

CATCH THE TAIL

US
Skill 4



Setup: Catch the Tail

1 player / 1 ball

10x10 meter square

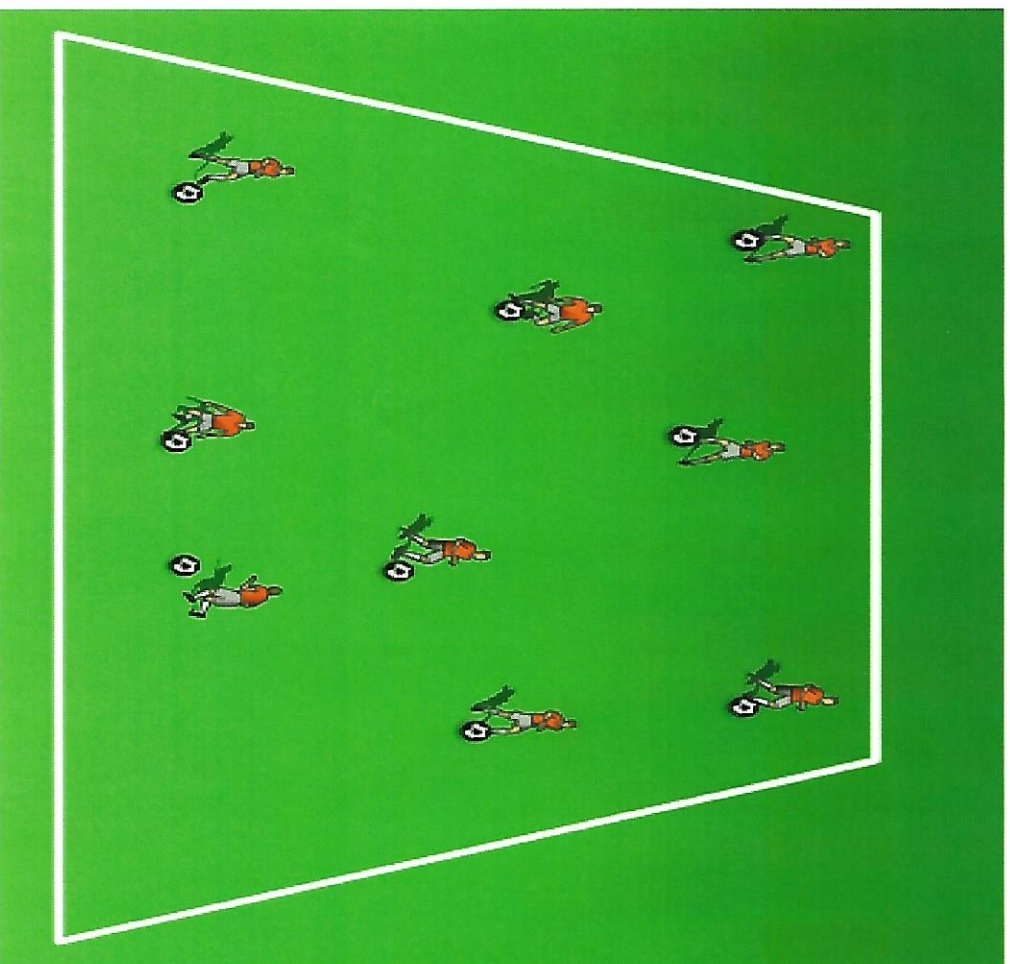
Instructions:

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

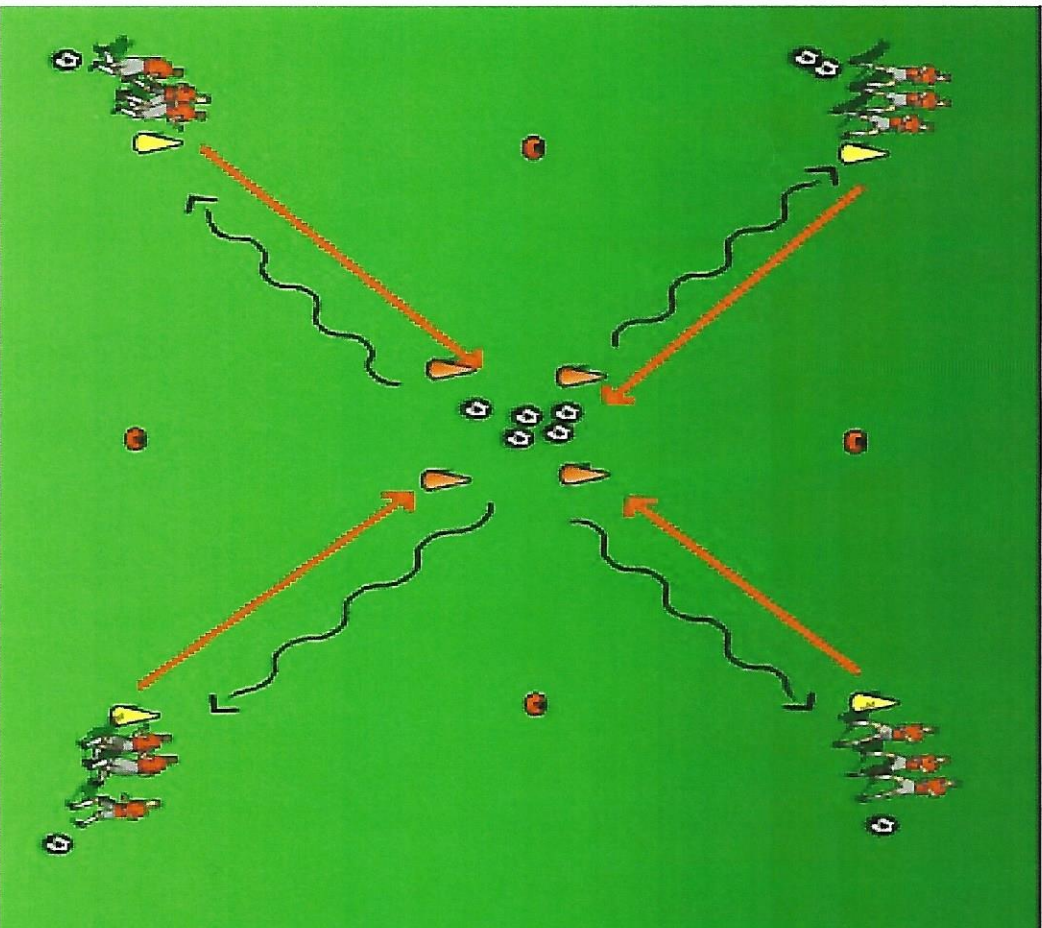
Coaching Points:

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!



Focus - Physical Literacy

Name of Game - FOLLOW THE LEADER



Setup:

15X15 meter square grid

Instructions:

Each child partners with a parent or another player and finds space inside the grid.

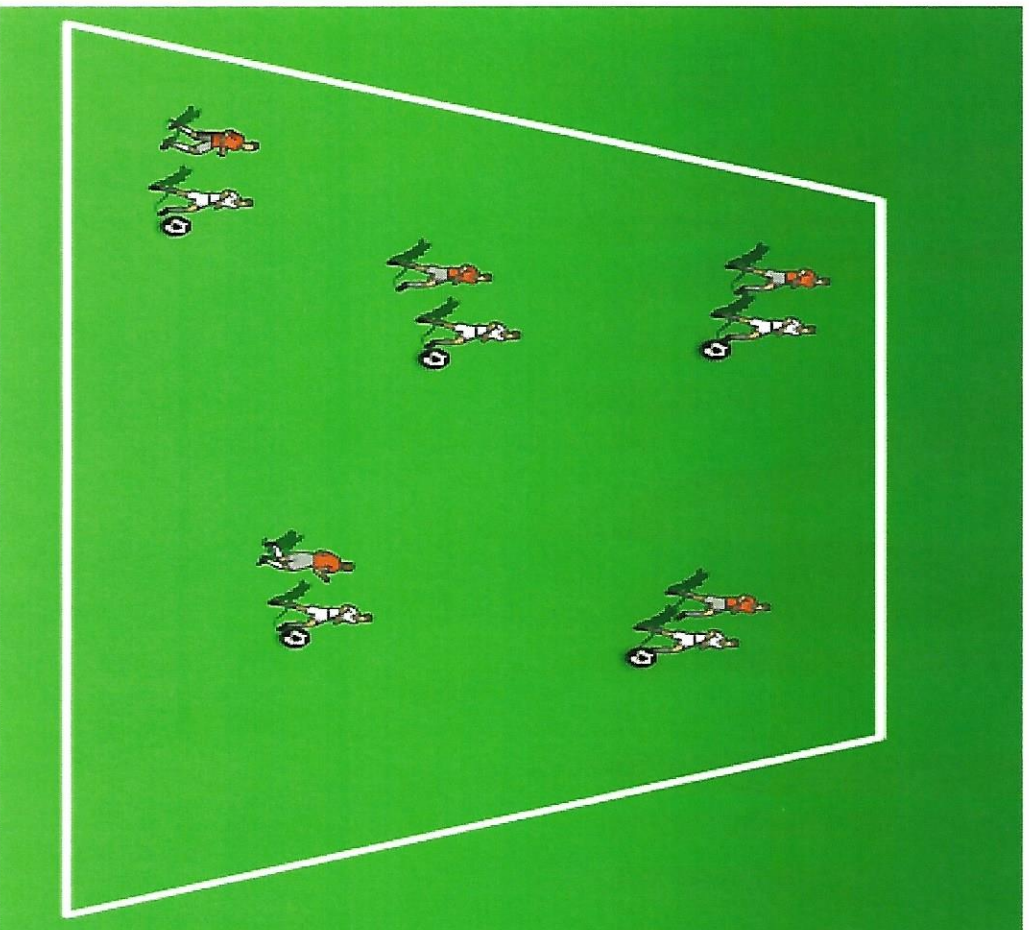
1. Jogging forward – child follows parent or his/her partner. As coach shouts change they quickly switch roles.

Variations: As above but skipping, hopping 1 foot, bunny hopping (two feet), giant steps, backwards

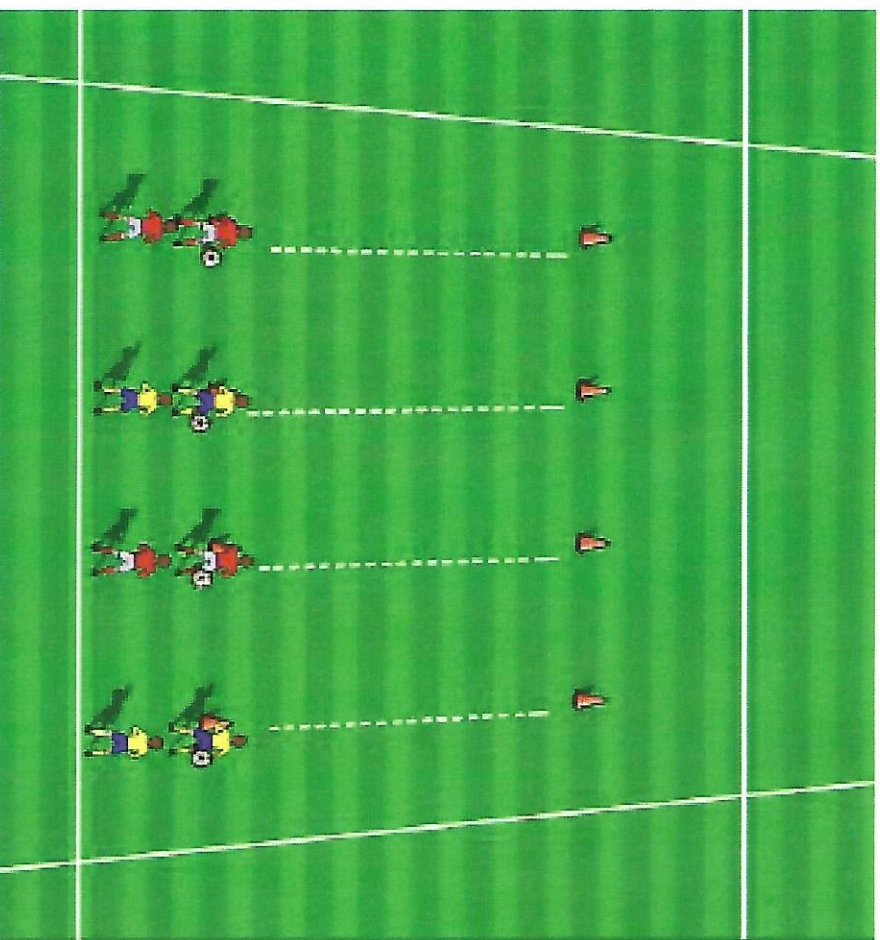
Coach calls out commands: touch ground with hand, sit down, stand up, roll on ground etc..

Emphasis:

1. Listening
2. Following Instruction
3. Physical Literacy
4. Having Fun!



DRIBBLING



Setup

Dribbling

Instructions

Players working in pairs

Player will dribble to cone then around cone and dribble back to start.

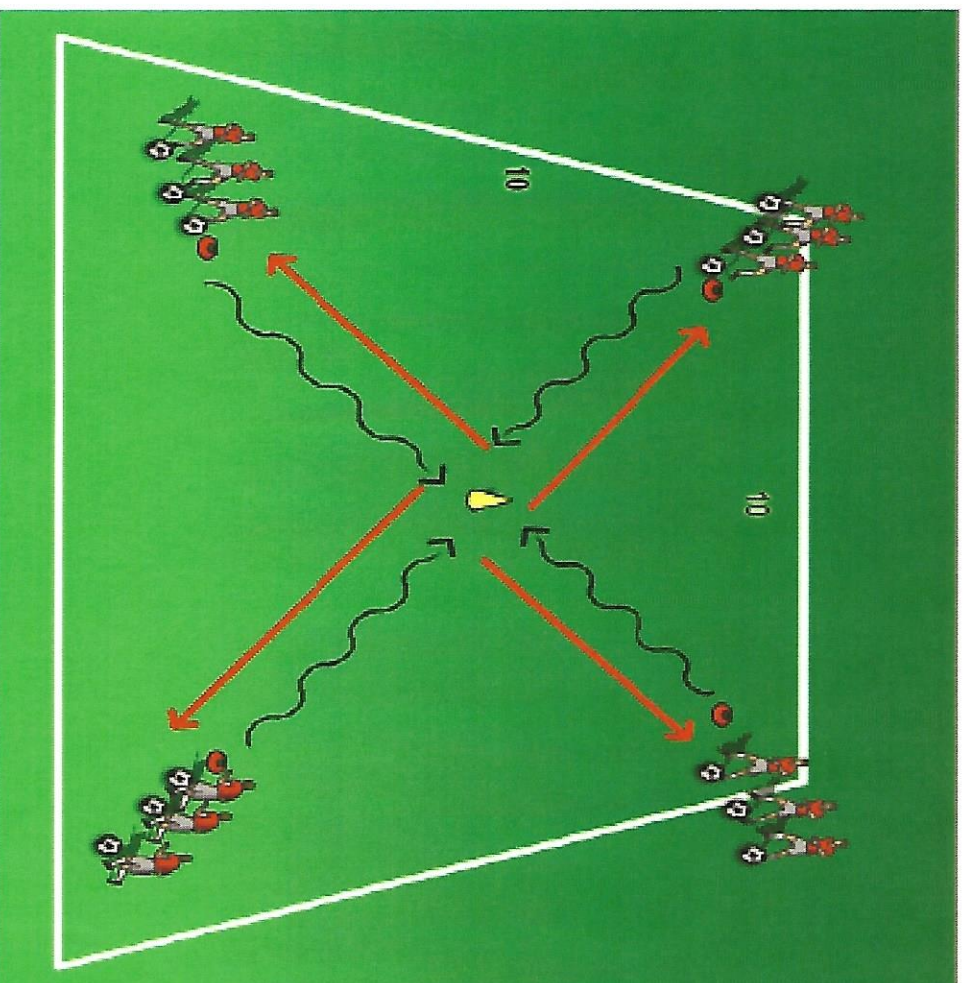
- 1) Laces
- 2) Inside Touches
- 3) Inside- Outside (right and left)
- 4) Toe drags forward to cone then Toe Drags backward to start
- 5) Sole Role (right/left) this will be performed with the player being side on

Coaching Points

Close Control
Lots of touches
Head up
Both feet
Quick turns



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

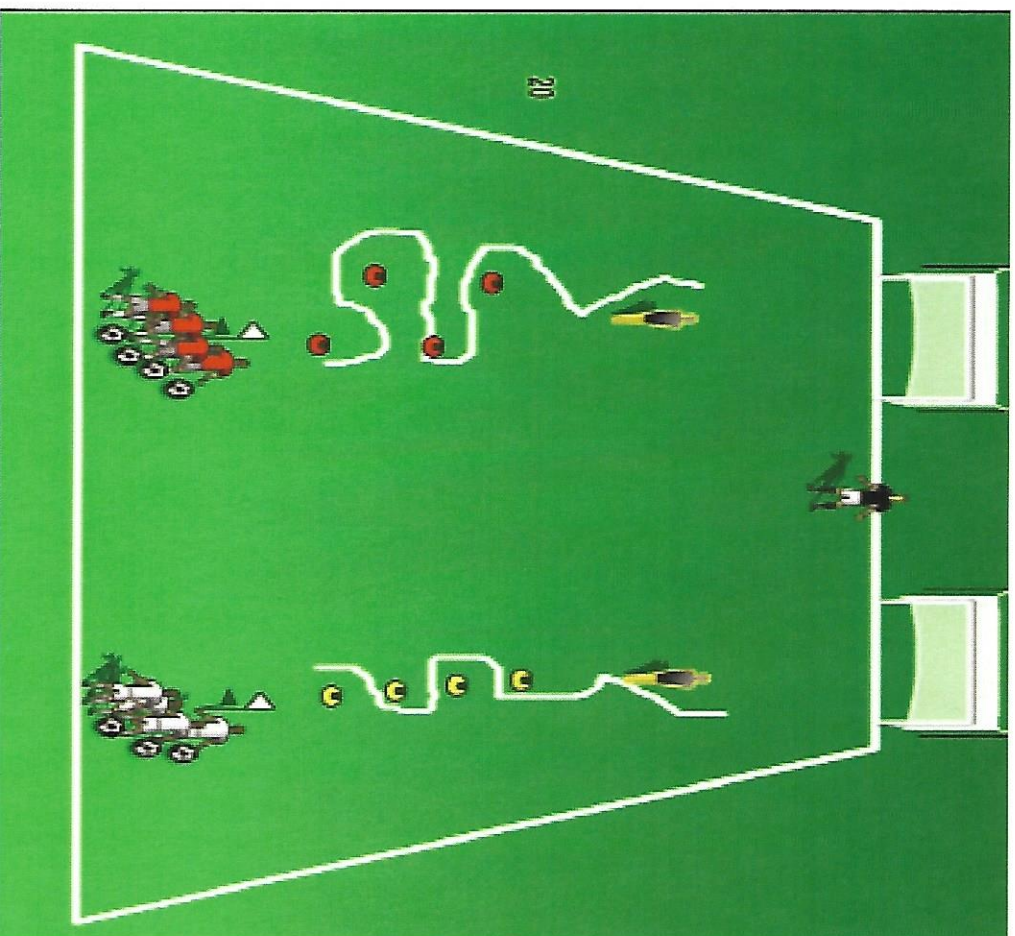
Progression: 2) Dribble to center cone and play ball with outside of foot

