

U6-U12 PLAY PRACTICE PLAY



PLAY



POP ROCKS (movement)

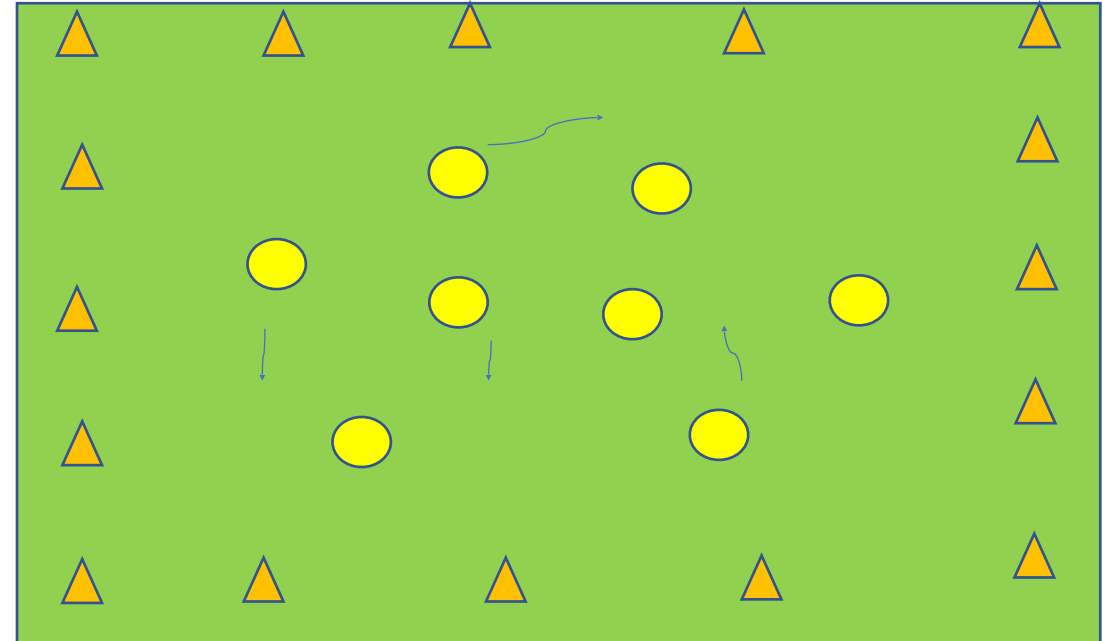


Organization

- Set up a 30x30 yard grid
- Everyone starts off jogging around the grid
- The coach then calls a number the division needs to get into groups of...
- The players without a group/last group that forms must perform a FUN forfeit (always have a coach do it with them) e.g.:
 - Fairy Jumps
 - Donkey Kicks
 - Cluckling hens
 - Jumping Frogs

Progression

- Before sending them back off to move around the grid, provide them with a new type of movement:
 - Running, jogging, walking, hopping, side stepping

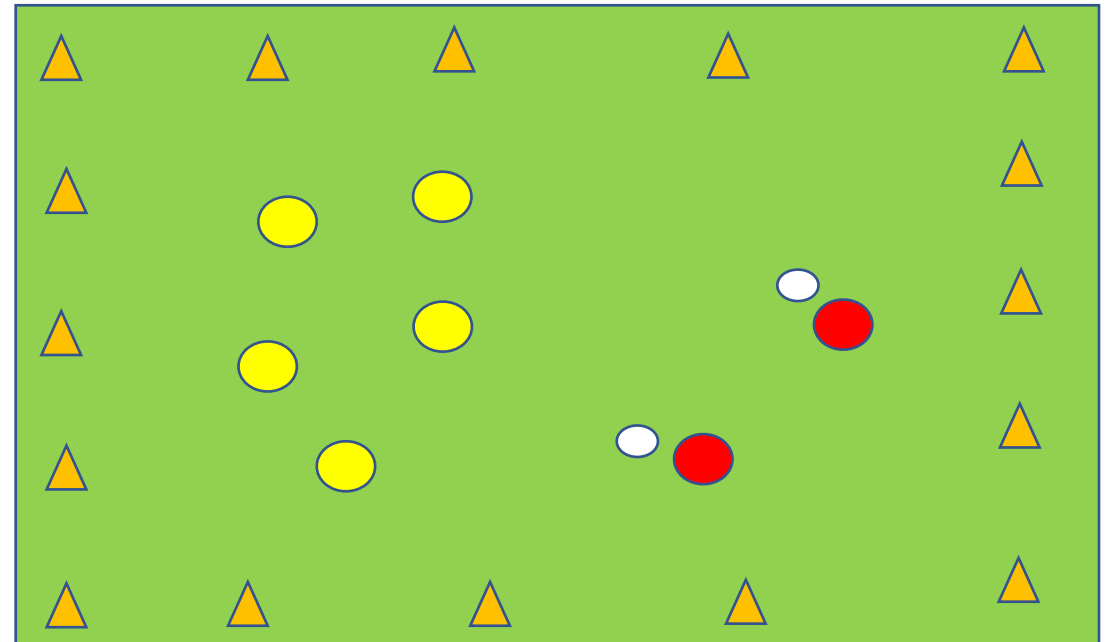


BALL TAG (movement)



Organization

- Set up a 20x20 yard grid
- Have all players spread out inside the grid, and two players starting with the ball in hands
- The object is to tag another person with the ball. This can be done by holding the ball in hands and tagging the player or by tossing the ball (underarm) at the knees or below
- The player who is tagged must then take the ball and become the tagger
- Play for one minute, the person left with the ball at the end must do a FUN forfeit with the coach
 - Fairy Jumps
 - Star Jumps
 - Cluckling Hens
 - Jumping Frogs
 - Wiggly Worms

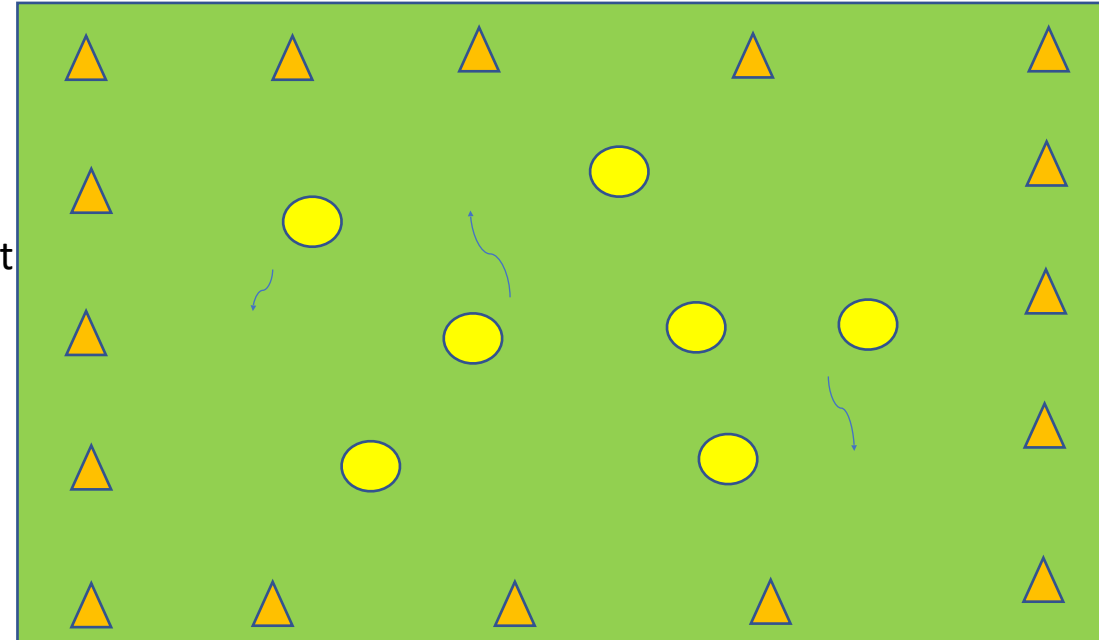


BEANS ON TOAST (movement)



Organization

- Set up a 30x30 yard grid
- Everyone starts off jogging around the grid.
- The coach then calls out a variety of different “beans” that the group need to perform
 - Mexican Jumping Bean
 - Running Bean
 - Frozen Bean
 - Baked Bean (everyone lays on the floor in the sun)
 - Long Bean (Everyone stretches up as high as they can)
 - Broad Bean (Everyone stretches as wide as they can)
 - Jelly Bean (everyone shakes and wobbles around the grid)

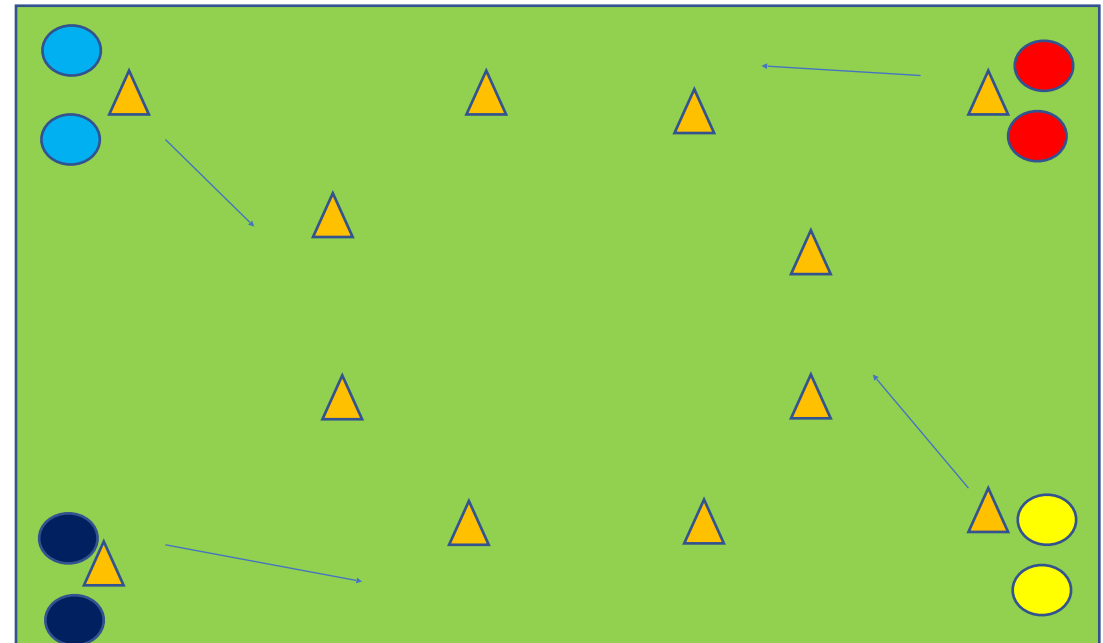


INDY 500 (movement)



Organization

- Cone out a circle with four cones equally placed outside the circle
- Divide the group in 4 teams
- The object is to run around the circle as fast as you can and wipe out the other team
- A player is wiped out if they are overtaken and must then take a seat inside the circle and cheer on the other team mates
- When a player is overtaken a new player then runs in to take their spot
- The winning team is the last team standing



COACH'S MARATHON

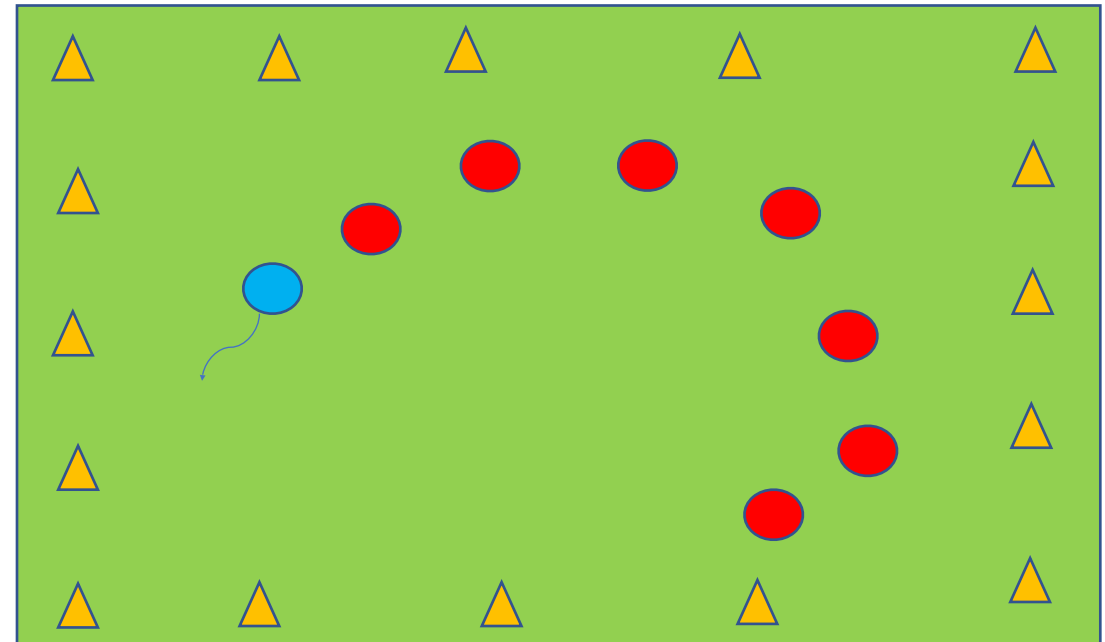


Organization

- Set up a 30x30 yard grid
- Everyone starts off jogging around the grid with the coach in the front
- While jogging the coach calls out random commands that ever one must do at once.
 - Slow motion
 - Jump up for a header
 - Army crawl
 - Side steps
 - Right foot hopping
 - Left foot hopping
 - Forward roll
 - Backward roll
 - Karaoke
 - Log roll
 - Change directions
 - Jump a hurdle

Progression

- Now with a ball.



BLOB TAG (movement)

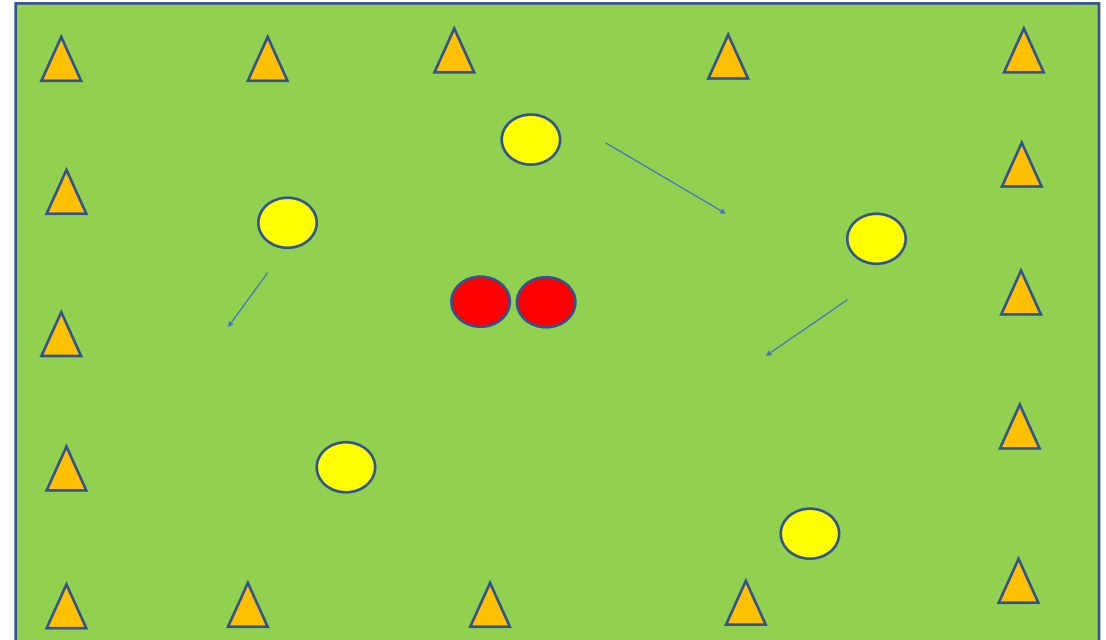


Organization

- Set up a 20x20 yard grid
- The "Blob" consist of two people who link arms together
- Everyone starts off jogging around the grid.
- The coach then sends in the "Blob, if the "Blob" manages to tag someone they then link arms and become part of the "Blob"
- The game continues until there is one person left standing

Progression

- Start with 3 players as the Blob
- Now with a ball

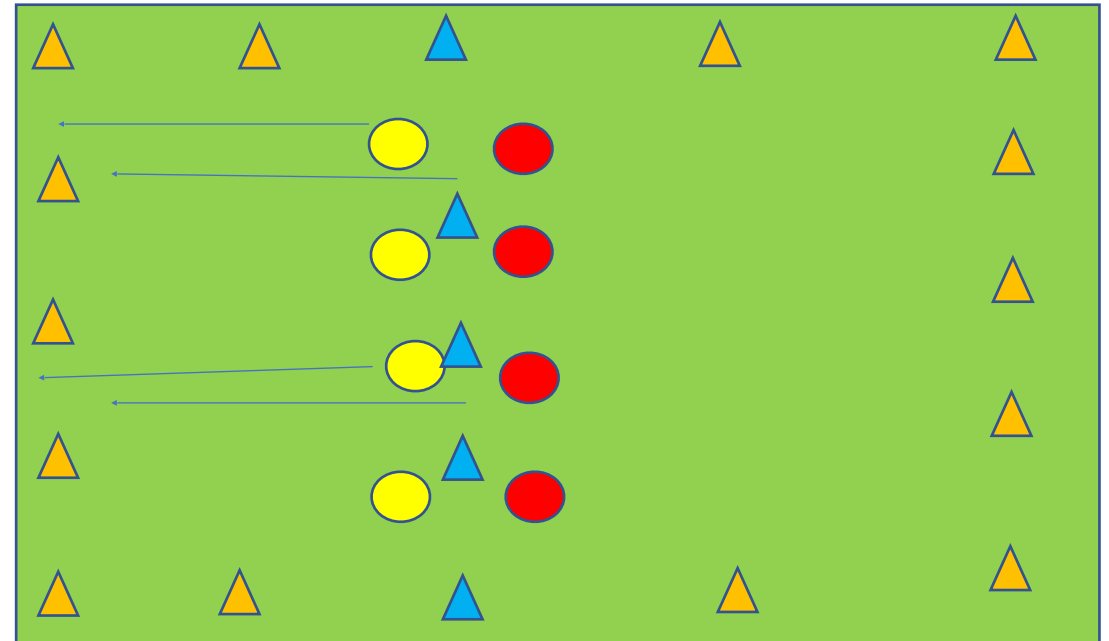


LIONS AND TIGERS (movement)



Organization

- Set up a 40x15 yards box, with a coned line dividing up the box
- Pair the players up, standing on either side of the dividing line, spaced about 1 yard apart
- The coach then calls either “Lions” or “Tigers”. If the coach calls your animal, you must run away to the end line.
- If you manage to get to the end line without getting tagged, then you get a point
- At the end of the game, the players with the most points wins, and their partner does a FUN forfeit
 - Fairy Jumps, Donkey Kicks, Star Jumps, Clucking Hens, Jumping Frogs, Wiggly worms



Progression

- Now with a ball
- In pairs

VALLEYS AND VOLCANOES (movement)

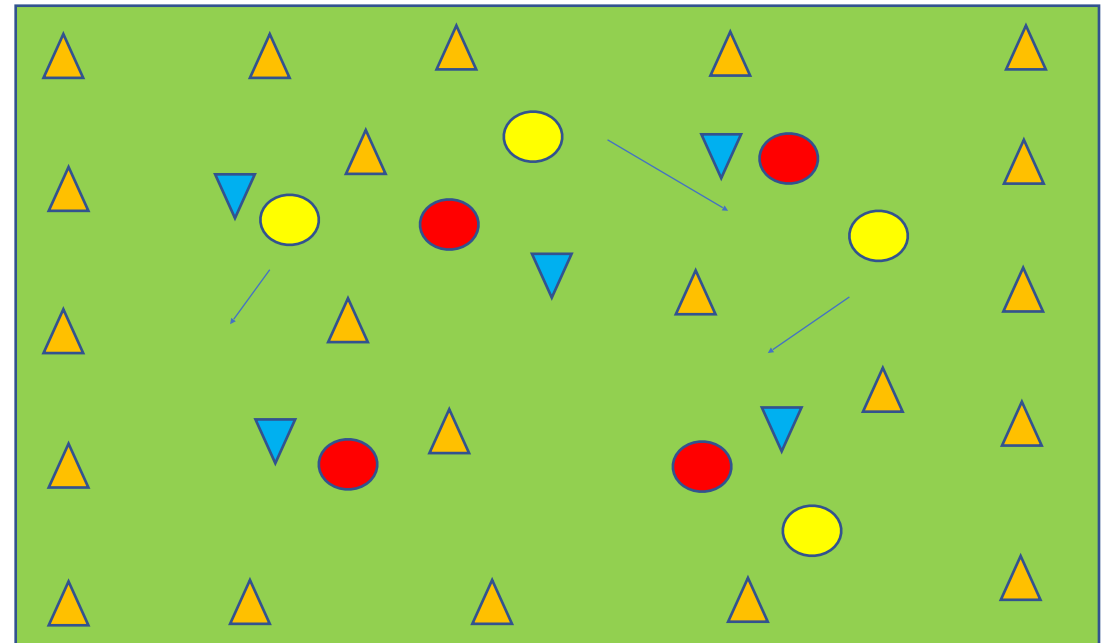


Organization

- Set up a 40x40 yard grid
- Within the box, place half the cones upside down (valleys) and half the cones right side up (volcanoes)
- Divide the group into two teams, one team is the valley team, the other is the volcano team.
- The object of the game is to try and turn over as many cones to your team as possible e.g. if you are on the valleys team you have to try and turn over the cones to the “valley” position
- After 1-minute count up the scores, the winning team is the team that has the most cones their category
- Play a couple of rounds, overall winner is the team with the most wins.

Progression

- Now with a ball



SHARK (dribbling)

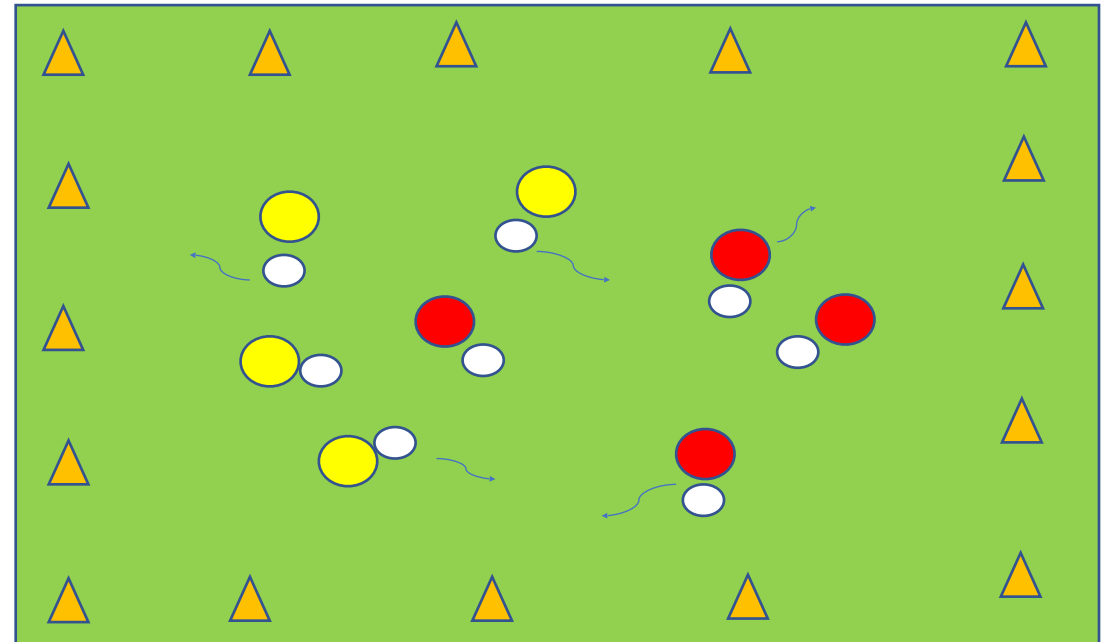


Organization

- Set up a 20x20 yard grid
- All of the players are inside the box with a ball at their feet dribbling around
- Call out different commands such as:
 - Shark (stop and look for sharks)
 - Speed boat (run really quickly with the ball)
 - Float (lay down next to the ball)
 - Go for a swim (leave the ball and find another)
 - Whirlpool (dribble around in a really small circle)

Progression

- Play in pairs



PRACTICE



DRIBBLING COACHING POINTS



DRIBBLING

- Eye focused on the ball and the opponents feet (if close)
- Head up when possible to assess the field and options
- Softy touches, generally with the outside of your foot (the little toe)
- Arms out for balance
- Maintain the ball close if dribbling, helping to change directions when needed.

CONTROL

- Watch the trajectory of the ball as it travels towards you.
- Position body inline with the ball so that you don't miss the ball and provide yourself with better balance when performing the control
- As the ball comes in, "cushion" the ball to the ground, taking most of the power off the ball
- Make sure that he ball doesn't roll away from you with your touch, but also isn't stuck underneath.

MOVES COACHING POINTS



SCISSORS

- Start behind the ball. The player brings their left/right foot inside and around the soccer ball, and plants down back behind the ball.
- When putting foot down, try to keep heel off the ground for extra speed when pushing off
- Dip the shoulder, which is on the same side as the foot that went around the ball.
- The player then takes the ball with the outside of the opposite foot, diagonally out away with a big touch and accelerates.

CHOP

- Head down and eyes on the ball.
- The non-kicking foot is placed 8 inches to the side of the ball with room for the kicking foot to swing through, toe pointed in the direction of the shot.
- Shoot with the laces of the kicking foot, ankle locked, and toe pointing down to the ground, with laces pointing towards the direction of the shot, knee slightly bent, ready to extend on contact, contacting the middle of the ball.
- Accelerate away after big touch.

HOP AND CUT

- Make contact with the inside of the foot, whilst hopping diagonally forward.
- Once that contact is made and the ball is moving, use the outside of the same foot to push diagonally in the opposite direction going forward.
- Make sure the foot making contact with the ball does not touch the ground until both touches have been taken.
- Accelerate away after big touch.

TURNS COACHING POINTS



OUTSIDE CUT

- Use the outside of the foot to cut the ball back in the other direction
- Plant the standing foot far enough away from the ball so you can pivot away
- Turn your hips and body, and cut the ball with the outside of the foot in one motion.
- Accelerate away after big touch.

INSIDE CUT

- While approaching an opponent, chop at the ball with your right foot cutting directly to the left (or vice versa for opposite foot)
- It is important that you don't cut the ball too hard, you want to keep it on the ground.
- Make sure to change your weight and direction quickly to make this move effective
- Accelerate away after big touch.

BUILDERS AND BULLDOZERS (dribbling)

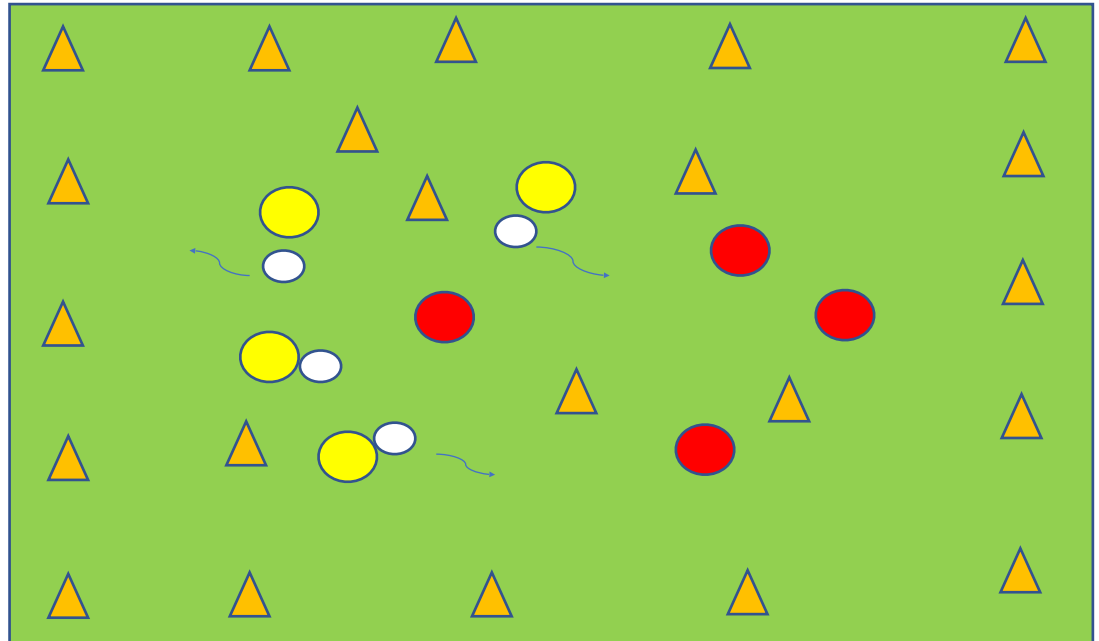


Organization

- Set up a 30x30 yard grid, placing the tall orange cones around the grid.
- Divide the team in half
- One team (bulldozers) starts with the ball at their feet and is dribbling around trying to knock over the orange cones.
- The other team (Builders) are running around trying to put the orange cones back up right.
- The winning team is the team with the most of their cones in the grid (either up right for Builders, or knocked over for Bulldozers).
- Once a round is done, switch so the Bulldozers become Builders.

Progression

- Both teams use a ball



TREASURE HUNT (dribbling)

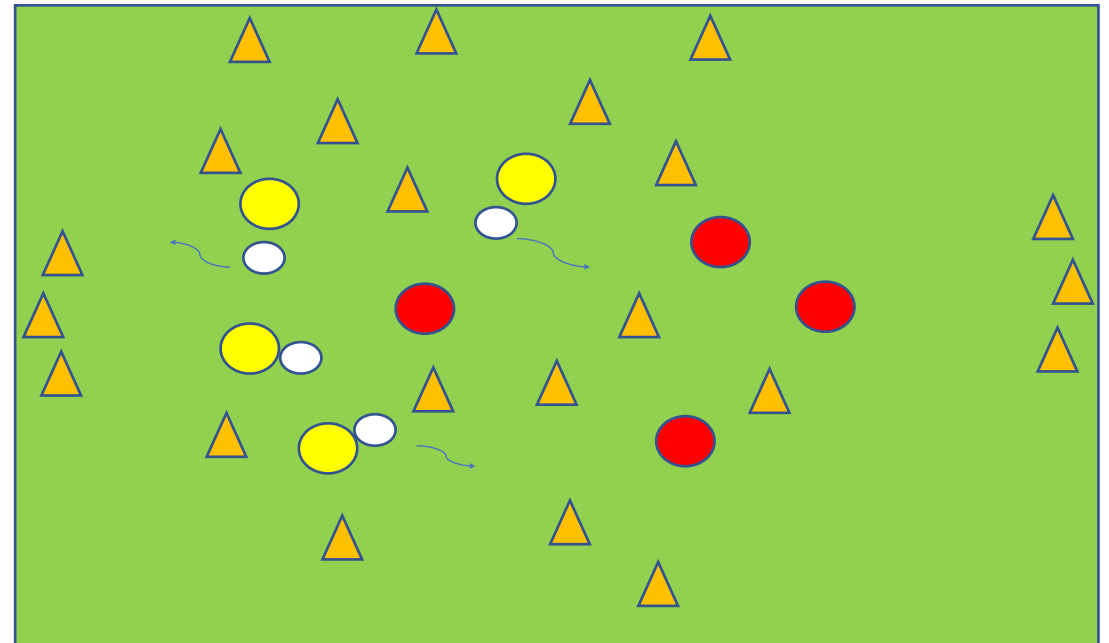


Organization

- Set up a 30x30 yard grid, spread the treasure out (cones)
- Divide the teams into two.
- One team starts at each end of the area and every player has a ball at their feet.
- Teams have 1 minute to dribble around the grid and collect as much treasure as possible, and place it in the treasure chest (goal)
- The winning team is the team with the most treasure at the end of the minute.

