



Description

Pirate Training

Organization:

1. 40x30 area.
2. Every player with a ball.
3. Blue cones (soccer ocean).

Instructions:

A sea captain has recruited a fleet of pirates and would like to train them to become the best pirate fleet in all the seas. Pirates will sail around the ocean (blue area) with their ship (soccer ball). The captain (coach) will give the pirates (soccer players) various commands that they must follow. Whenever captain asks, "Pirates are you ready?" they must respond like a pirate, "Aaaaargh!!"

"Avoid other ships" or "stay close" means soft touches, keep close ball control.

"Fastest ship of the fleet" means take a bigger touch out of feet to go faster.

"Rats on deck" means perform toe taps.

"Scrub the deck" means perform boxes.

"Anchors down" means players stop by placing sole of foot on ball.

Coaching Points:

1. Head up to see the big ocean blue and other pirate ships.
2. Close ball control - dribble with pinky toe (i.e. Messi).
3. Go faster - bigger touch out of feet with instep (i.e. Ronaldo).
4. Use both feet.

Progressions:

1. Pirates look to destroy other ships by kicking their balls out of the safe ocean. Last pirate left with a ship in the ocean wins!



Treasure Island

Organization:

1. 40x30 area set up as shown.
2. Every player with a ball.

Instructions:

Following initial pirate training, captain believes his pirates are ready to sail out and explore other islands. Pirates love treasure so they hope to collect as many gold coins as possible on this expedition.

Pirates get a point every time they sail around an island (orange cone).

Pirates try to get to as many islands as possible in allotted time. When coach yells, "Back to the docks!" players must return with their ships to the dock area.

Coaching Points:

1. Keep your ship close to you - controlled touches.
2. Watch out for other ships and islands - head up and looking around.
3. Sail as fast as you can when there is space.

Progressions:

1. There are gold coins (yellow cones/pinnies) buried in the islands (under the orange cones).
2. Players travel to different islands and grab as many coins as they can.
3. Make sure to get to as many islands as possible as not all of them have coins.
4. Captain will count the treasure back at the docks.



Treasure Chest

Organization:

1. 40x30 area set up as shown
2. Players distributed evenly at four corners.

Instructions:

All the gold (balls) is centrally located in the pirate's treasure chest (center of the area).

The pirates (players) take turns one at a time to go to the chest and get a piece of gold to take to their barracks.

The game finishes when all the gold has been taken from the chest.

The team with the most gold wins.

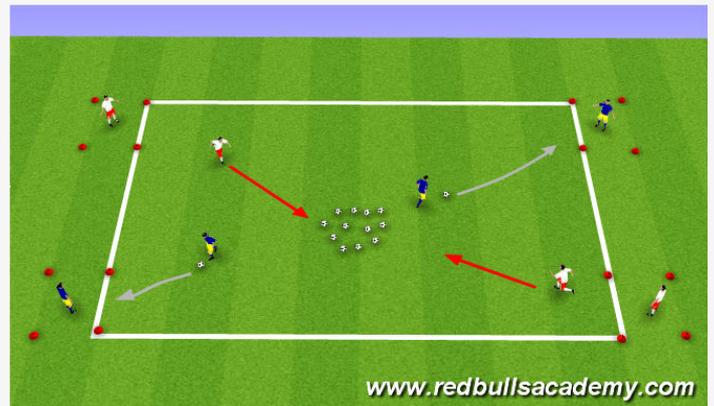
Play multiple rounds.

Coaching Points:

1. Acceleration - attack space quickly.
2. Head up to observe space.
3. Teach turning technique.
4. Big touch into space.

Progressions:

1. Once all the gold has been taken from the chest, players can then steal gold from each other only taking one piece at a time. Note: ensure players dribble ball instead of kicking it back to their area.



SSG

Organization:

Two puggs per field

One ball per field

Pinnies

Instructions:

3v3 (min) or 4v4 (max)

No corners

Restart with dribble in or kick-in

Coaching Points:

1. Awareness
2. Application of techniques

Progressions:

