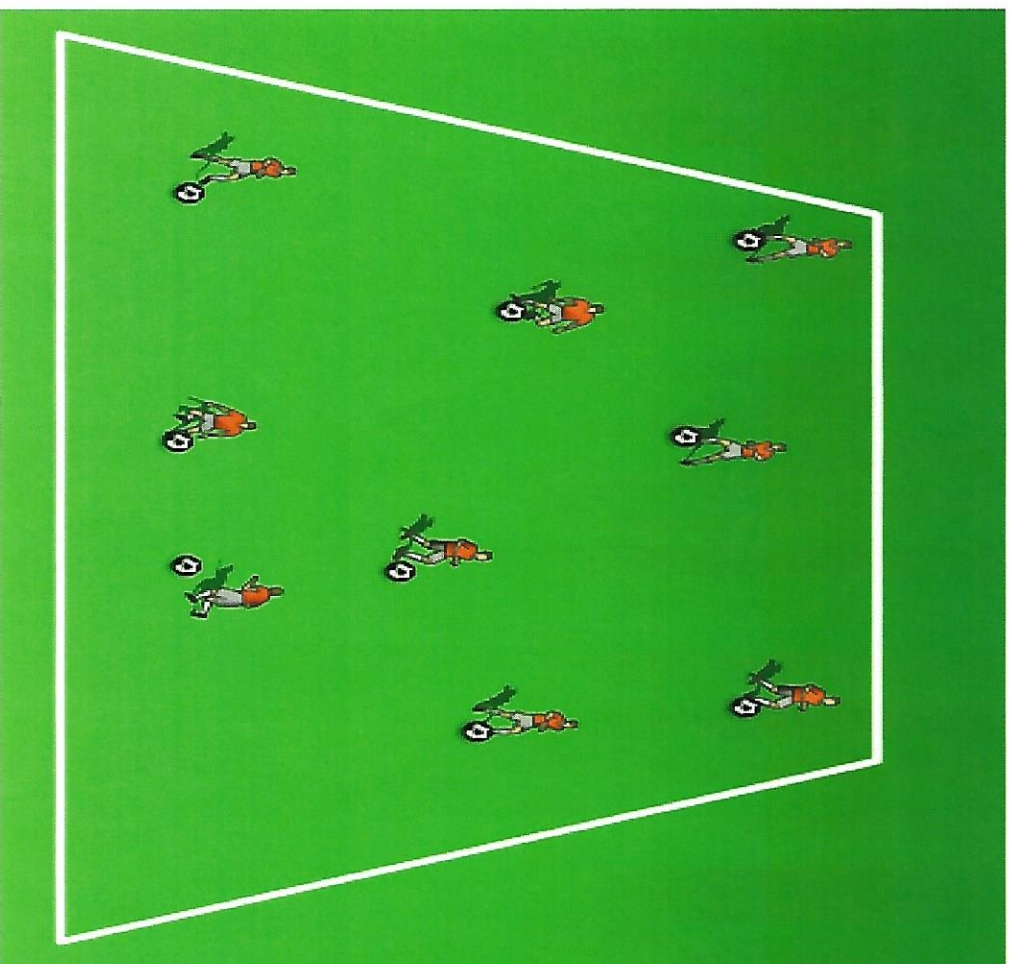


CATCH THE TAIL

US
Skill 4



Setup: Catch the Tail

1 player /1 ball

10x10 meter square

Instructions:

2 teams of uneven numbers without balls to start. 1 team with bibs tucked in back of their shorts. On signal, team without bibs tries to steal the other players bibs. Progression:1) provide every player with a ball