Progression

- Encourage them to switch feet whilst dribbling
- Coaches can become pirates, chasing the players around to make them dribble faster



RACE TRACK (dribbling)

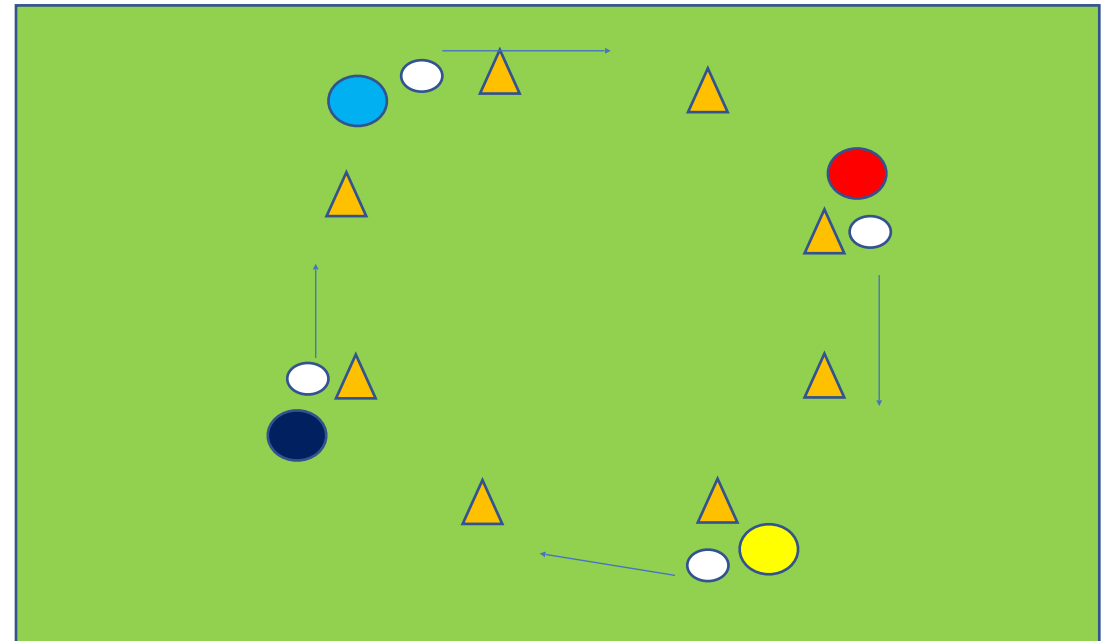


Organization

- Set up a 20X20 circle racetrack with cones
- Everyone is dribbling around the outside of the racetrack as quickly as they can
- When the coach calls out certain commands the racers must follow, for example:
 - Pit stop-stop as quickly as they can
 - Pulp up your wheels- toe taps
 - Windscreen wipers – foundations
 - Reverse – cut the ball and head opposite direction
 - Rev up your engines – roll the ball back and forth with their foot
 - Crazy drivers – can go any directions they want, but cannot crash into each other

Progression

- Encourage them to switch feet whilst dribbling
- Change the race track course so they are not just going around in a circle



SUPERHEROES (dribbling)

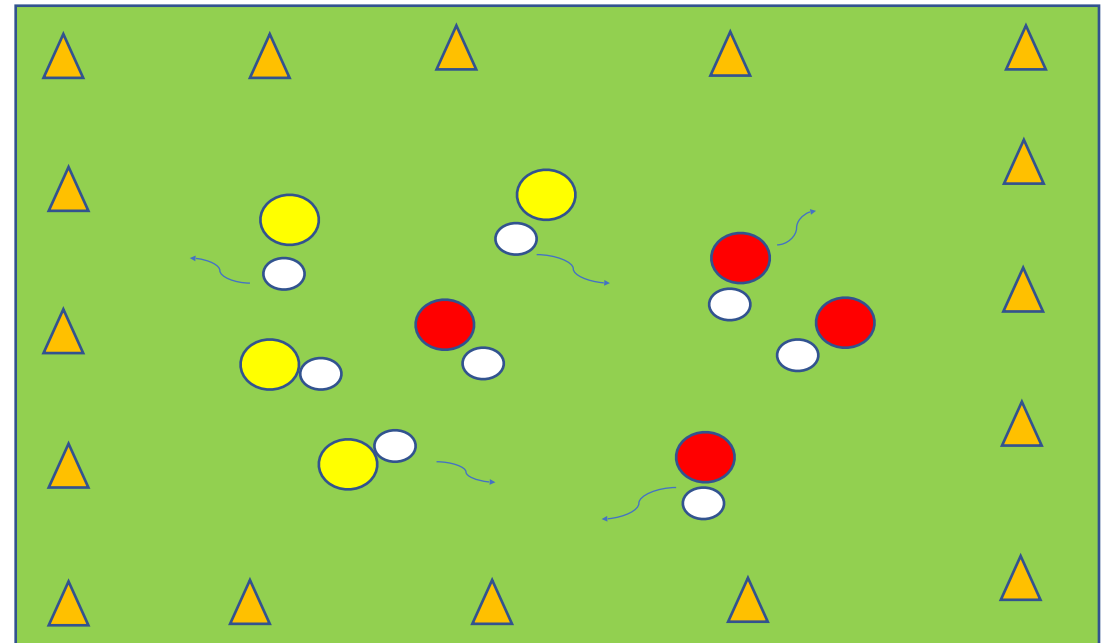


Organization

- Set up a 30x30 yard grid
- Everyone is dribbling around the box and when the coach calls out a super hero the players must replicate:
 - Superman – lay on the ball
 - Hulk – stand over the ball and flex
 - Spider man – jump over the ball and pretend to shoot spiderweb
 - Batman- dribble around singing “na na na na na na batman”
 - Flash – Run really fast without the ball

Progression

- Encourage them to switch feet whilst dribbling
- Encourage them to go faster
- Encourage them to do a move/turn while dribbling



MUSICAL BALLS (dribbling/skills)

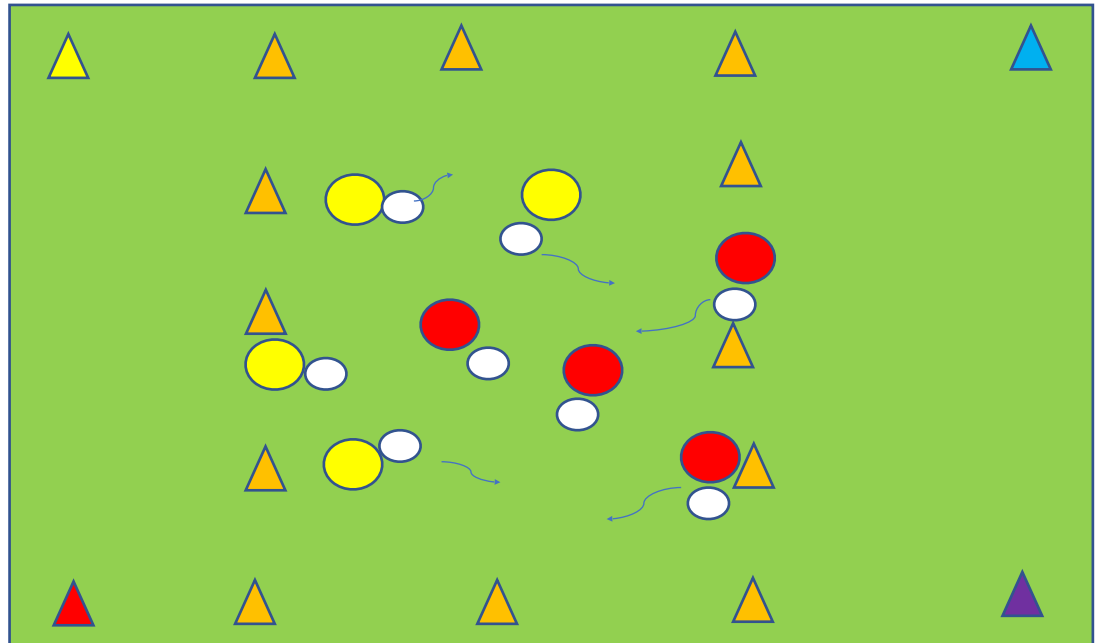


Organization

- Set up a 20x20 yard grid with four colored cones placed on the outside of the box
- All the players start in the grid with a ball at their feet
- Everyone begins to dribble around the box until a coach calls out a color. At which point the players stop their ball and sprints out of the box and around the colored cone that was called out.

Progression

- Every time a color is called out, a ball is removed from the grid, leaving one player without a ball every time they return to the grid. The player who is without a ball sits out of the grid until the next round.
- Whilst the players are dribbling around the grid, call out different moves for the players to perform e.g.:
 - Scissors
 - Chop
 - Inside/outside cut



WICKETS (dribbling)

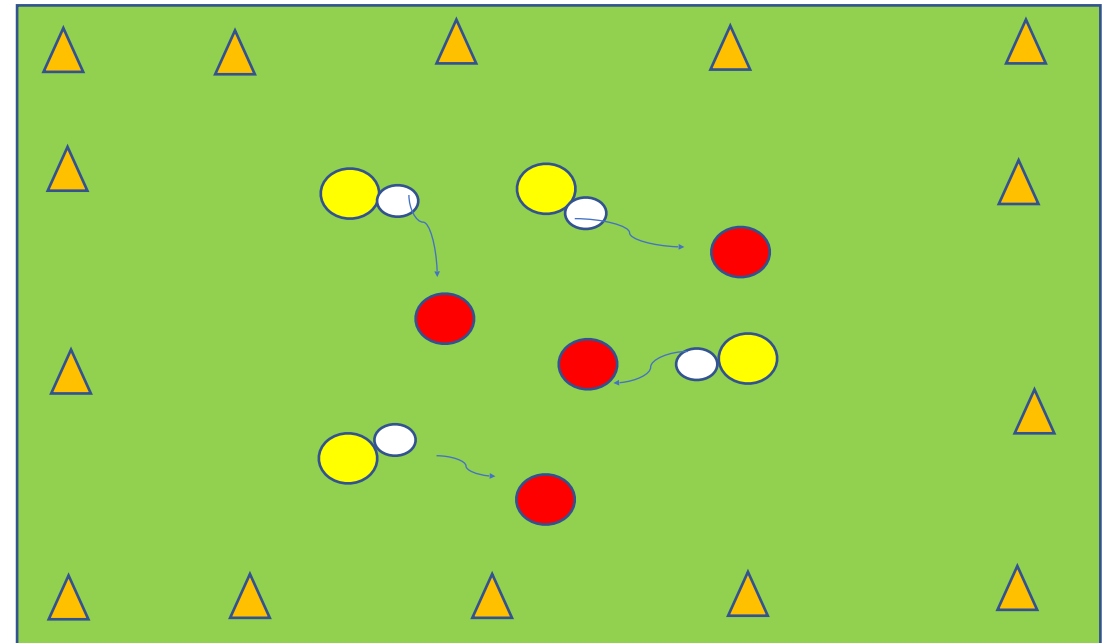


Organization

- Set up a 20x20 yard grid.
- Divide the group into two teams, one team spreads out inside the box and stands with their legs shoulder width apart, forming wickets. The other half start with a ball at their feet.
- The players with a ball dribble around inside the grid, pushing the ball through the wickets.
- Play for a minute and see how many wickets the team can accumulate. The wickets then switch with the players who were dribbling and try to beat the score previously set.

Progression

- Get the players on each team to keep track of how many bounce passes they make. The team with most accumulated points wins.
- Use weak foot only.
- Alternate left and right foot after every touch



KNOCK OUT (dribbling)

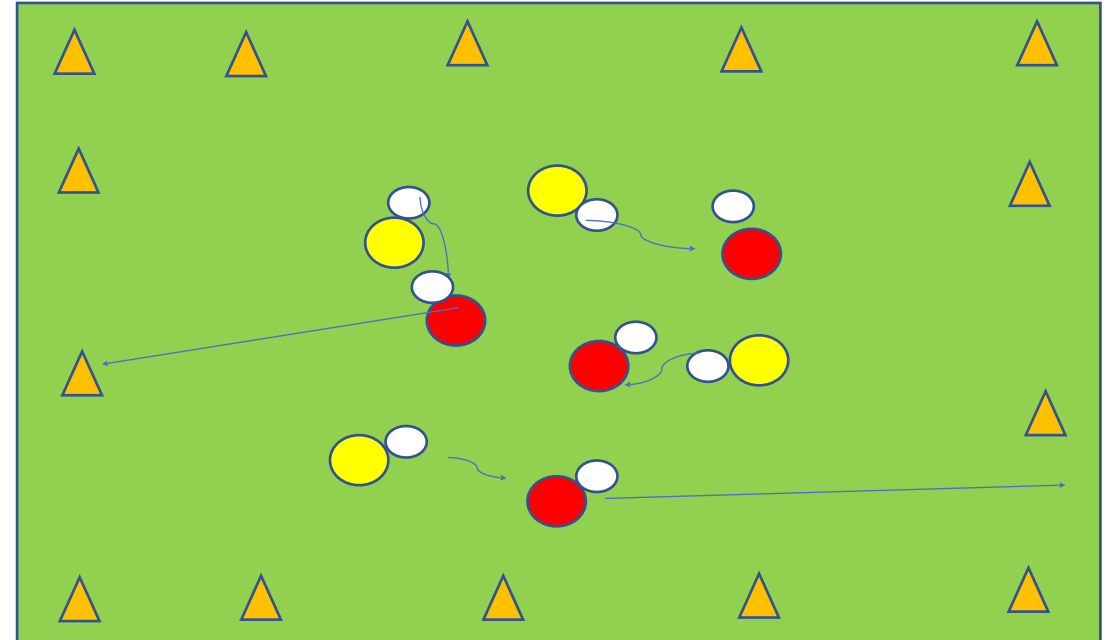


Organization

- Set up a 20x20 yard grid.
- Players start inside the box with a ball at their feet
- On the whistle, each player begins to dribble around the box
- On the second whistle the players then try to kick everyone else's ball out of the grid, whilst maintaining possession of their own ball.
- Once a player's ball is kicked out, they then collect their ball and sit on the outside of the grid, cheering on their team mates or juggling the ball (progression).

Progression

- Tell them that they are not allowed to have their ball stop moving otherwise they will be out
- Encourage them to use both feet
- Decrease the size of the grid to make it more challenging.

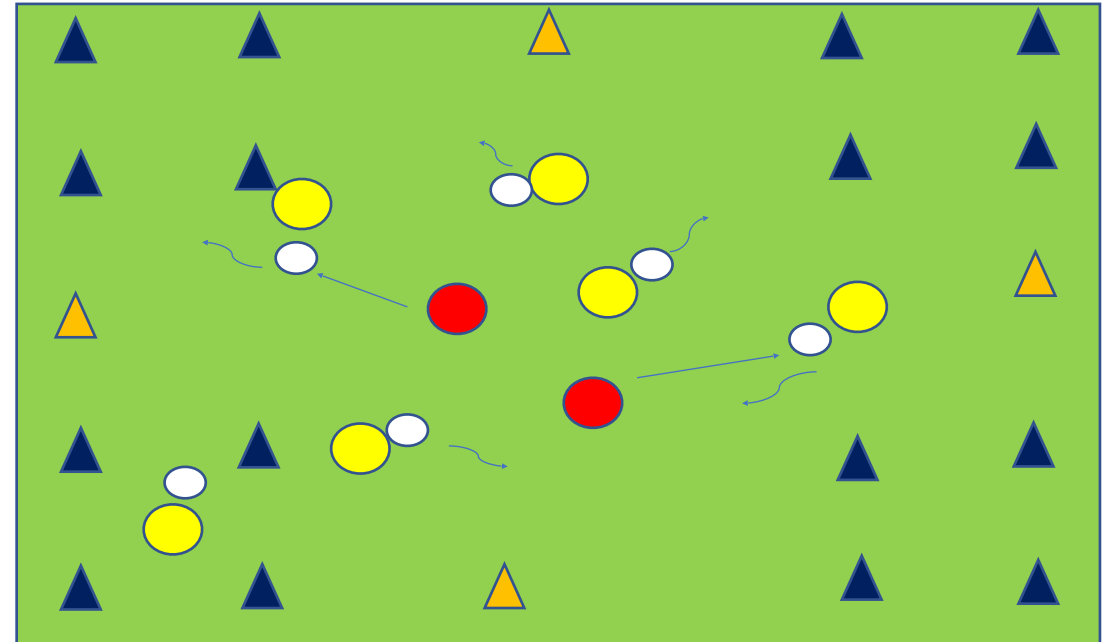


THIEVES (dribbling/skills)



Organization

- Set up a 30x30 yard box (smaller for younger players) with four boxes, one in each corner of the grid
- Select two/three players to be thieves that start on the outside and are introduced to the game when the coach says so
- The rest of the players are inside the grid and dribbling around.
- If the thieves come in and touch your ball with their foot, you must then leave your ball and try and get someone else.
- Only one player is allowed to rest in the boxes in the corner of the grid at a time
- If a new player comes into the corner, the existing player must immediately leave.