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:

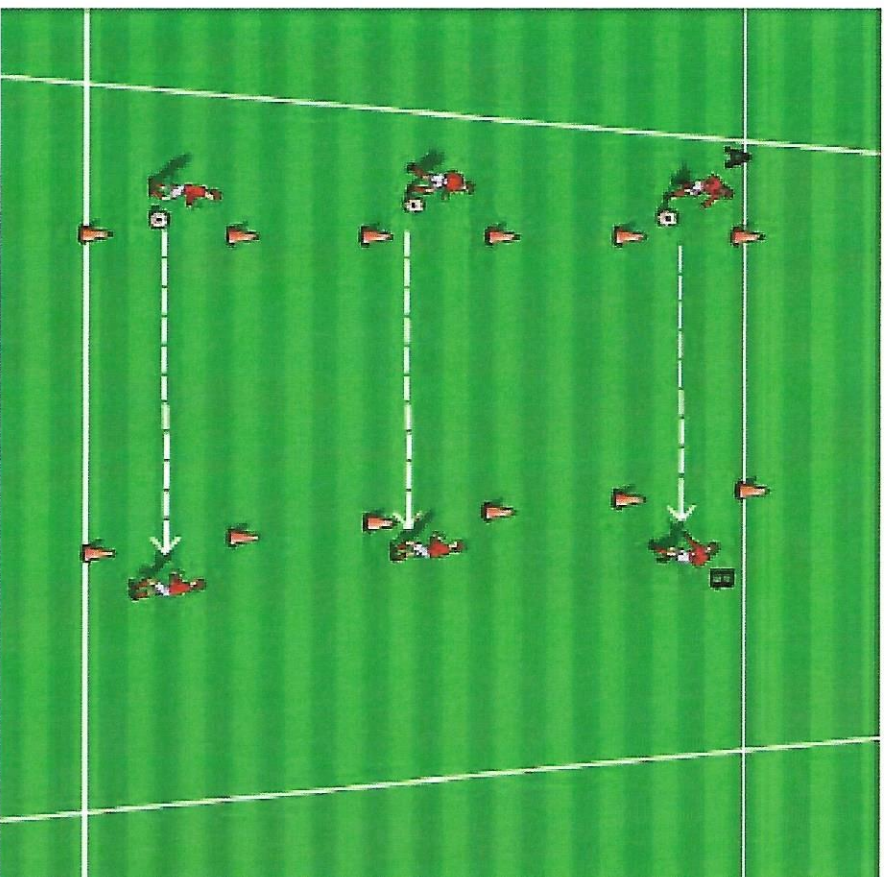
-Players dribble through the cones. When they get to maniken/cone, players take a touch with outside of foot and strike at empty goal. Players retrieve their ball and next player goes.

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:

Players working in pairs.

4 cones

players work 5-10 yards apart

1 Ball per pair

Instructions:

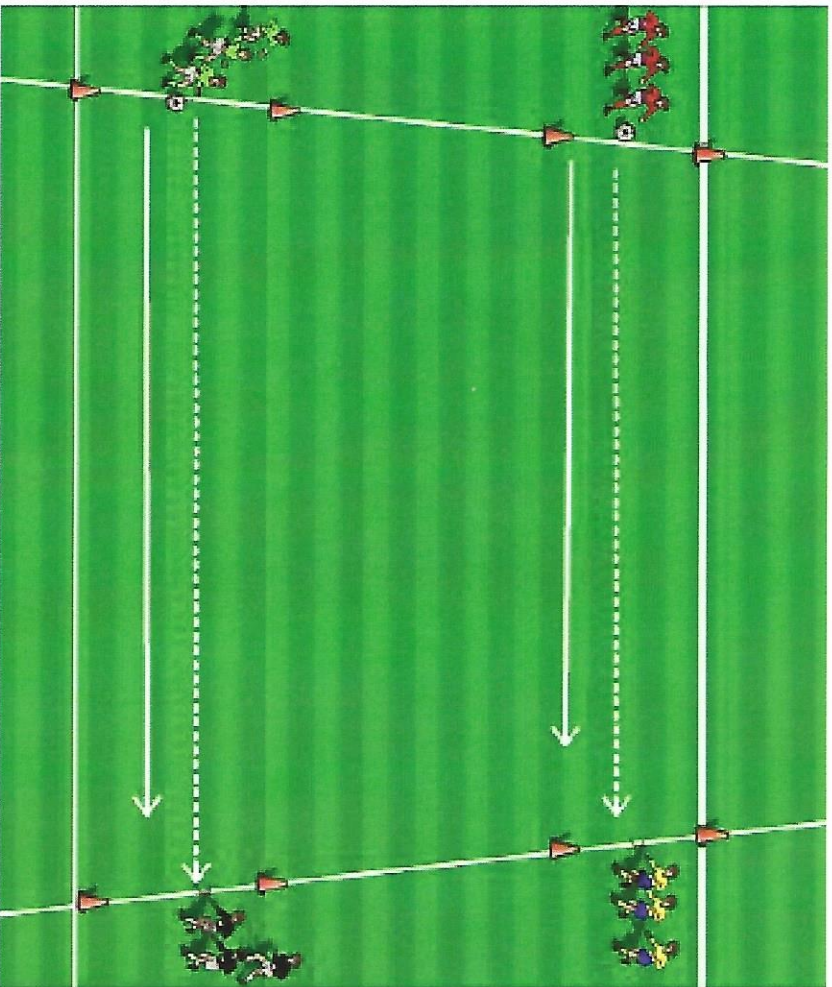
1. Players pass back and fourth using two touch.
2. Players now take a couple of touches forward then pass and move back behind the passing gate.
3. Teams in each passing grid now compete against each other for points
 - Players must remain behind gates to receive a point
 - It does not count if the ball touches the cone.
 - Who can get the most successful passes in 2-4 minutes