- All players dribble to maintain possession of their ball

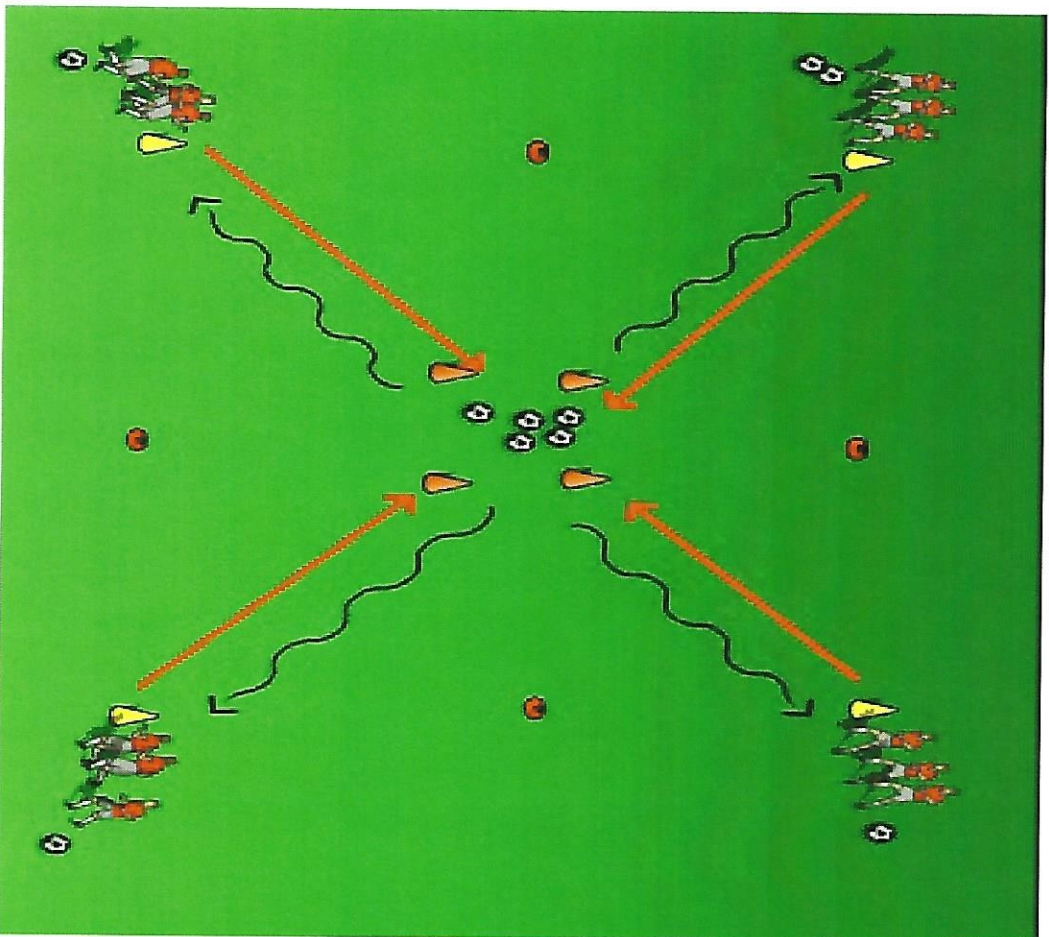
Coaching Points:

1. Let them play



US Skill 2

KNIGHTS AWAY



Setup :

Knights away
10x 10 yard working area/grid

Instructions:

3-4 players (knights) in each corner of the 'Castle'
10 balls (jewels) in the middle of the area/grid
On signal "Knights Away", each player will run toward the jewels, Pick 1 up, & bring it back to their castle.

Progression:1) When all the balls are gone players can steal balls from other players castle's.

-Players are only allowed 1 ball at a time and players cannot tackle or protect the ball. Play for 1-2 minutes then change the players

Progression:2) introduce the ball. Rather than pick the ball up the players have to dribble the ball back.

Coaching Points:

- Let them Play!

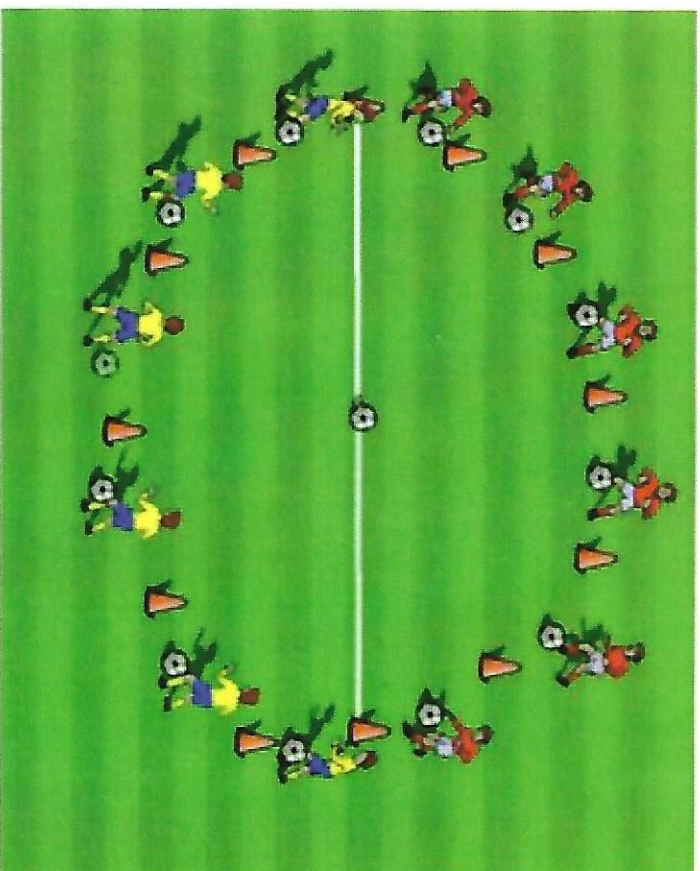


PASSING GAMES



• PINBALL -

Split players into two teams and position around outside of a ten yard radius circle. Place a neutral ball - with clear pattern or design in centre of circle as a "pinball". Players have to try and pass their ball from outside of circle to hit pinball. Object of game is to try and knock pinball outside the circle over oppositions half. Players must not kick pin ball and can only enter circle to retrieve a ball and then return to outside to shoot.