Progression

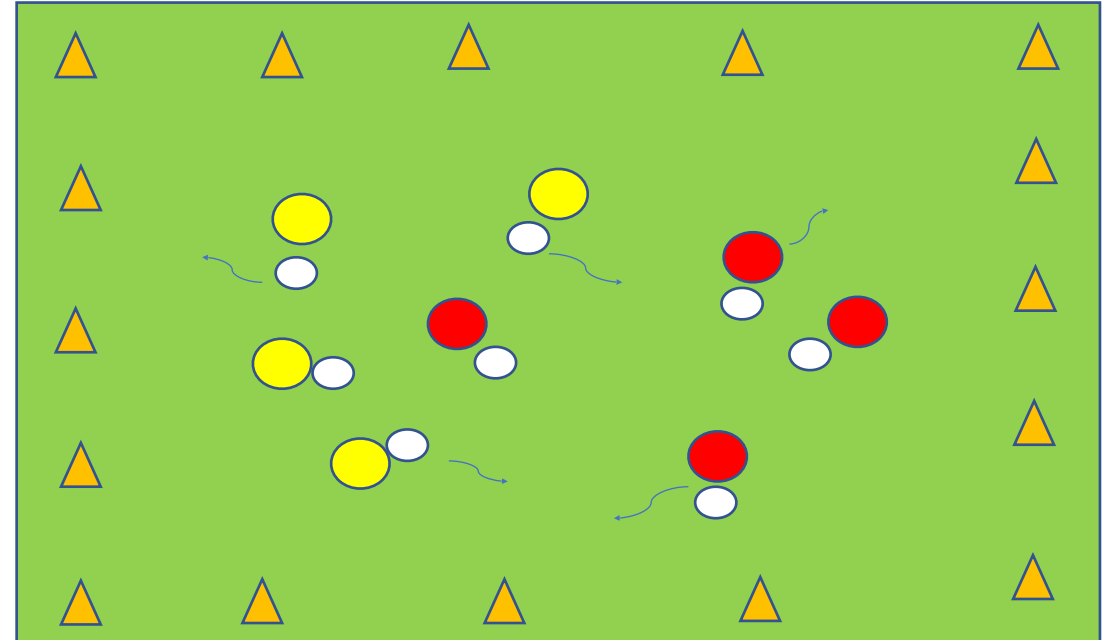
- Increase the number of thieves
- Decrease the size of the grid to make it more compact
- Only have two corner safety zones.

COMMAND-DOS (dribbling/skills)



Organization

- Set up a 20x20 yard grid
- Players start inside the grid with a ball at their feet
- The players begin dribbling around inside the box
- The coach calls out different commands for the players to follow whilst dribbling inside the box:
 - Inside of the foot only
 - Outside of the foot only
 - Sole of the foot only
 - Move the ball quickly from left to right foot
 - Outside of the foot turn
 - Inside of the foot turn
 - Scissors
 - Double scissors
 - Chop
 - Fun commands such as stop the ball with your head, elbow, knees



Progression

- Make the drill into a competition; the last person to perform the command drops out of the grid. Continue until you have a winner

SNATCH (dribbling)

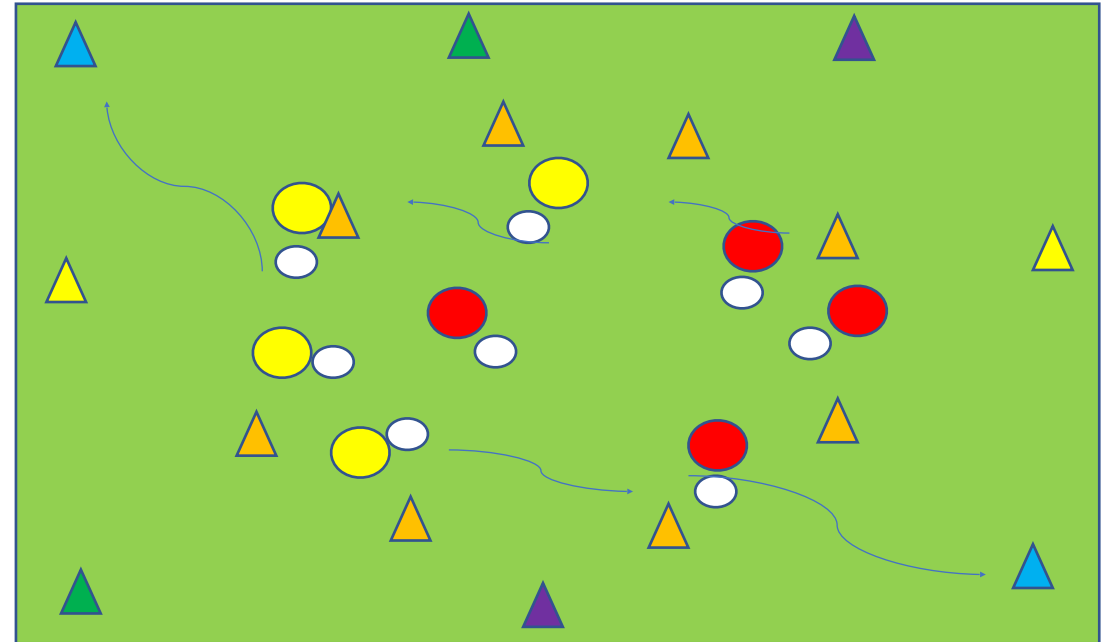


Organization

- Set up a 30x30 yard box with 6 cones of one color and 6 cones of another placed on the outside of the box
- Everyone starts inside the grid with a ball at their feet
- When the coach calls out a color everyone must try to find a cone of that color
- Only one person per cone is permitted, you get a point if you successfully get your ball to the cone, if you are without a cone you don't get a point.

Progression

- Introduce more cones that are worth more points e.g.:
 - 1 yellow cone valued 5 points
 - 3 red cones valued at 3 points each



1v1 MOVES (dribbling)

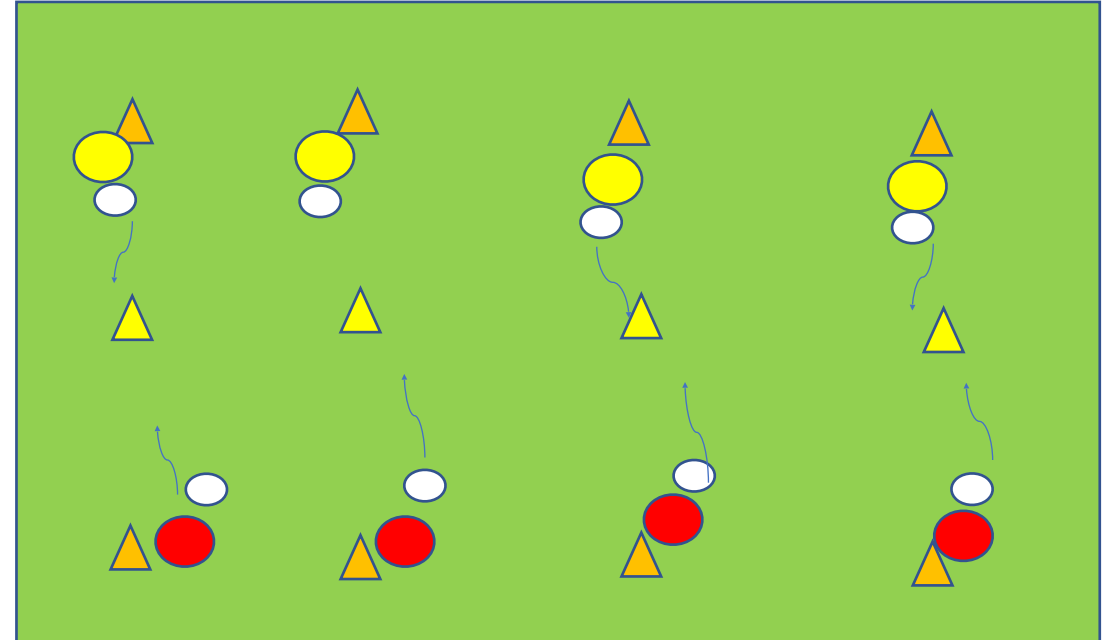


Organization

- Set up a 30x30 yard box with two lines of cones opposite of each other with a defender (another cone) in –between each set of cones
- Divide the group up in pairs and have both players start opposite of each other both performing the same move with the same foot on the opposite side of the middle cone.
- The players dribble up towards the defender (cone) and put in a move from the list below, to trying to move around the defender (cone) to the cone on the other side. Before they go they communicate which side they will beat the defender. Start right and then left.
- Once the player has reached the other side they turn around and beat the opponent on the left side and performing the same move again.

Progression

- Introduce different moves:
 - Scissors
 - Chop
 - Hop and Cut
- Compete the pairs against each other to see who can do what.
- Play cone soccer 1v1 and take away the middle cone.

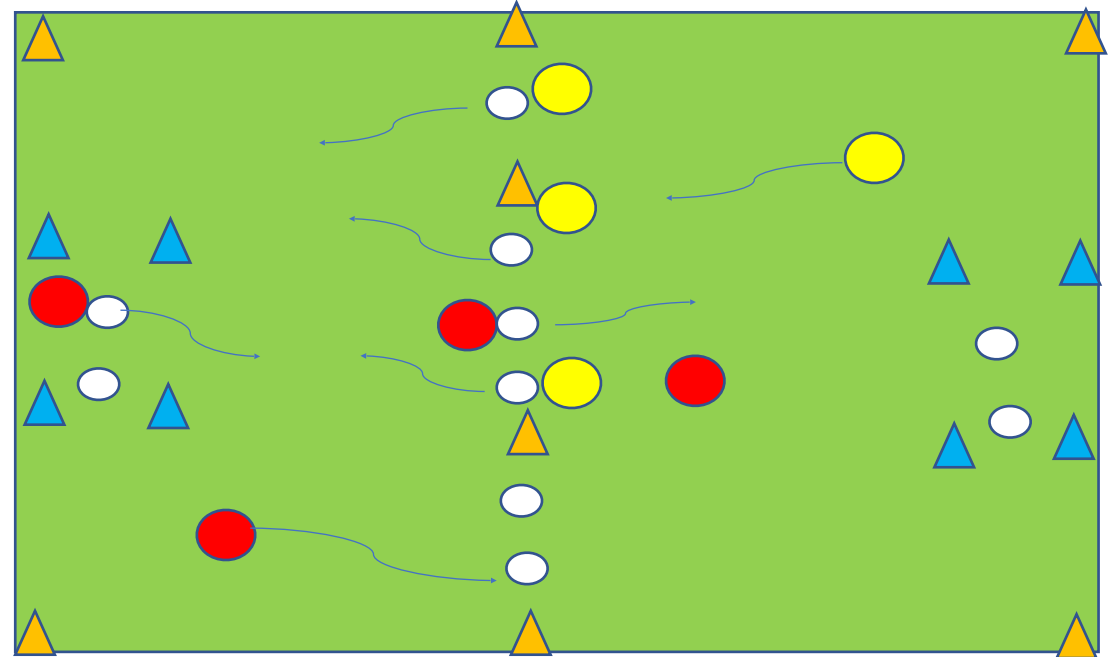


CASTLES (dribbling)



Organization

- Use a lined soccer field with as many soccer balls as you can fit on the halfway line
- Divide the group into two equal teams that start on opposite end lines
- When the coach blows the whistle, the game begins and each team has to collect as many balls as they can and place them in the castle (the 6 yard box)
- Once all the balls have been taken from the half way line the teams must then try and steal a ball from the opposition's castle
- If they get tagged on the way, the player must freeze and wait for a teammate to enter into the opposition half and save them by linking pinkies. Once the pinkie is formed they cannot be tagged.
- Once a player successfully makes it to the castle they are safe until they exit with a ball
- When leaving the castle a player can only be tagged once the opposition has successfully kicked the ball away from the possession of the player
- The winning team is the team that has the most balls after 5 minutes.



ALLIEN ATTACK(dribbling)

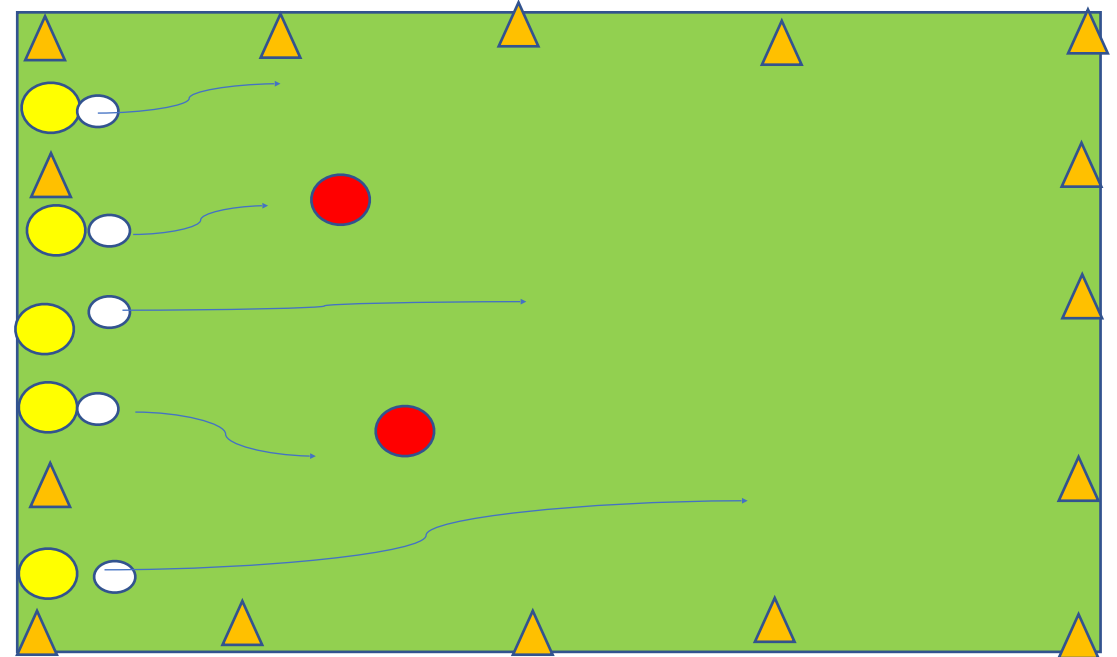


Organization

- Set up a 50x30 yard box (smaller for younger players)
- Select two/three aliens that start in the middle of the grid on their feet.
- Everyone else starts on side of the grid, with a ball at their feet (their “oxygen” supply)
- When the coach says go, the every player must try and get to the opposite side, without losing their ball
- The adult aliens will be trying to tackle the players and kick the balls to the side of the grid.
- If a player loses their oxygen tank supply they then become a baby alien, and must crawl around on their back and try and kick out the remaining humans
- Winner is the last human left standing

Progression

- Increase the number of aliens.

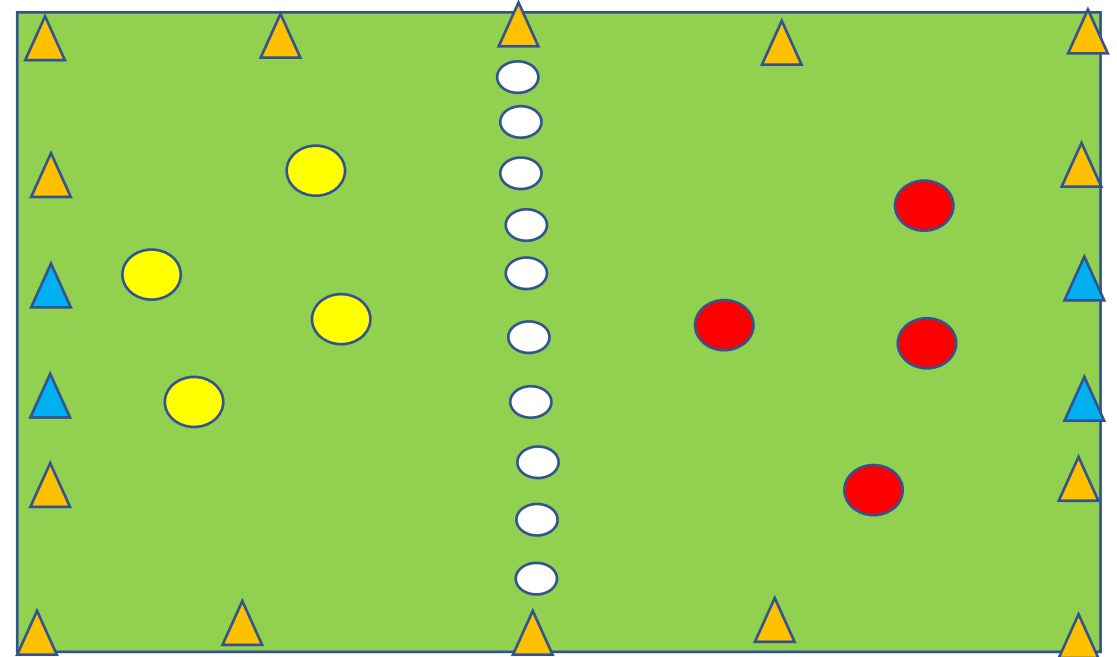


SQUIRRELS NEST (dribbling)



Organization

- Set up a 50x30 yard box (smaller for younger players)
- Divide the group in two teams
- Each team has their own tree (goal) where they try to get as many nuts (soccer balls) into during each round.
- Once the nut is in the tree, it may not be taken out.
- Lay numerous soccer balls in the middle of the field.
- Every nut in the goal equals a point, the winning team is the team with the most points at the end of the allotted time.