Coaching Points:

1. On your toes
2. Part of foot / Pace of ball
3. Accuracy / Pace of pass
4. Eye on the ball
5. Body behind the ball
6. First Touch
7. Competitive focus



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 goal line
 - 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

2 groups of players divided into 2 teams.
Each player with a ball

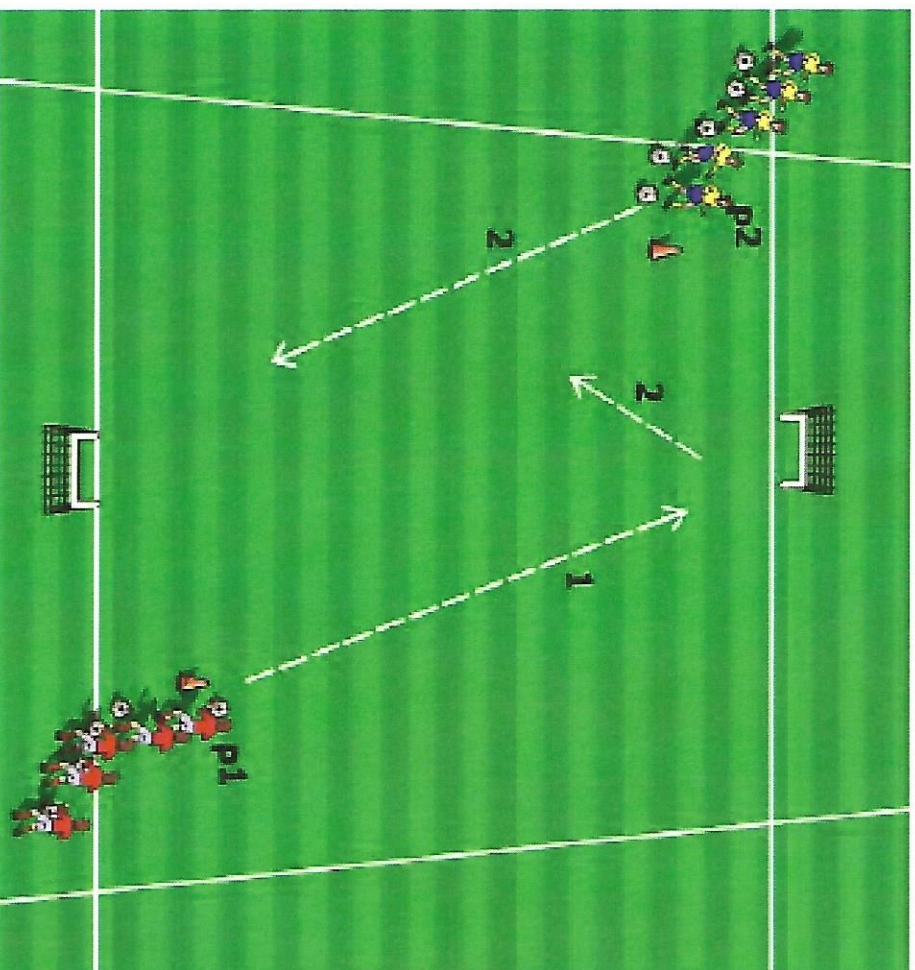
Instructions

P1 dribbles toward yellow's goal and has a shot, following the shot the yellow player can go towards the RED goal and tries to score.