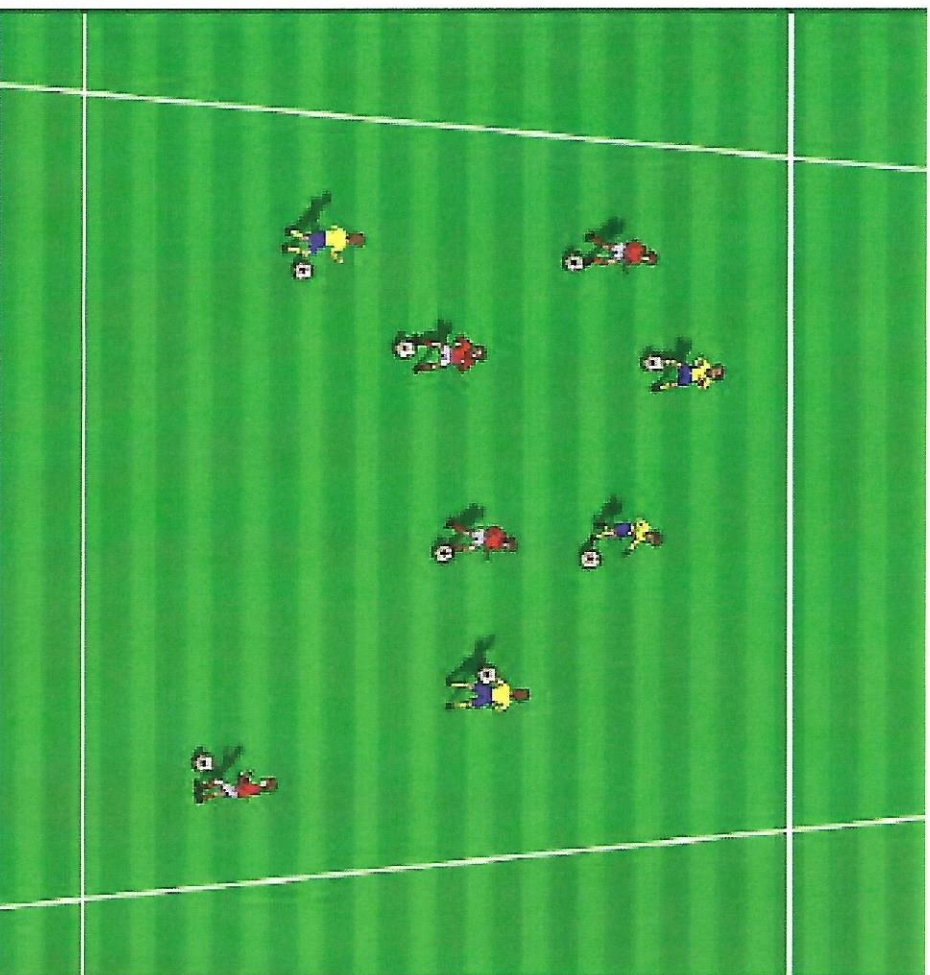
MINI KICKERS TIP.

For all passing games or any you devise yourself, you can challenge the players depending on their ability levels with simple challenges.

1. Go from stationary targets to moving targets.
 2. Challenge players to use a certain foot to make each pass
 3. Use limited touches if players are very good.
 4. Condition players to limited touches and condition their receiving touch
ie: left foot stop ball - right foot pass etc.
- As with all games keep your enthusiasm high - help fetch balls to keep activity high as well.
 - Don't coach too much unless ability level is high, and then allow conditions to coach players and their mistakes to teach them.
 - **KEEP THE FUN FACTOR IN EVERYTHING**



DRIBBLING



Setup:
20x20 Grid

Instructions:

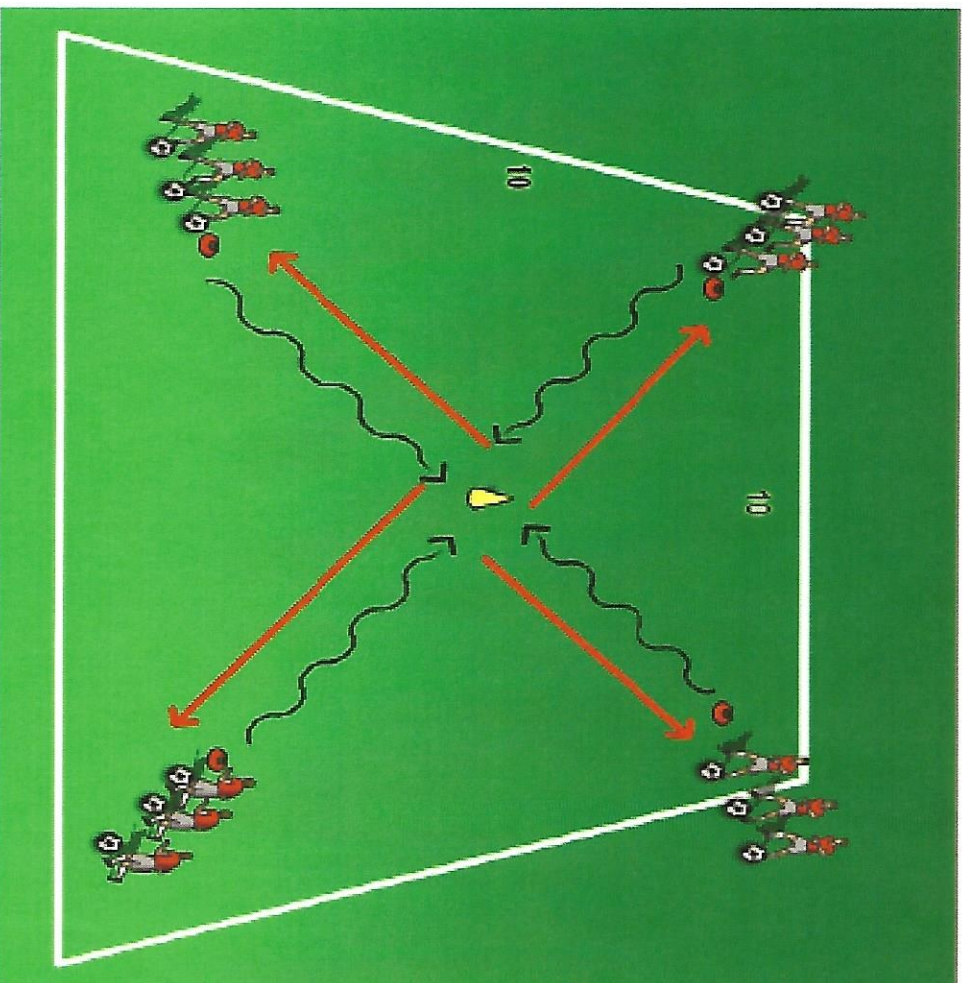
- 1) Warm-up: Creative Dribble
- 2) Inside Touches- Forward/Backwards
- 3) Outside Touches
- 4) Toe Taps- Forward/Backward
- 5) Toe Drags- side to side
- 6) Sole Rolls
- 7) Stop Ball - move back - move forward - dribble
- 8) Change - find someone else's ball and dribble

Coaching Points:

Close Control
Lots of touches on the ball
All parts of both feet
Head up - Awareness
Find Space
Creativity



DRIBBLING TECHNIQUE - TURNING



Setup:

Players each with a ball organized in the corners of a 10x10 yard grid

Instructions:

-Players dribble to center cone & turn with the ball accelerating to next corner

Progression: 1) Introduce different turns

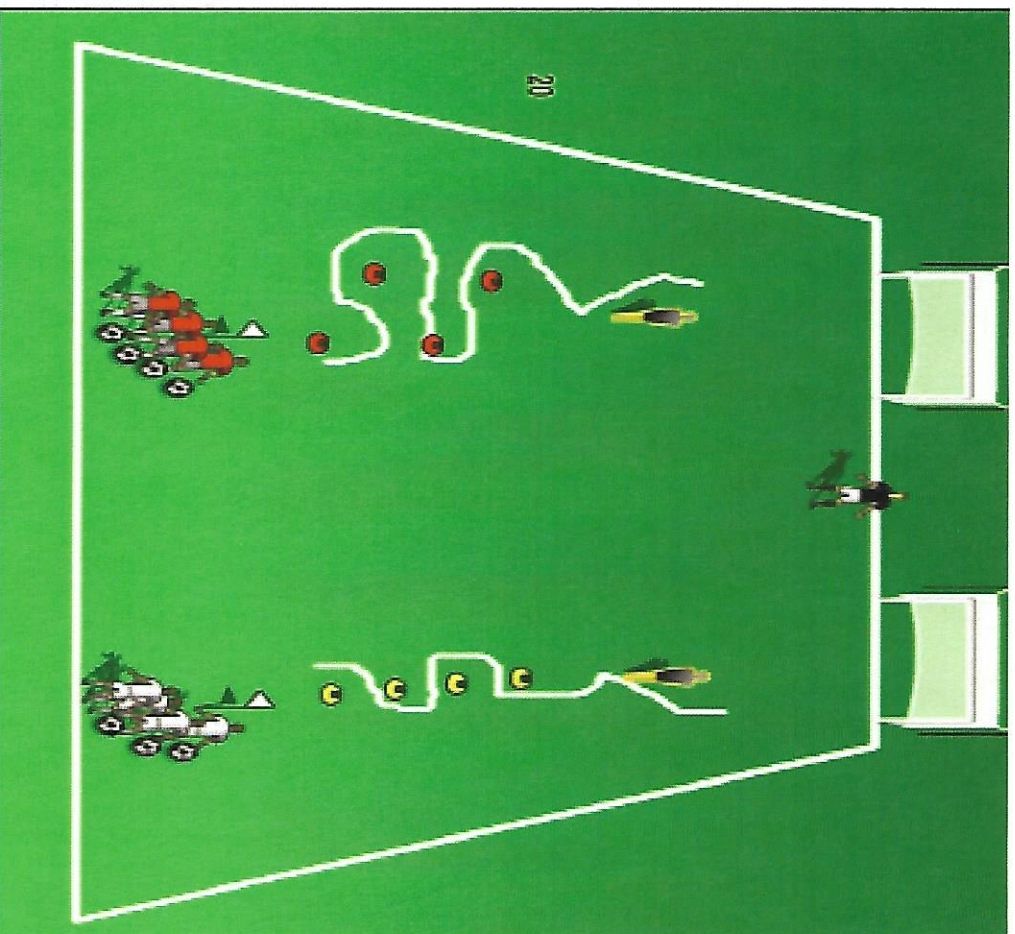
Progression: 2) Dribble to center cone and play ball with outside of foot