Progression

- Introduce special nuts (different colors soccer balls) which hold a different value of point points

PASSING COACHING POINTS



PUSH PASS

- Head down and eyes on the ball
- The non-kicking foot is placed 6 inches to the side of the ball with room for the kicking foot to swing through, toe pointed in the direction of the pass
- Pass with the “instep” of the kicking foot, ankle locked at right angles to the direction of the pass, knee slightly bent, contacting the middle of the ball.
- Follow through with the kicking foot for power.

DRIVEN PASS

- The non-kicking foot is placed 6 inches to the side of the ball with room for the kicking foot to swing through, toe pointed in the direction of the pass
- Pass with the laces of the kicking foot, knee slightly bent, contact with the middle of the ball.
- Follow through towards the target with the kicking foot for power and accuracy

LOFTED PASS

- The non-kicking foot is placed 10 inches to the side of the ball with room for the kicking foot to swing through, toe pointed in the direction of the pass.
- Pass with the laces of the kicking foot, leg straight, contacting, at the bottom of the ball.
- Follow through toward target with the kicking foot for power and accuracy.

PINBALL (passing)

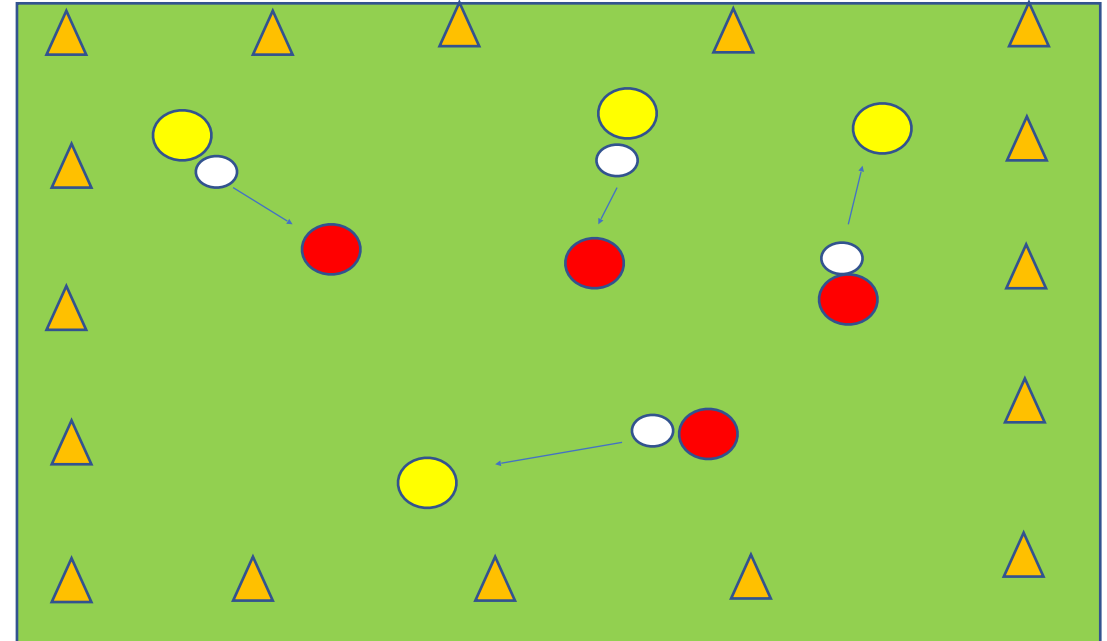


Organization

- Set up a 20x20 yard grid
- Divide the group into pairs.
- One member from each pair will need a ball and will start inside the grid with their partner standing opposite them
- The pairs pass the ball back and forth between them, trying to get as many consecutive two-touch passes as possible.

Progression

- Encourage the use of both feet
- Progress on to one touch and see how many one touch passes they can connect between them



TWO-HEADED MONSTER (passing)

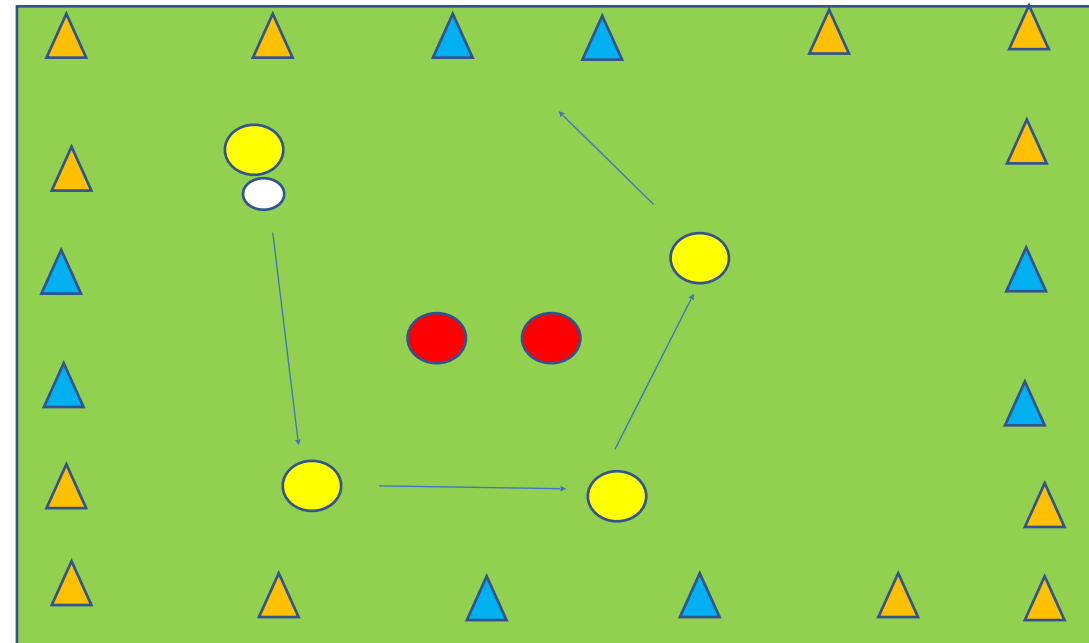


Organization

- Set up a 20x20 yard grid, with four balls around the edge
- Select two people to become the monster with a different color pinny on (if a lot of players, have 3 headed monster)
- The remaining players in the box must pass the ball around the edge while the “two headed monster” tries to intercept the ball
- The team must connect 5 consecutive passes before they can shoot on goal to score a point
- Play for one minute and then rotate different players in as the monster.

Progression

- Increase the number of passes required before the team can shoot.
- Introduce a maximum of 2 touches per player



REBOUNDER(passing)

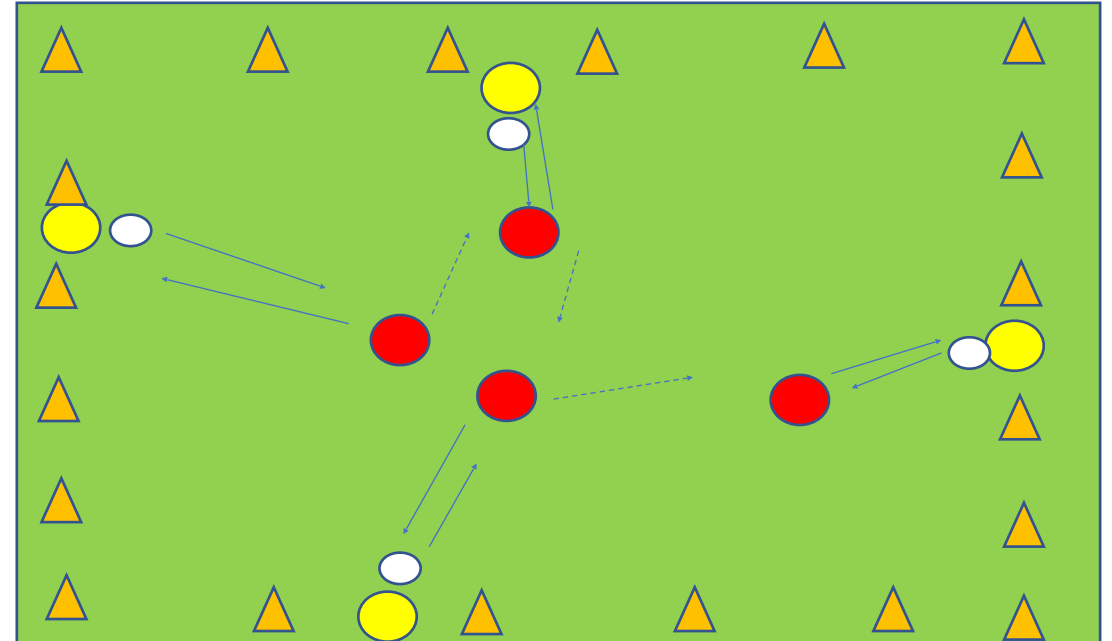


Organization

- Set up a 30x30 yard grid
- Divide the group in two, half on the edges of the box with a ball and the other half in the middle
- The players in the middle run around and check to the players with the ball, and play a bounce pass back to them
- Play for a minute and then switch the outside players with the inside

Progression

- Get the players on each team to keep track of how many bounce passes they make. The team with the most accumulated points wins.



FOUR SQUARE (passing)

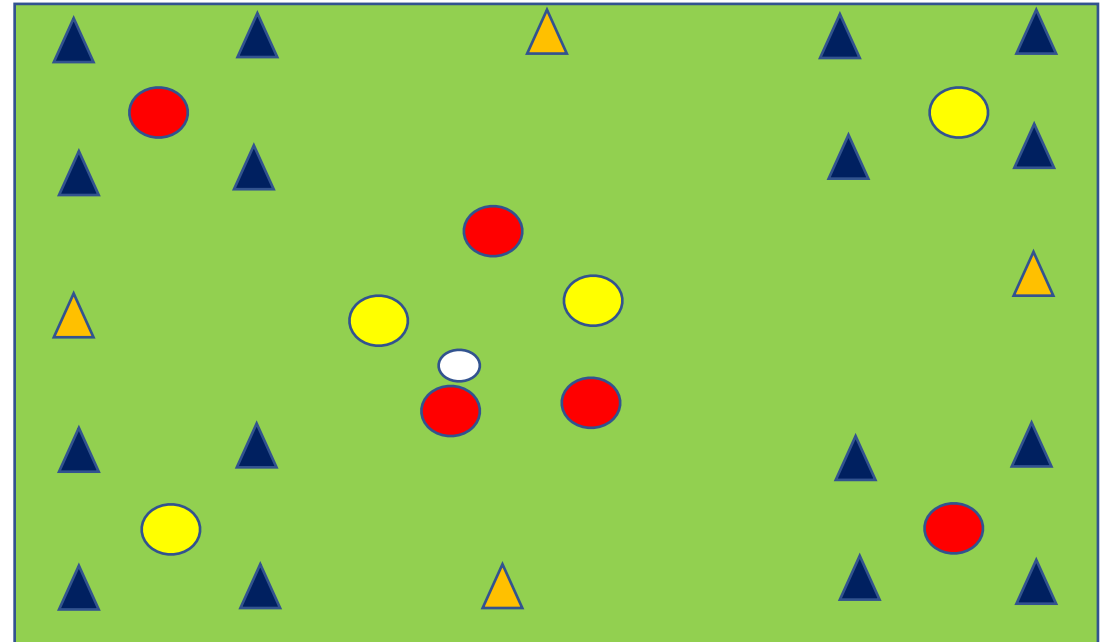


Organization

- Set up a 30x30 yard grid with 4 target zones
- Divide the group into two teams, with one player in each target zone (two players from each team)
- The object of the game is for the teams to try and switch the ball from one target zone to the other without losing possession.
- Every time they successfully do so, they gain a point for their team.

Progression

- When a player plays a pass into the target zone they must then follow their pass and become a target zone player



STORM TROOPERS (passing)

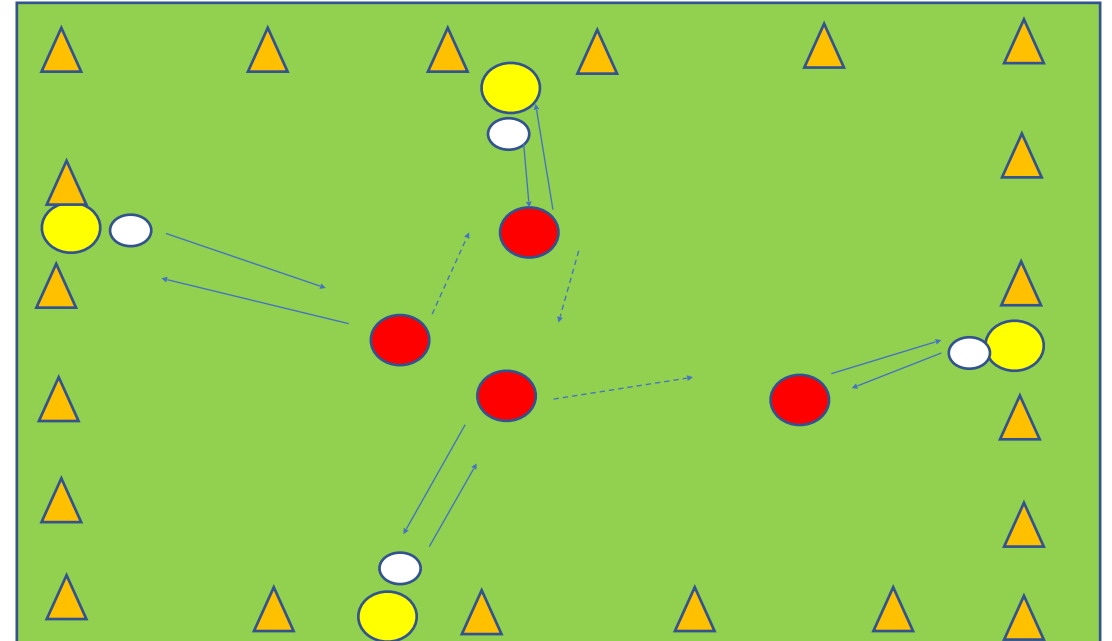


Organization

- Set up a 30x30 yard grid
- Divide the group into pairs
- Pairs are passing the ball between one another in the grid
- One pair, with pinny, starts outside the area without a ball (the Storm Troopers)
- The Storm Troopers are then released into the grid to kick the balls out
- The pairs inter-passing seeks to keep their ball away for as long as possible.
- Any time a ball leaves the area (through a bad pass or a Storm Trooper kicking it away) the pair must collect the ball and wait outside the area.
- The last group in the middle is the winner.

Progression

- Use your weak foot only



SKITTLES (passing)

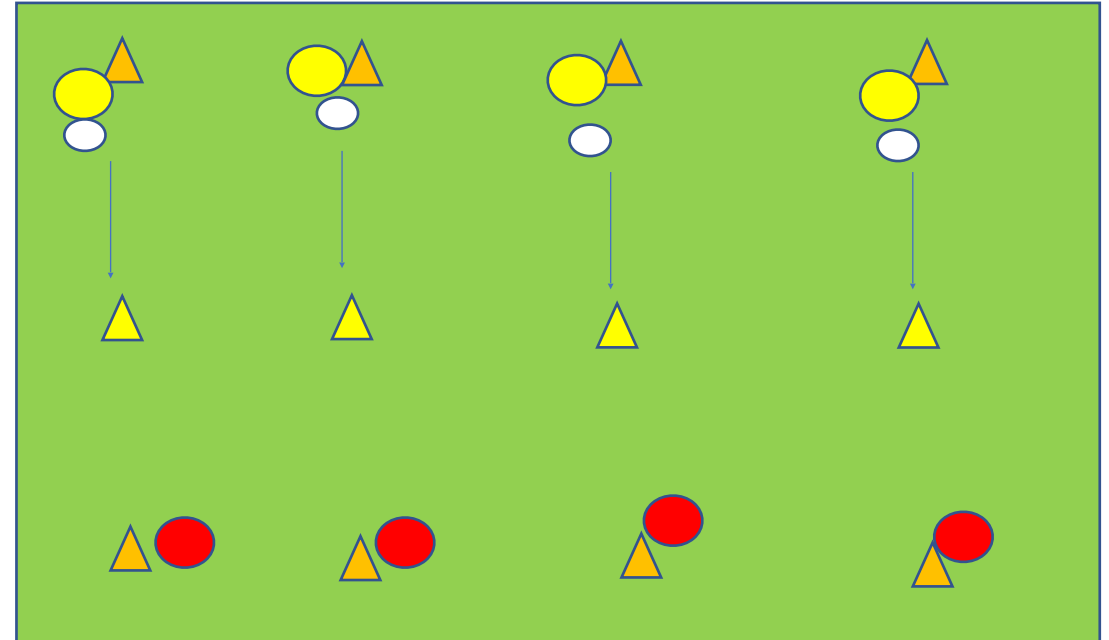


Organization

- Set up a 20x20 yard box (smaller for younger people)
- Divide the group into pairs
- Pairs stand opposite each other with a “skittle” in the middle (a ball on a cone)
- The pair play against each other taking turns to knock the skittle off
- Play for 2 minutes
- Winner is the player who knocks the skittle off the most.