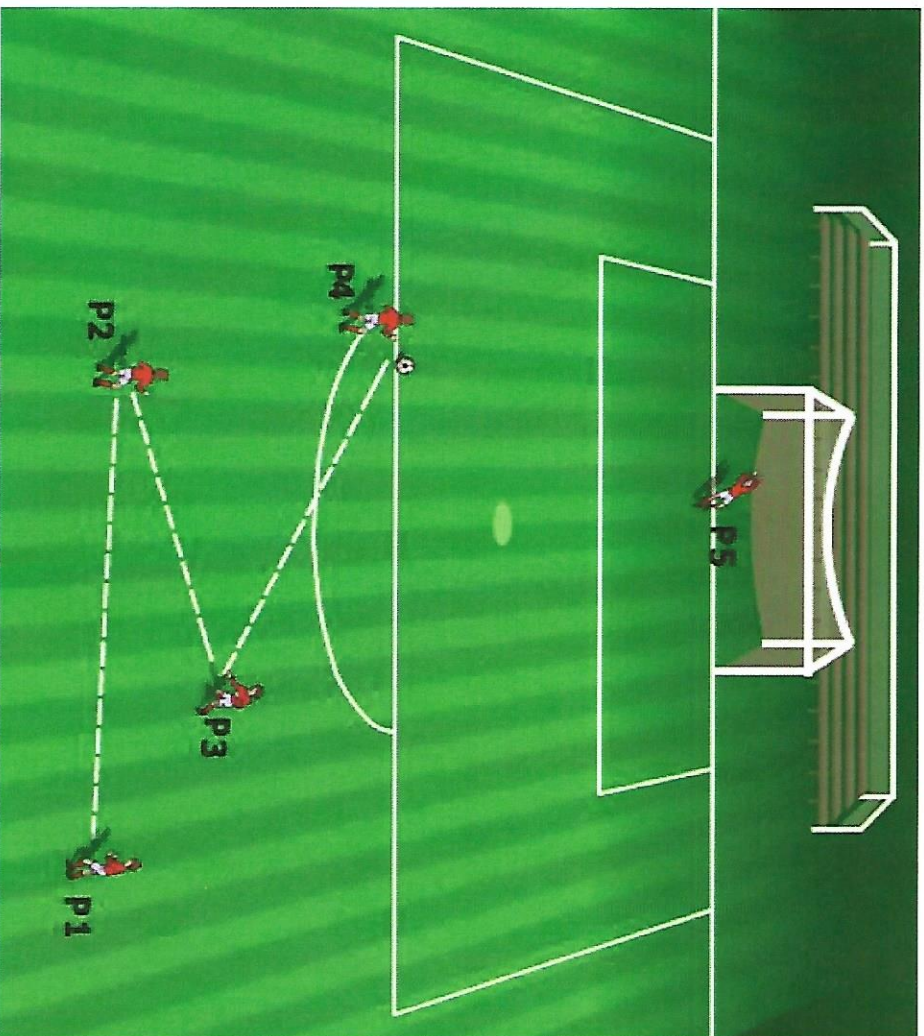
The RED player who took shot must get back and defend the goal and try to stop yellow from scoring or getting a shot off on goal.

Coaching Points

1. Head-up
2. Close control
3. Part of foot/ Part of ball
4. Every step is a touch
5. as few touches as possible
6. Accuracy v Power