Coaching Points:

1. Close control
2. Head-up
3. Change direction
4. Change speed/pass
5. Accuracy/hard pass



BALL FAMILIARITY - DRIBBLING TO SHOOT



Setup:

-Divide players into two teams.

Instructions:

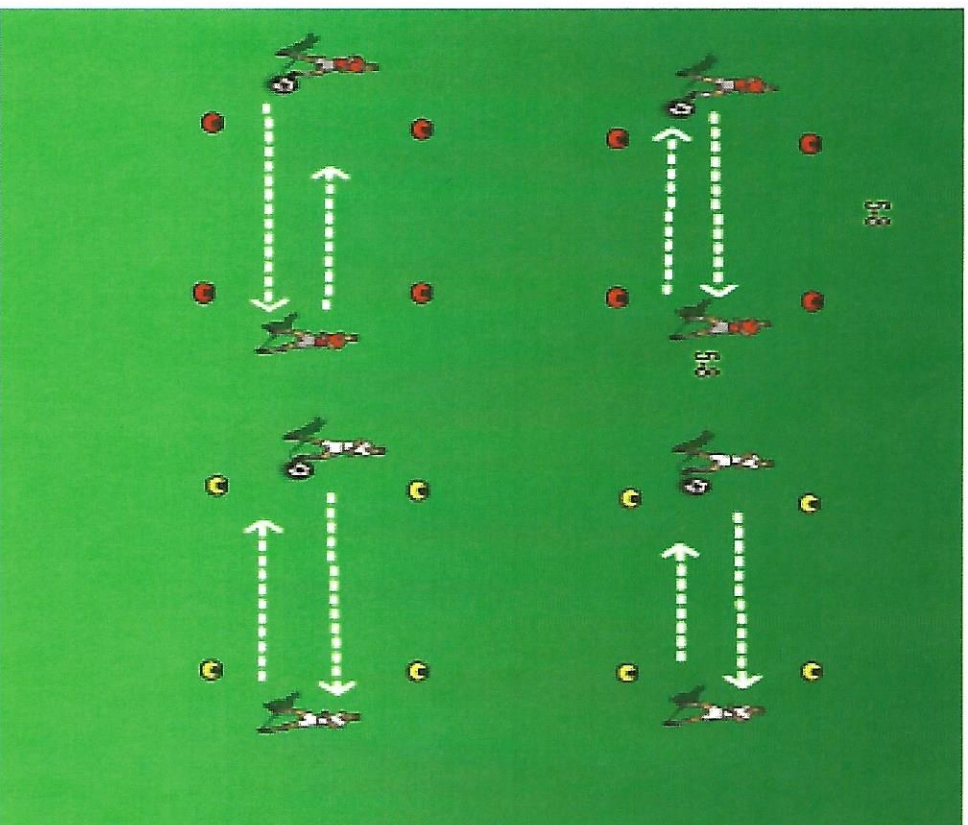
-Players dribble through the cones. When they get to maniken/cone, players take a touch with outside of foot and strike at empty goal. Players retrieve their ball and next player goes.

Coaching Points:

1. Close control
2. Head-up
3. Dribbling using inside and outside of foot
4. Preparation touch to shoot
5. Shooting at goal
6. Goal Celebrations



PASSING & RECEIVING



Setup:

Set-up a series of 5x5 yard grids. Two players with 1 ball facing each other.

