dutch Box



RULES

- Players divided onto each corner of a square
- With one ball, player passes to the next corner and follows his/her pass
- Sequence continues
- Change directions after a 2 mins

POINTS

- Be ready for the ball
- Touch out of the feet toward the target
- Pass using the inside of foot
- Strong passes
- Keep head over the ball

2v1



RULES

- 3 groups, 2 attacking & 1 defending
- Play 2 attackers vs 1 defender
- Attackers shot at goal
- Rotate after 1 min

POINTS

- Attackers look to get an early shot
- If path to goal is blocked by defender, look to pass
- Attacker without the ball must find a space

GAME



RULES

- 4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal