

GAMES

All games can be altered to suit the priority of the team at the time.

Clockwise, Counter-Clockwise

(dribbling, stealing, battling)

Use cones to form a large circle (at least as many cones as players). Bring all balls (equal to the number of players) into the middle of the circle. Have each player stand behind a cone. Players jog in a clockwise outside the circle. On coach's 'GO' players run toward the center of the circle, take a ball with their feet and bring it back outside the circle with a 'soccer stop' (holding ball with bottom of one foot). Remove one or two balls (depending on time limit for game) and put remainder of balls back in the middle of the circle. Have each player return to standing behind a cone. Players now jog in a counter-clockwise direction. On coach's 'GO' players run toward the center of the circle, take a ball with their feet and bring it back outside the circle with a 'soccer stop'. Continue changing direction of run and removing balls until you have one winner.

Rules: Players may NOT use their hands at any time. Players need not return to behind 'their' cone but they must bring the ball COMPLETELY outside the circle and 'soccer stop'. Any ball that is not outside the circle or under control (soccer stop) is considered fair game and may be stolen by eligible players. Players that find themselves without a ball at the end of each round join the 'freeze club'. They will still participate in the jog, but on the coach's 'GO' they will freeze. Pointing out the funniest freezes makes this part more enjoyable. Reminding players that they are in the freeze club prior to each round is usually a good idea (especially with younger players). More experienced players may be asked to keep their shape (distance) for a specific amount of time prior to "GO".