Instructions:

- 2 players pass back and fourth through the gates 2-touch
- 20 second segments. Ask players how many passes they complete in time period.

Progression:1) Competition

- If players receive in front of cones, hits cones or doesn't pass with inside of foot, the point doesn't count
- First team of pairs to make 20, 25, 30 passes wins.

Progression: 2) Passing Ladder Competition

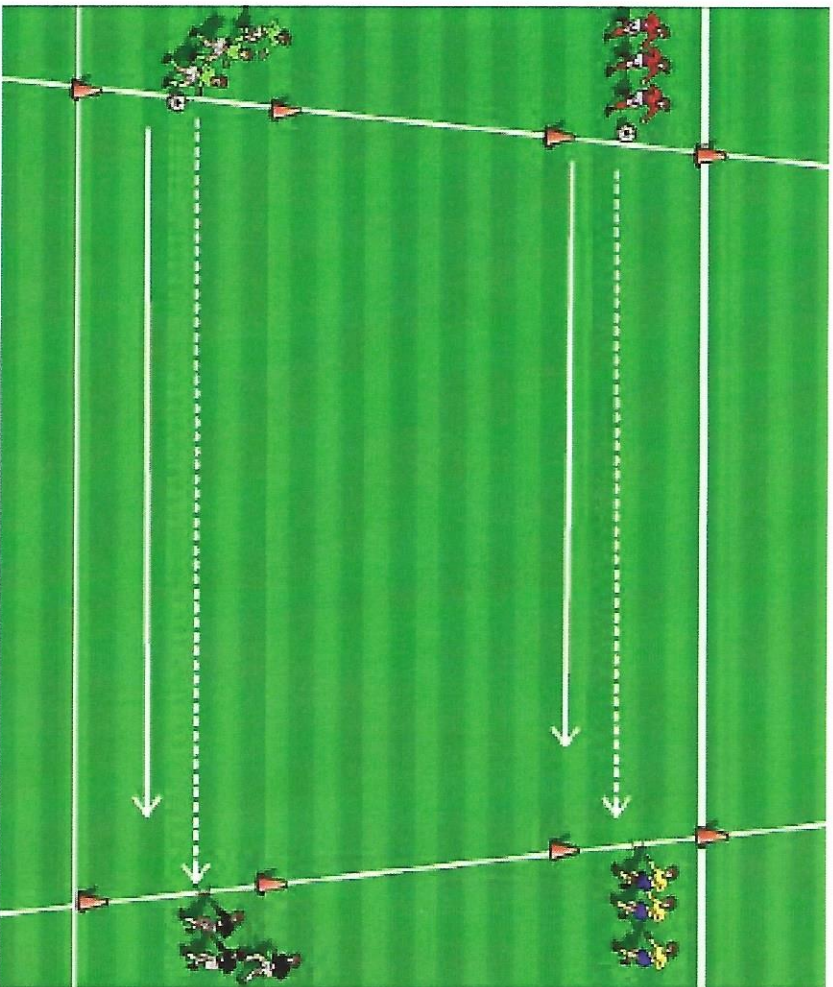
- Teams in each passing grid compete against each other and – winning teams moves up & losing teams moves down.

Coaching Points:

- Happy feet (on your toes)
- Contact through middle of ball/Part of foot
- Accuracy/pace of pass
- Receiving in line with ball
- First touch



PASSING & RECEIVING



Setup:

Split players into 4-6 groups.

1 ball per group

Players working 5-10 yards away in distance

All passing grids in line with each other.

Instructions:

1. Players pass and follow pass to opposite line using two touch inside of the foot to pass and receive
2. Limit right and left foot ONLY
3. Competitive: First team to get 30 points is the winner
 - Players cannot touch ball until it passes the goaline
 - If ball touches cone it doesn't count

Coaching Points:

1. Part of foot / Part of ball
2. Accuracy / Pace of pass
3. On your toes
4. Eye on the ball
5. Body behind the ball
6. First touch in front of passing foot