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

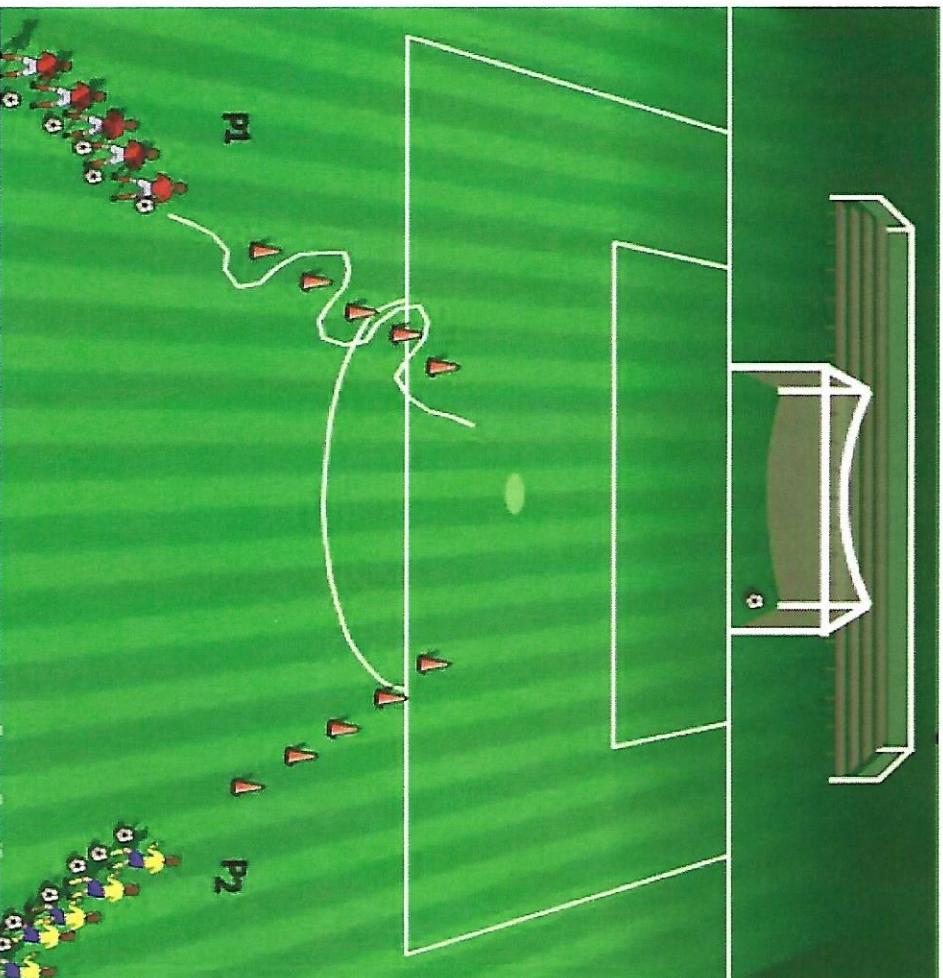
First Touch

Open up on first touch

Always on your toes (ready to receive pass)



SHOOTING



Setup:

2 Groups of players
Cones
Balls

Instructions:

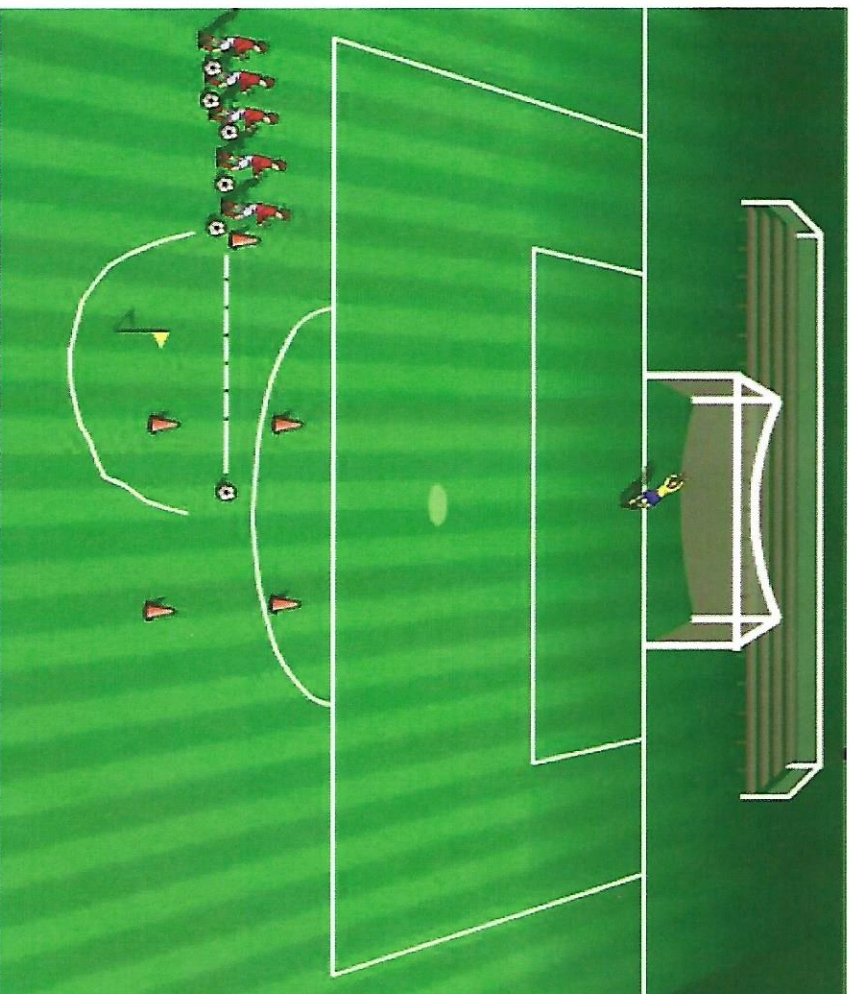
P1 and P2 dribble through cones and have a strike on goal with NO goal keeper
Progression - First player to score is given a point, most goals scored in a 2 minute span.
No points awarded for a goal if players miss cones during the dribble.

Coaching Points:

Close Control
Accuracy in shot
Part Foot Part Ball



SHOOTING



Setup:

Grid 10 x 10

Cone/flag

goalkeeper

Players with Ball

Instructions:

Players will pass the ball into the grid

Players will then run around the flag/cone and enter grid where they will shoot at the goal

Weight and accuracy of pass into grid are very important.

Players can not take a shot at goal if pass is to strong and leaves the grid.

PROGRESSION - Do the same but from the opposite side and use your left foot to shoot

Coaching Points:

Weight and Accuracy of Pass

Change of pace

Part of Foot

Part of Ball

You want to get success so if you need to make grid bigger and move closer then do so.