Progression

- Increase distance between players and skittle
- Rotate players around so everyone plays everyone
- Low driven passes.



PROXIMITY(passing)

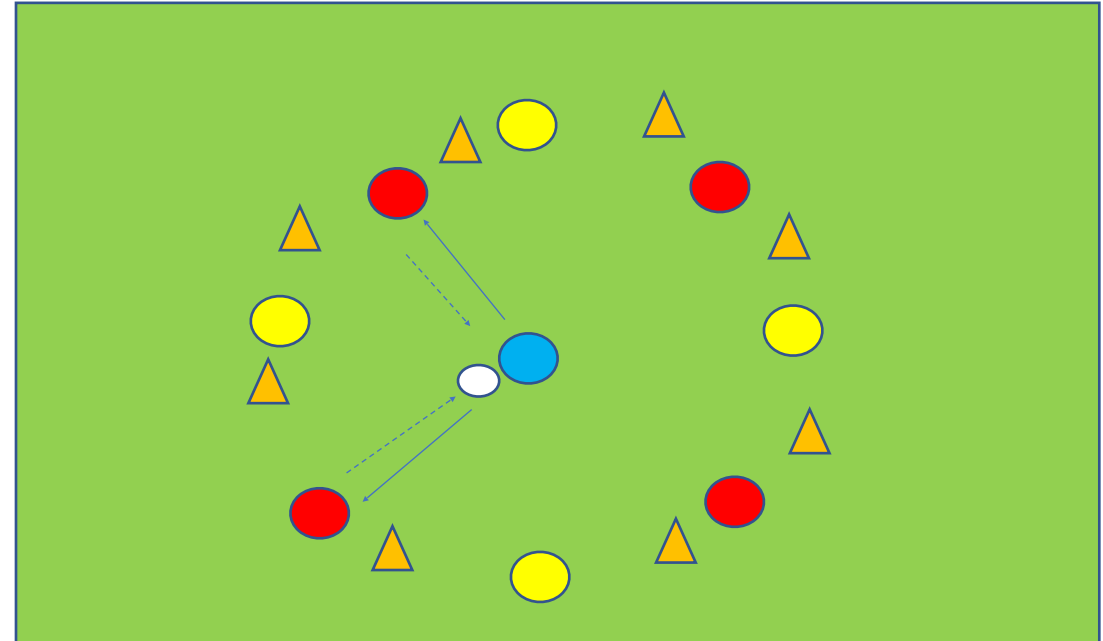


Organization

- Set up a circle 30 yards in diameter
- Every player starts on a marker, with the coach standing in the middle of the circle
- The coach goes around the circle feeding the ball along the ground to the players on the edge, getting them to control the ball with their first touch, and playing a pass back with their second touch
- Every time the player manages to successfully control the ball within 1 yard of them, the team gets the point.

Progression

- After the first round introduce a target for them to obtain. If they don't, have them do a FUN forfeit
- The coach can also mix up the order in which they serve the ball
- The coach can also change how they serve the ball e.g.:
 - In the air to the foot
 - To the thigh
 - To the chest



DUTCH SQUARES (passing)

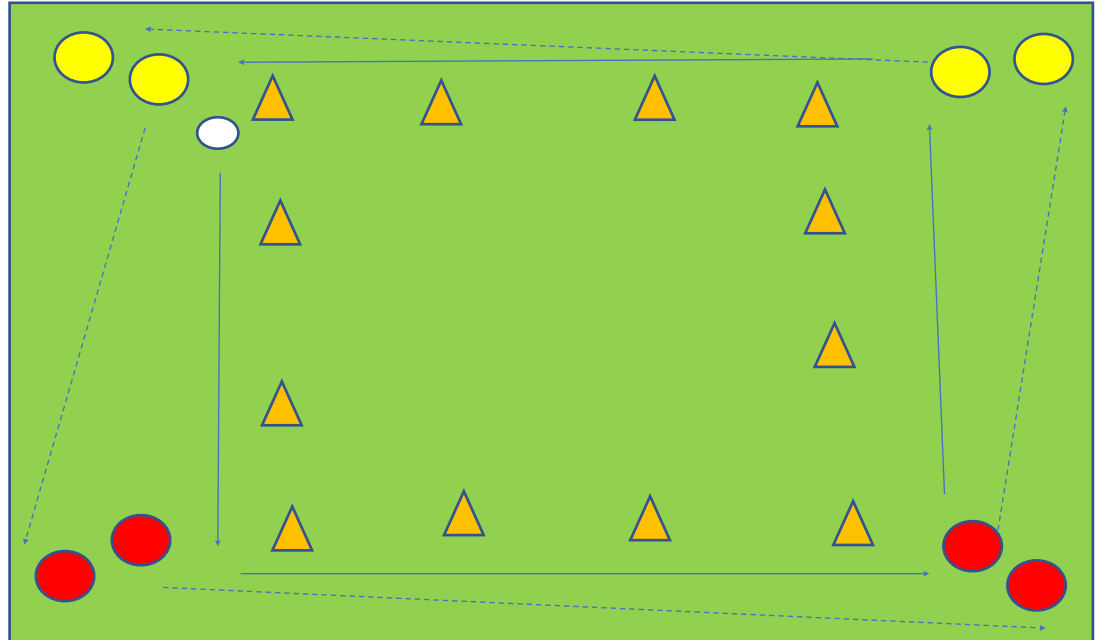


Organization

- Set up a 15X15 yard grid
- Assign at least two players to each corner of the box
- One player starts with a ball. They pass the ball clockwise around the edge of the box.
- Once they have played the pass to their teammate they then follow the ball to the next corner

Progression

- Increase the number of balls going at one time
- Switch to anti-clockwise rotation to help encourage use of left foot.



ROBIN HOOD (passing)

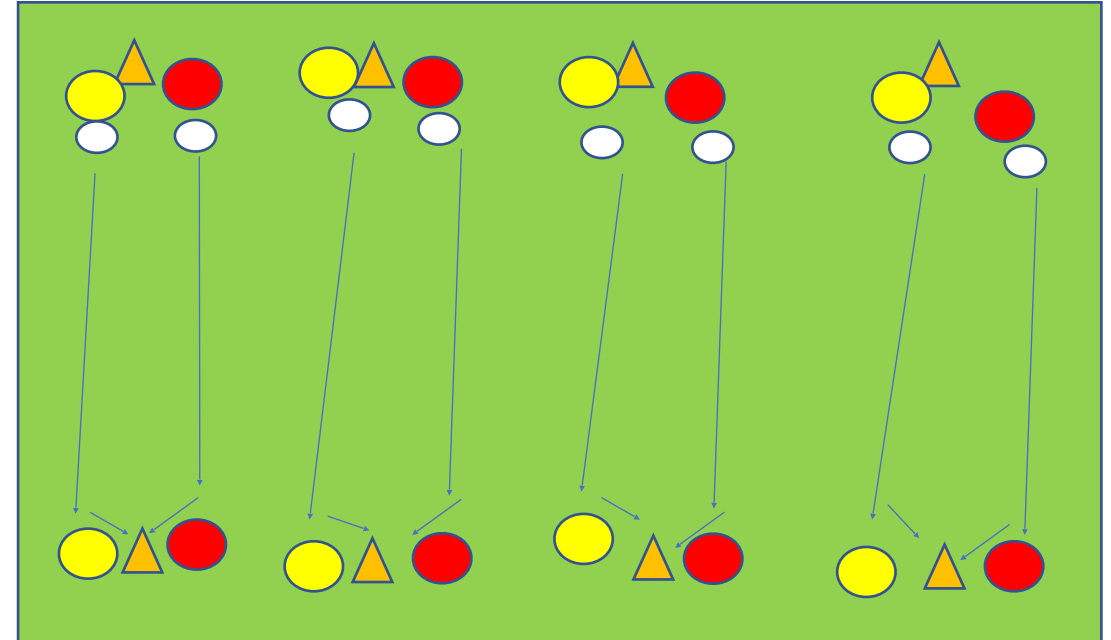


Organization

- Set up a 20x20 yard box
- Pair up the team, and then place two pairs on each set of cones, one on each end
- The object of the drill is to work in your pair against the opposite pair
- Player 1 starts with the ball and plays a pass up to their teammate, who then looks to try and control the ball with one touch, stopping it as close to the cone as possible
- The next pair then does the same with their own ball
- The pair closest to the marker gets the point, and then the roles reversed with the pair

Progression

- Increase the distance between the markers
- Change the type of ball being played e.g.:
 - Driven ball
 - Lofted ball



SLINGSHOT(passing)

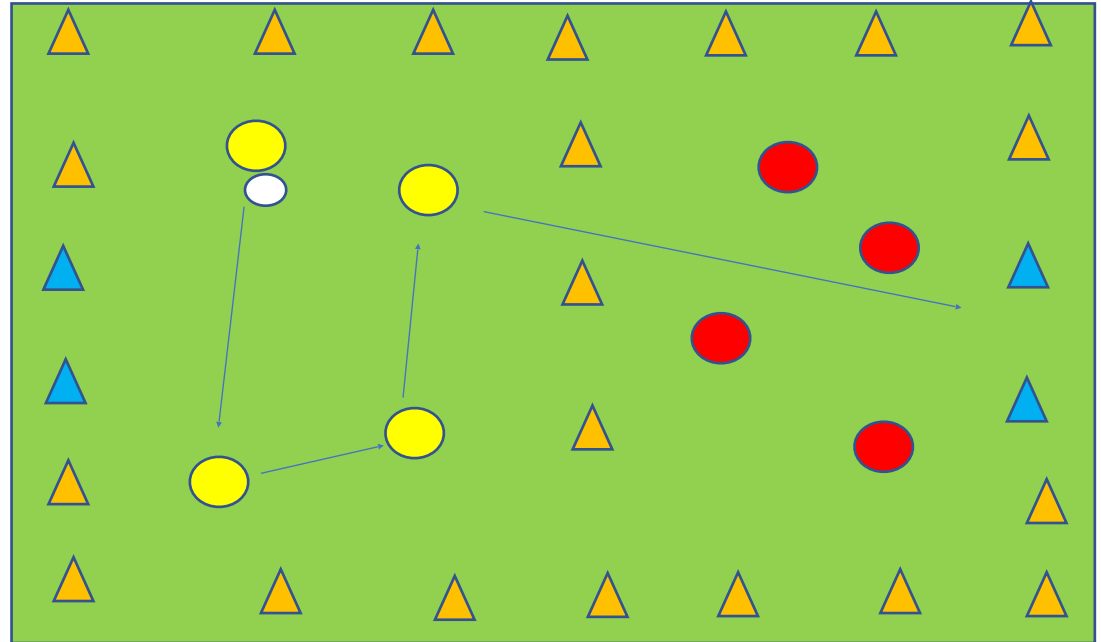


Organization

- Set up two 20x20 yard boxes next to each other with a goal on each end
- Divide the group up into two teams, one in each box
- One team starts with the ball on one side of the box. They must make a minimum of three passes before they can shoot on the opposition's goal. They can't leave their box.
- The other team must try and defend the shots, however they can't leave their own box.
- Once the shot has taken place the roles of the teams reverse.

Progression

- The first to 5 goals wins the round. Then start a new round.
- Allow one person to come across the line to the oppositions box to apply pressure to the passing team.



GOLDEN BALL (passing)



Organization

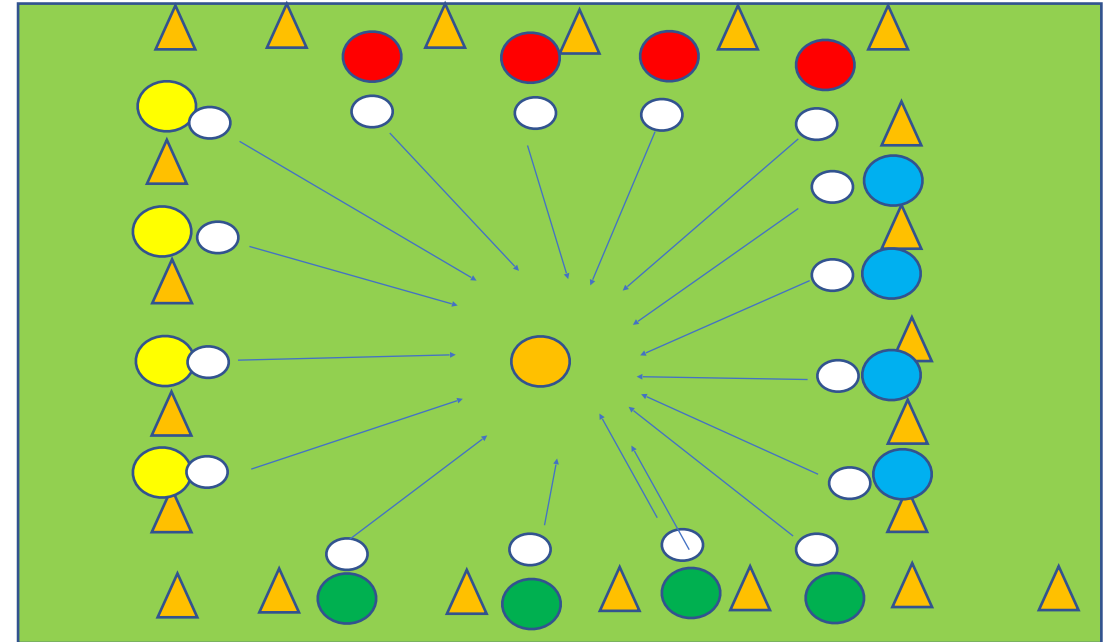
- Set up a 20x20 yard box (smaller for younger players)
- Divide the group into four teams
- Every player on the outside of the box has a ball at their feet
- In the middle of the box the "Golden" ball is placed (a ball wrapped in a pinny)
- The players pass the ball, trying to hit the "Golden Ball" out of the box on the oppositions line
- Play until the "Golden Ball" is knocked out of the square
- Play a couple of rounds, the team that wins is the team with the least amount of golden balls to have crossed their line.

Progression

- Increase the grid size to test the players power and accuracy
- Introduce multiple golden balls
- Introduce a new colored ball, worth more points.

Guidelines

- Players must pass the ball from behind their end-line
- No player is allowed into the area (coach to retrieve the stuck balls)
- A point is scored for the team getting the "Golden Ball" over their opponents end-line.