RUNNING WITH THE BALL



Setup

4 teams of 2 players numbered 1 & 2 1 ball per pair

Instructions

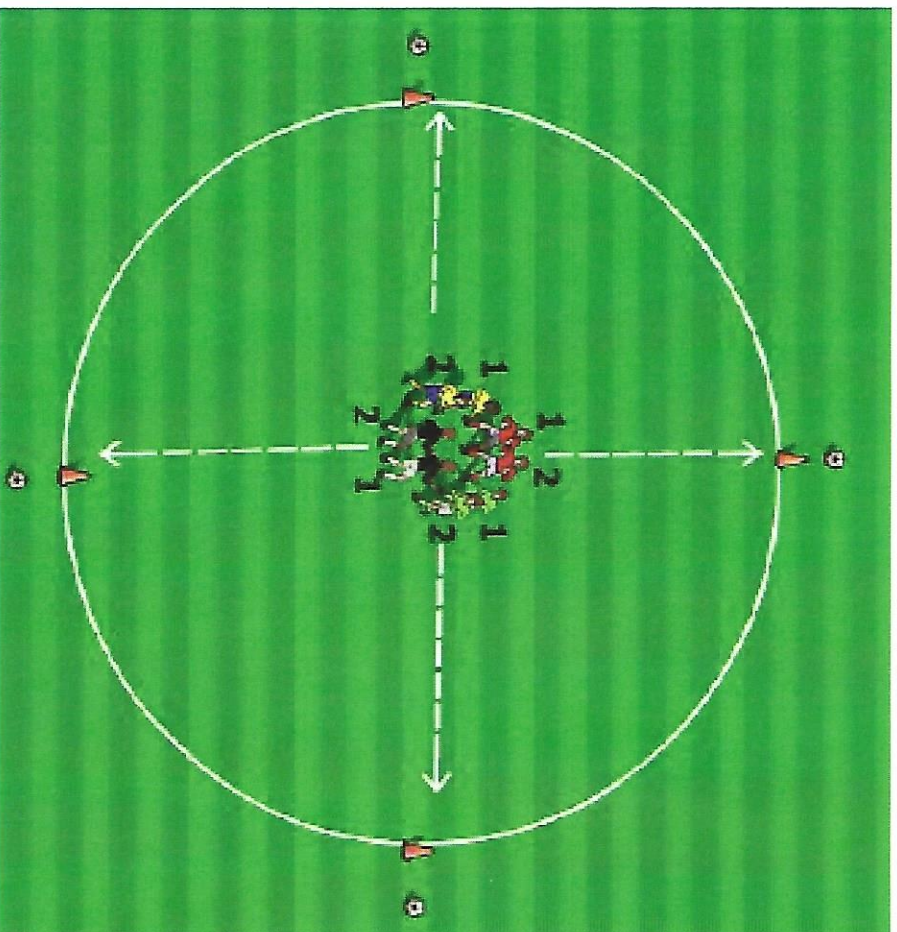
On coaches call, 1 player runs out and collects ball and dribbles all the way around the world back to their starting place.

- First player back with their ball stopped at come under control = 1 point

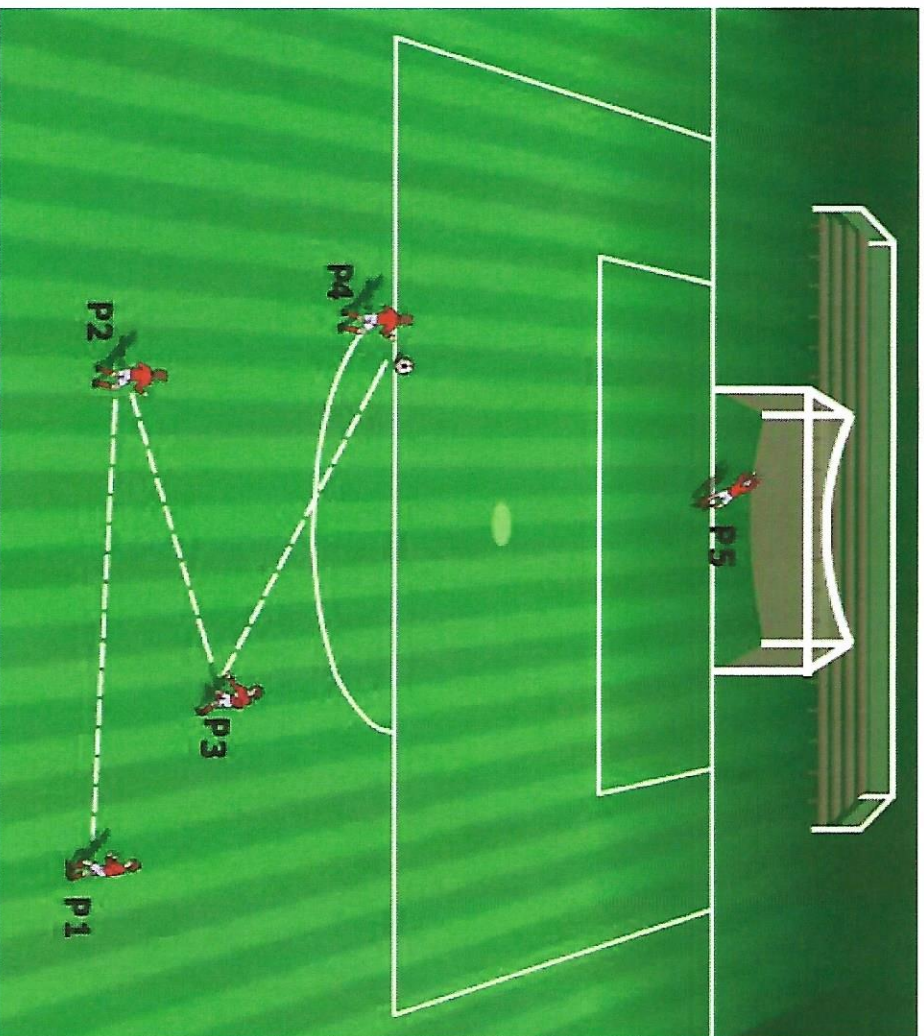
Progression: 1.) As players retrieve their ball and dribble around the world the coach will instruct the players to turn and change direction dribbling in the opposite direction.

