

I can do this, can you?

<ul style="list-style-type: none">• Coach stands in the middle of the group and says "I can do this, Can you"?• Demonstrates a variety of movements, with and without the ball.• Players must copy coach's movements. <p>Boundaries/space not important.</p>	<ul style="list-style-type: none">• Coach must "show and tell" movement as needed for success.• Movements should include balance, coordination and agility activities.• Coach should move about the group to assist players with activity.
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Everybody's It/Tail Tag

<ul style="list-style-type: none">• Space is roughly 20yds x 20yds, marked with cones.• Players dribbling throughout.• To begin, everybody is it. Each attempts to tag while avoiding getting tagged.• Coach determines task to become "un-tagged". <p>Progress to tail tag. Every player wearing a pinnie as a tail. Collect as many tails as possible</p>	<ul style="list-style-type: none">• Coaching balance, coordination, agility and vision.• Coaching how to protect the ball.• Coaching how to dribble the ball.• "Can you show me another way to keep the ball"?
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Ball Retrieve

<ul style="list-style-type: none">• Coach starts in the middle of a 20yd x 20yd space with a pile of balls.• Coach throws the balls away; players must return them as indicated by coach.• Coach immediately tosses balls back out as they are returned.• Progress to return in pairs as indicated by coach.	<ul style="list-style-type: none">• "How fast can each of you get this ball back to me"?• "Can you return so fast that I never run out of balls"?• Coach how to dribble, vision, and communication.• "Can you bring it back without using your hands"? "Show me".• Coach may want to have fun by indicating a body part to use to return the ball.
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Junkyard Soccer

<ul style="list-style-type: none"> • 2 teams divided with pinnies, each player with a ball. • Field is 30x20 yds with a 2 yd neutral zone across the midfield line. • On command, players attempt to kick all balls into opponents half until time expires. • The team with the fewest amount of balls at the end of the time wins the point. 	<ul style="list-style-type: none"> • Coach one touch striking of the ball. <ul style="list-style-type: none"> ○ Angle of approach ○ Locked ankle ○ Surface of the foot • Coach vision to find open spaces. <ul style="list-style-type: none"> ○ Head up, look for space ○ Pass to space • “Can you work as a team to keep balls out of your yard”?
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Gates/Moving Goal

<ul style="list-style-type: none"> • 2 teams divided with pinnies. One ball per pair of players. • Field is 30yds x 20yds with several small goals spread throughout. • Teams of 2 dribble throughout the space, passing to each other. Progress to pass through the cones. • Progress to remove small goals and use a pole/rope between two buddies to form a goal. • “Goal” will move about the field. • Teams using 1-2 balls will work together to score on moving goal. 	<ul style="list-style-type: none"> • Coach dribbling and passing while dribbling. • Coach passing using non-dominant foot. • Coach receiving and 1st touch. • Coach communication, verbal and non-verbal. • Coach vision and changing direction. • Coach shooting with accuracy.
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Small Sided Games: Boss of the Balls, Line Soccer, Get Outta Here.

<ul style="list-style-type: none"> • Break group into 2 teams with pinnies. Players numbered 1-6 • Field is no more than 30x20 yds. • Teams line up shoulder-shoulder, facing field, on opposite sidelines. • Coach calls out numbers to play game. Coach starts play with a pass into space. • Score by dribbling over oppositions line. • Remaining players may defend. • Progress to small goals on end line for a real game. GK’s optional. 	<ul style="list-style-type: none"> • Coaching how to interact with a team and play a directional game. • Most of all, let them play and have fun.
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