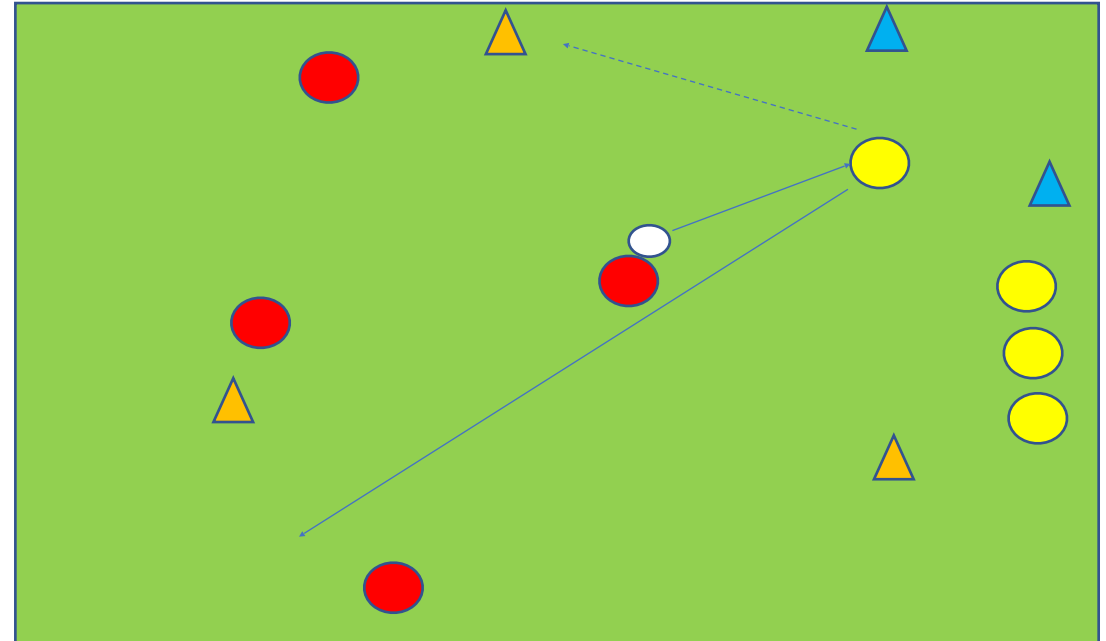


SOCCER BASEBALL(passing)



Organization

- Set up a cone baseball field on half a soccer pitch, with a goal behind home plate
- Divide the group into two equal teams (one team batting and one fielding). The pitcher should always be a coach.
- The objective of the batting side is to kick the ball within fair territory as far as they can and run the bases
- The objective of the fielding team is to control the ball and work together to pass the ball into the goal as quickly as possible
- When the ball passes through the goal, the batter stops running
- The scorer then records how many bases the batter has run in that time ie: 1 point for passing 1st base, 2 points for passing 2nd base the scoring continues until the ball is in the net and the score is counted from the last base passed
- If the fielding team can successfully head the ball before it bounces the batter scores no points
- If the fielding team at any time handles the ball it is an automatic 5 points to the batter.



SHOOTING/CONTROL COACHING POINTS



SHOOTING

- Head down and eyes on the ball.
- The non-kicking foot is placed 8 inches to the side of the ball with room for the kicking foot to swing through, toe pointed in the direction of the shot.
- Shoot with the laces of the kicking foot, ankle locked, and toe pointing down to the ground, with laces pointing towards to the direction of the shot, knee slightly bent, ready to extend on contact, contacting the middle of the ball.

CONTROL

- Watch the trajectory of the ball as it travels towards you.
- Position body inline with the ball so that you don't miss the ball and provide yourself with better balance when performing the control
- As the ball comes in, "cushion" the ball to the ground, taking most of the power off the ball
- Make sure that the ball doesn't roll away from you with your touch, but also isn't stuck underneath.

MOVES TO GOAL (shooting)



Organization

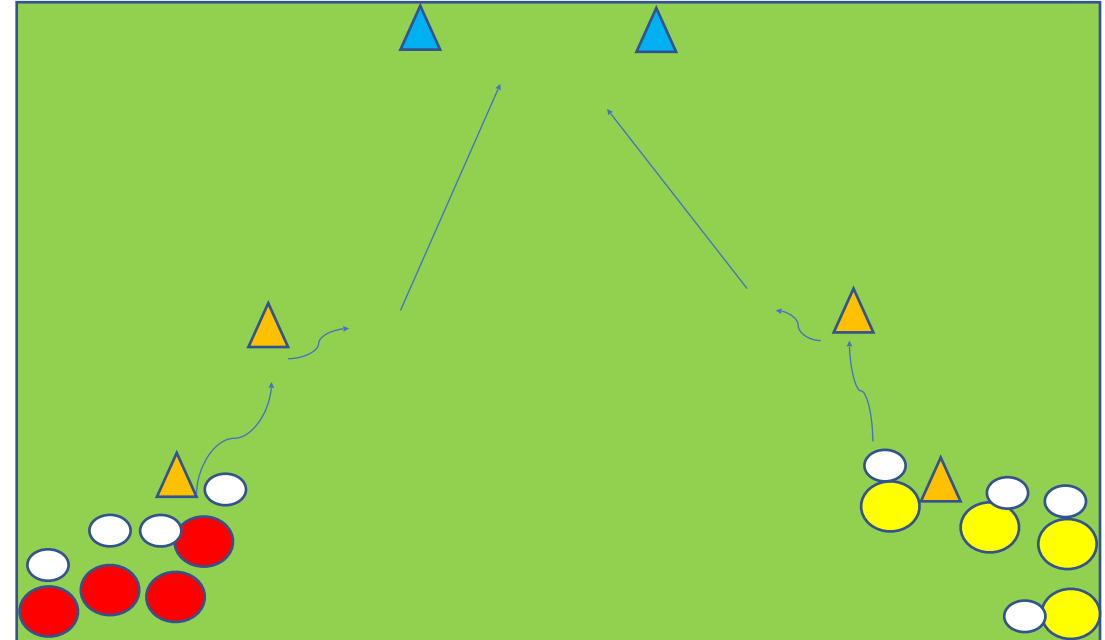
- Set up a goal with two cones placed about 25 yards out and two second cones 20 yards out
- Players line up on the 25 yard marker
- Players dribble up towards the 20 yard cone and put in a move to try and beat the “defender”
- Once the player passes the marker they then shoot on the goal
- Collect the ball off the side and rejoin the line.

Progression

- Introduce different moves:
 - Scissors
 - Chop
 - Hop and Cut
- Change the angle of the approach
- Left foot shooting
- Right foot shooting

Coaching observations

- Encourage the players to attack with speed
- Keep ball close after the move.



ARTILLERY (shooting)

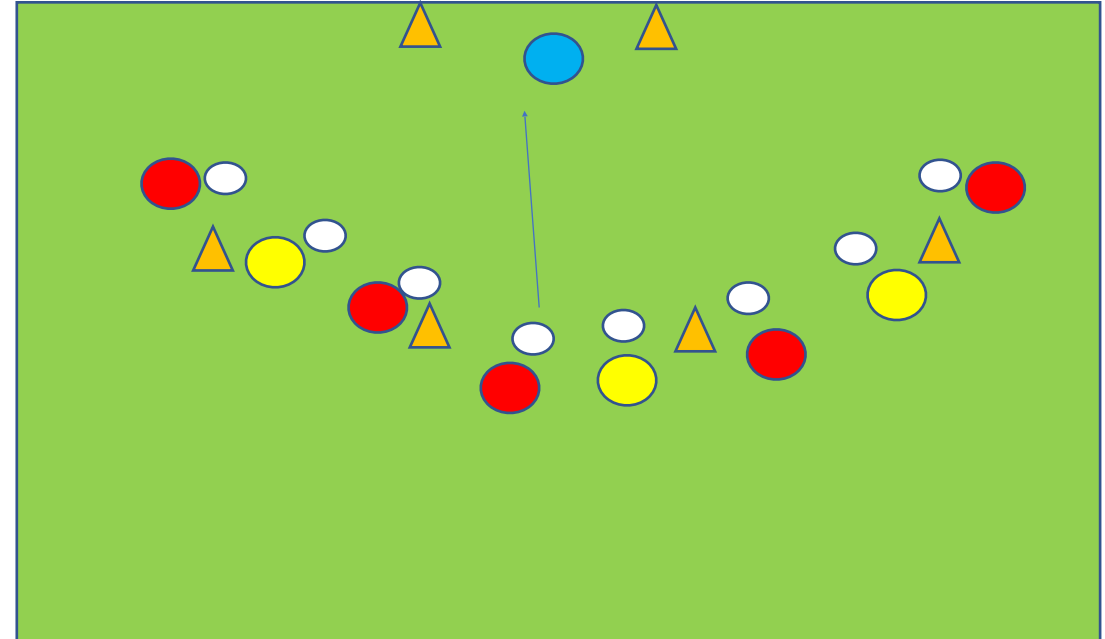


Organization

- Set up a goal with cones placed in a semi-circle around it about 10 yards out (may vary according to age)
- Players start on a cone with a ball at their feet
- The coach will play in goal
- Every player is given a number, and when the coach calls out their number that player must shoot their ball

Progression

- Once the players have got the hang of it, introduce a target, for example score 5 shots against the coach. If they fail to attain the target then all of the players must do a FUN forfeit as a team, if they do reach the target, the coach(es) must do the forfeit e.g.:
 - Fairy Jumps
 - Donkey Kicks
 - Star Jumps
 - Clucking Hens
 - Jumping Frogs
 - Wiggly Worms
- Increase the distance that they have to shoot from.



LIGHTNING(shooting)

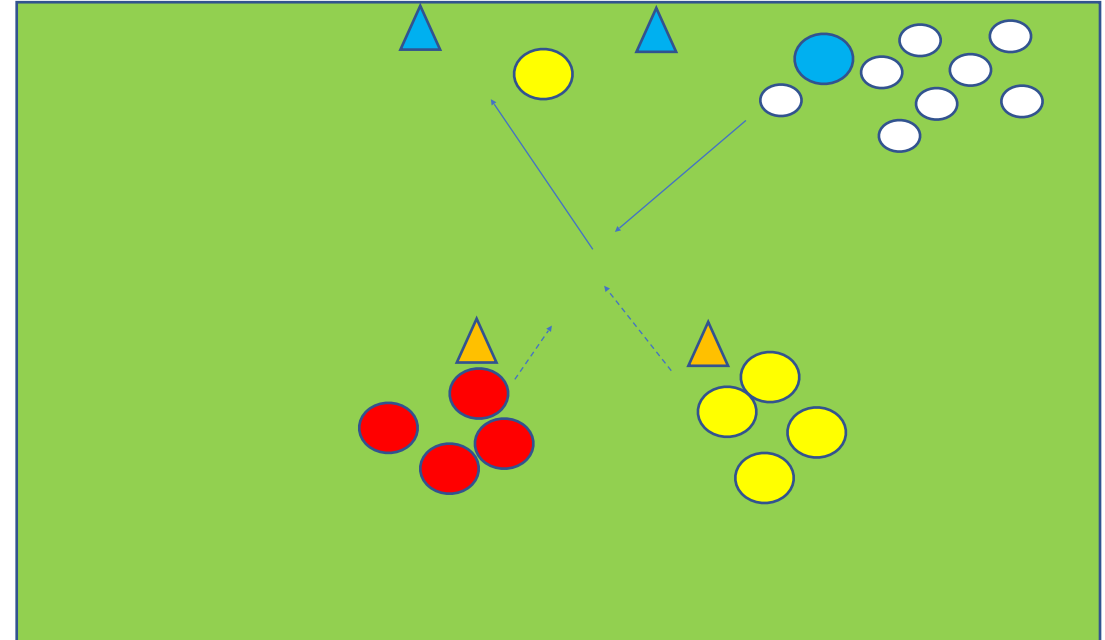


Organization

- Place a cone 20 yards out from the cone
- All the players line up behind the two cones facing the goal, with one player starting in goal
- The coach then passes the ball up to the players, who run onto the ball and play a first time shot
- If the player misses they then go in goal
- If a player scores the person behind them in the line goes in goal. The goalkeeper is then out (except if they volunteer to go in goal, in which case they get a free "bye" and helps collect the balls from behind the goal).
- Play until there is only one player left, who is the winner

Progression

- Increase the distance from which they are shooting at goal.
- Left foot shot only.
- Right foot shot only.



SET-SHOT (shooting)

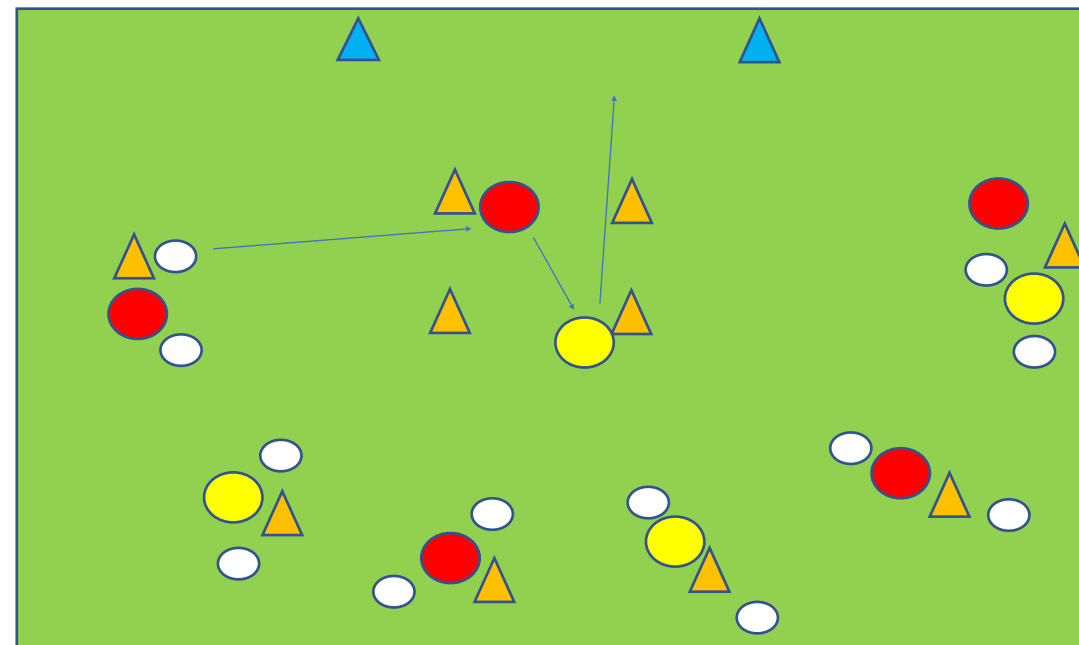


Organization

- Set up a goal with a 10x10 yard box about 15 yards out
- Set up 6 cones around the outside about 25 yards out from the goal
- Have 2 players start inside the box
- The rest of the players will be positioned on the outside cones with a two balls at their feet.
- Players on the outside take turns to play a ball in to the pair in the middle
- One player sets the ball the other shoots.

Progression

- Introduce aerial balls for two shooters to control
- Only allow one touch per player
- The players in the middle can compete against other pairs that go in



CAPTAIN CATAPULT (shooting)

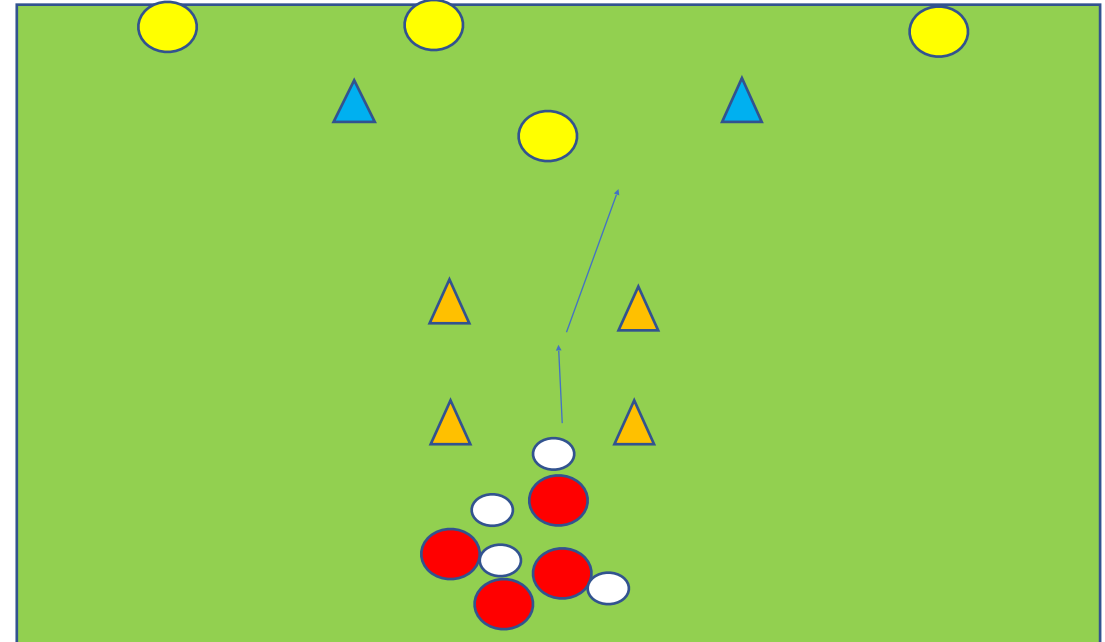


Organization

- Set up a square box 2x2 yards, 20 yards out from the goal
- Divide the group into two teams, one team is around the 1 yard box, the other team is behind the goal, with one of the players playing goalkeeper
- On the whistle, the players in front of the goal place one ball at a time inside the box and shoot the ball on goal
- The team behind the goal feeds any balls back to the shooting team
- After one minute the teams switch
- The winning team that scores the most goals inside a minute

Progression

- If the team manages to successfully control a shot straight out of the air, they get an extra point for their team.