Coaching Points

1. Close control
2. Part of foot/ Part of ball/ Head-up
3. Speed



PASSING AND RECEIVING



Setup

Passing and Receiving

Players pass and follow their pass with a shot at the end

Instructions

P1 passes to P2, P1 follows the pass (sprint) and takes the position of P2

P2 receives the ball and then passes the ball to P3, follow the pass

P3 passes to P4 who takes a positive first touch towards goal and has a shot at goal.

P4 would then take the place of P5

P5 then goes to P1

Coaching Points

Part of foot/ Part of ball

Accuracy / weight of pass

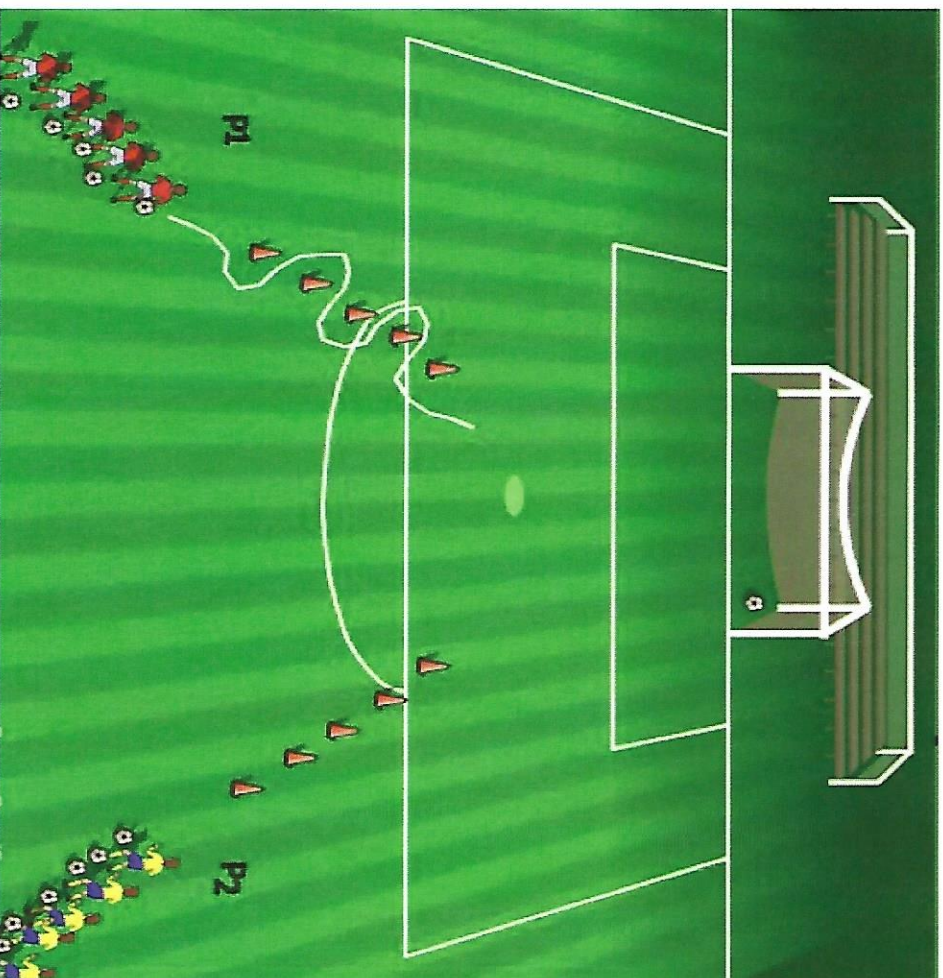
First Touch

Open up on first touch

Always on your toes (ready to receive pass)



SHOOTING



Setup:

2 Groups of players
Cones
Balls

Instructions:

P1 and P2 dribble through cones and have a strike on goal with NO goal keeper
Progression - First player to score is given a point, most goals scored in a 2 minute span.
No points awarded for a goal if players miss cones during the dribble.

Coaching Points:

Close Control
Accuracy in shot
Part Foot Part Ball