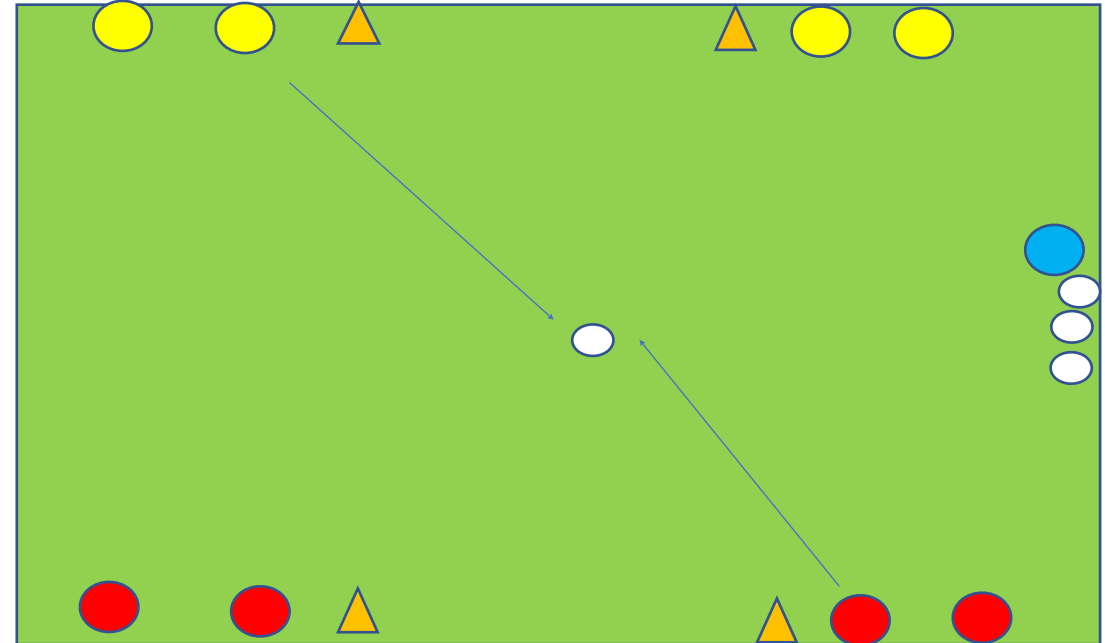


NUMBERS (shooting)



Organization

- Set up a 30X20 yards box with a goal at each end.
- Divide the group up into two equal teams that start on opposite end lines
- Number each team with numbers 1-4
- The coach then calls out a number ie "2" the player that is number 2 from each team runs into the middle where the coach will have played a ball
- They then compete 1v1 to try and score a goal
- A point is awarded to the team that scores, if the ball goes out of bounds then the duel is over and the players return to the end lines
- The winning team is the team with the most points



Progression

- Call multiple numbers out at the same time ie "2" and "4".

CLEAN YOUR ROOM (shooting)

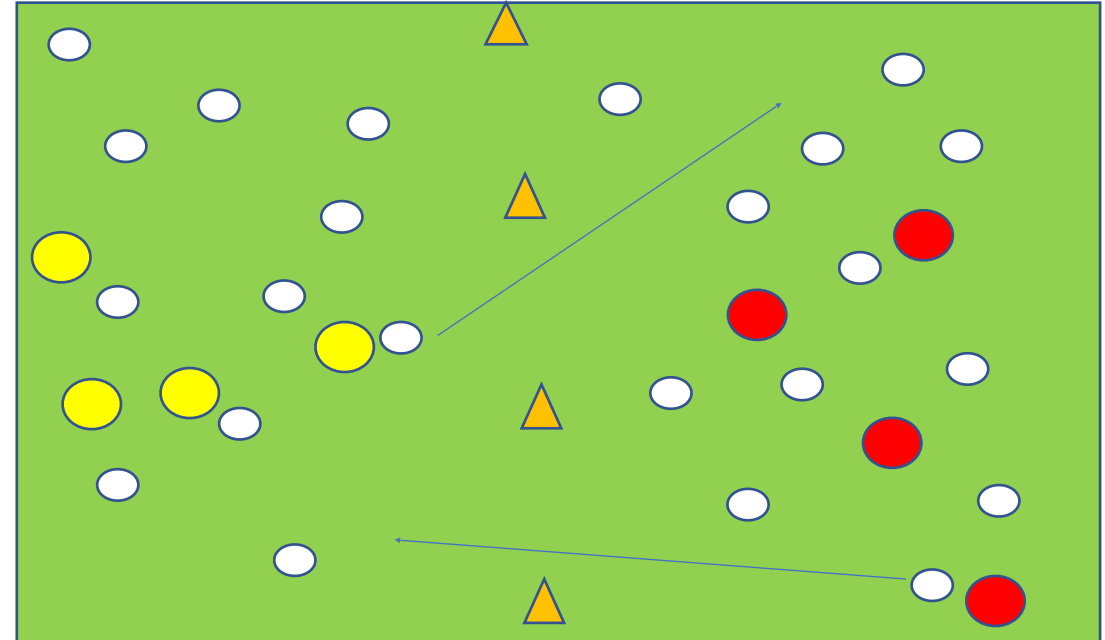


Organization

- Set up a 20X40 yards box with a line of cones down the middle so you have two halves of 20x20 yards
- Divide the group into two teams, one in each half
- The teams are not allowed out of their own half
- Teams must try to clean their area of all the balls by shooting the balls into the other teams half
- After one minute, the winner is the team with the least amount of balls on their side.

Progression

- Introduce a new scoring system, 1 point against them if a ball is on their side. But if the ball makes it into the goal, it must remain their until the end of the game and is worth 3 points.

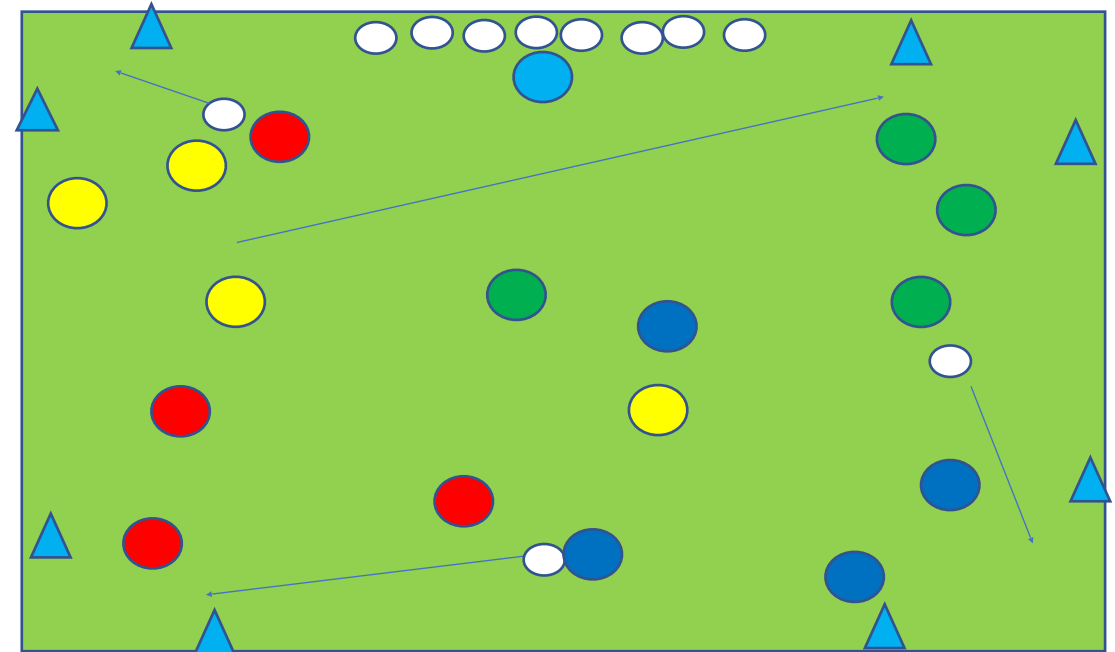


FOUR GOAL (shooting)



Organization

- Set up a 50x50 yard box (smaller for younger players)
- Divide the group up into 4 teams and each team is designated a goal.
- Each team must start inside their own goal. When the coach launches the first ball into the middle, the game begins.
- Make sure that there are 3 or 4 balls in the field at all times
- Once a ball goes into a goal it must remain there until the end of the game.
- If ball goes outside the box the players must leave it and find another ball
- Coaches continue to play all balls into the box until they are all gone. The game ends after 5 minutes or when all of the balls have been put into goals.
- The team with the least amount of balls in their goal wins the round.



PLAY



3V3

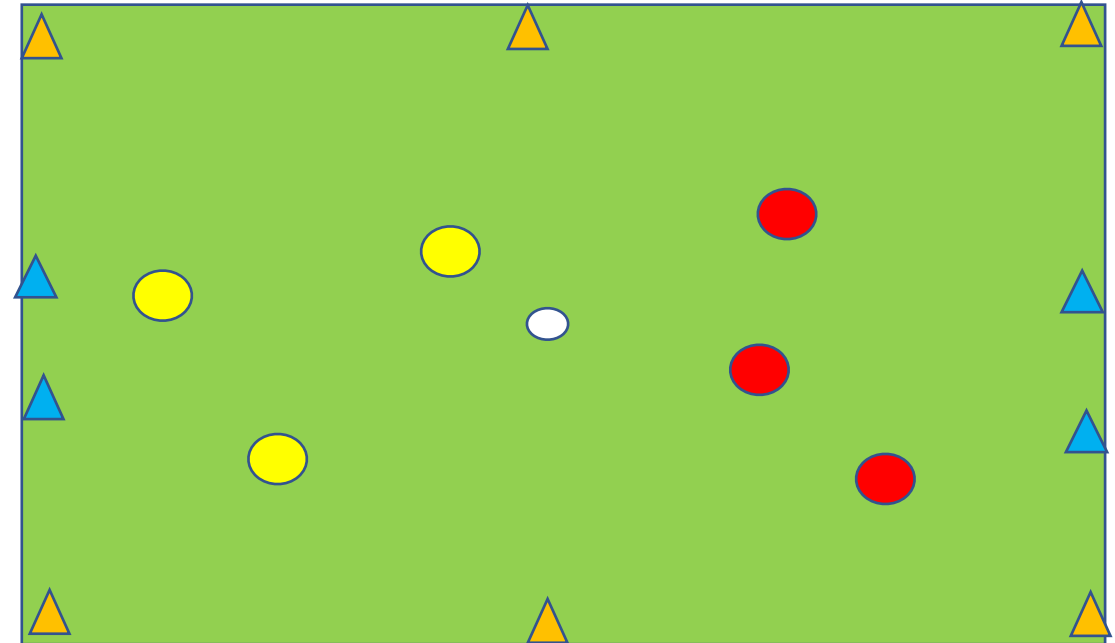


Organization

- Set up a 20x30 yards grid (smaller for younger players) with a goal on each end
- Divide the group into three teams, two teams on, one team sitting out.
- The team play 3v3 until someone scores, or until 3 minutes is up, whichever comes first
- The team that gets scored on or the team that has been on the longest comes off and the other team comes on.

Progression

- Use the people on the edge as bounce players
- Introduce limits such as:
 - Two touches
 - One touch shot



4V4

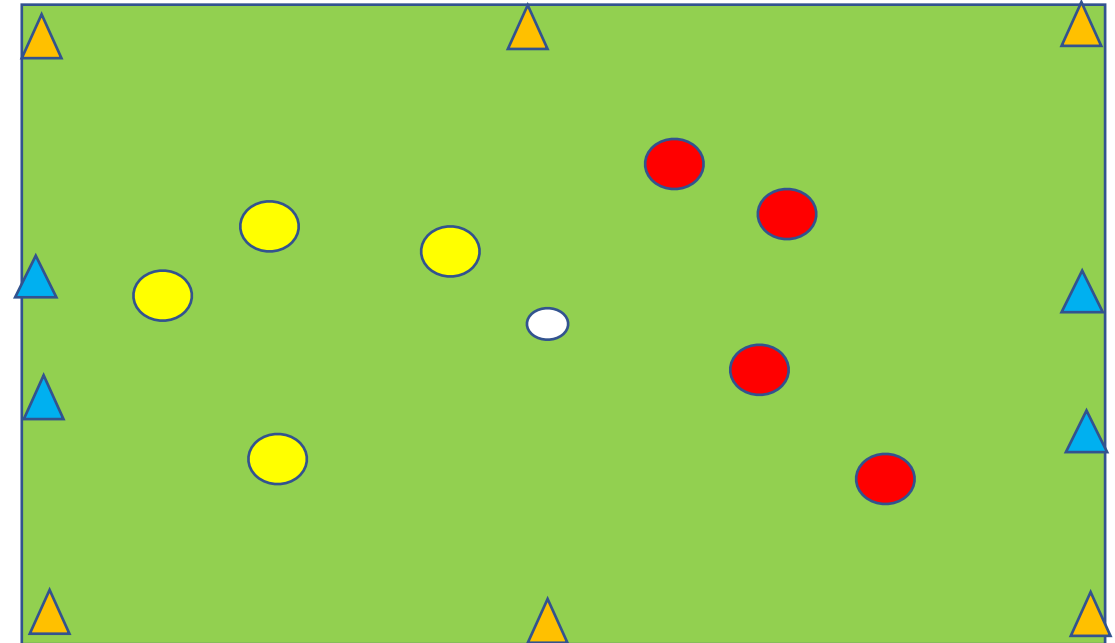


Organization

- Set up a 20x30 yards grid (smaller for younger players) with a goal on each end
- Divide the group into two teams.
- The team play 4v4 for 3x 5 minutes.
- Focus on observing a certain skill you have worked on and how this translates into the game.
- Praise players when they apply the skill in the game

Progression

- Introduce limits such as:
 - Two touches
 - One touch shot



5V5

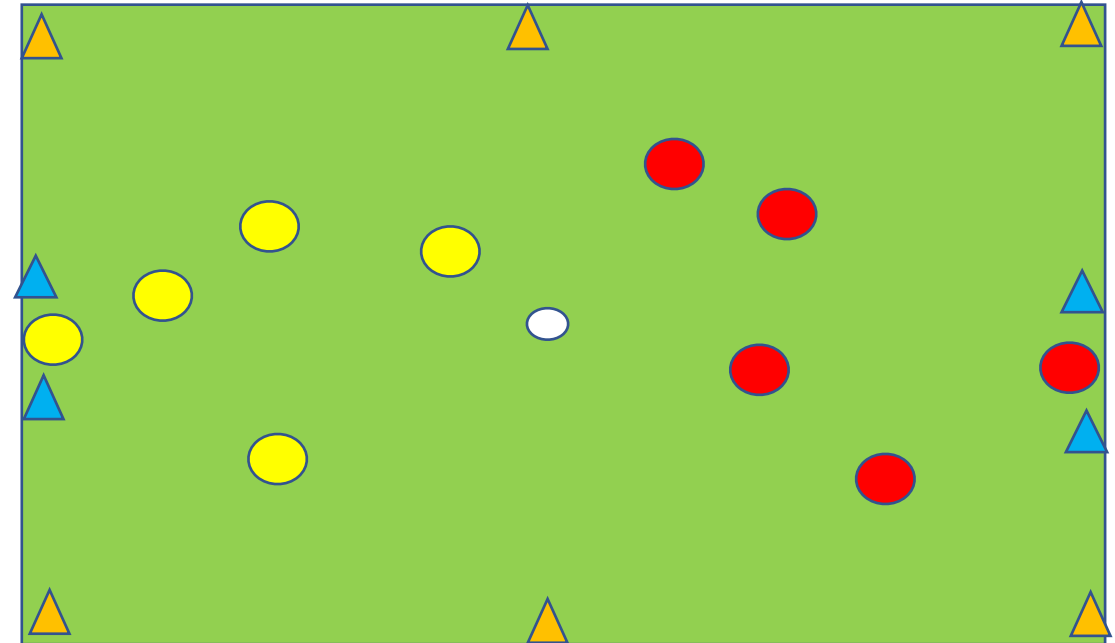


Organization

- Set up a 30x40 yards grid (smaller for younger players) with a goal on each end
- Divide the group into two teams.
- The team play 5v5 for 3x 5 minutes.
- Focus on observing a certain skill you have worked on and how this translates into the game.
- Praise players when they apply the skill in the game

Progression

- Introduce limits such as:
 - Two touches
 - One touch shot



7V7



Organization

- Set up a 30x50 yards grid (smaller for younger players) with a goal on each end
- Divide the group into two teams.
- The team play 7v7 for 3x5 minutes.
- Focus on observing a certain skill you have worked on and how this translates into the game.
- Praise players when they apply the skill in the game

Progression

- Introduce limits such as:
 - Two touches
 - One touch shot

