

DESCRIPTION

**Game 1 - visit the planets -** players in their own square, scatter discs around each of their squares. The ball is their spaceship. When the game starts they will fly around the galaxy (their square) and work on some basic ball skills: dribbling, stopping, turning.

Next coach will set a 60 second timer and ask players to visit as many of the planets (discs) in their square as they can. Coach will then ask them to orbit as many planets as they can in 60 seconds, they'll make tight circles around the discs. Finally, they'll be asked to land on each planet - they'll use the bottom of their foot to roll the ball on top of the cones.

GAME 1

COACHING POINTS

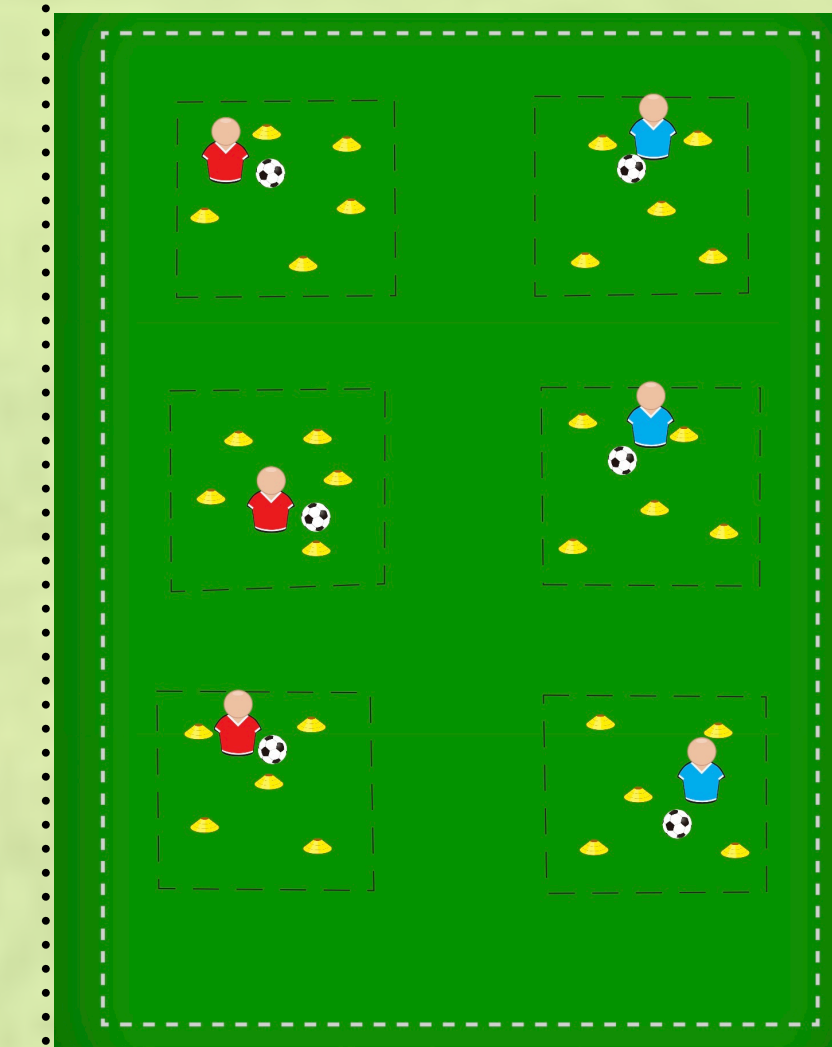
**FIRST COACHING POINT - SMALL TOUCHES**

Players will need to use small touches in a tight area - encourage them to keep their heels up.

**SECOND COACHING - FAST FEET**

Players should try to move their feet quickly, taking a touch on the ball every step

DIAGRAM



**Game 2 - battle ship -** in the same set-up as above, with discs scattered, players will face-off against the person opposite them. They'll kick one ball back-and-forth and try to hit their opponents discs. They have two minutes to try and hit as many as they can and then they'll play against a new partner. Ask players to tell you when they make a hit and you can remove the cones so they don't have to touch them.

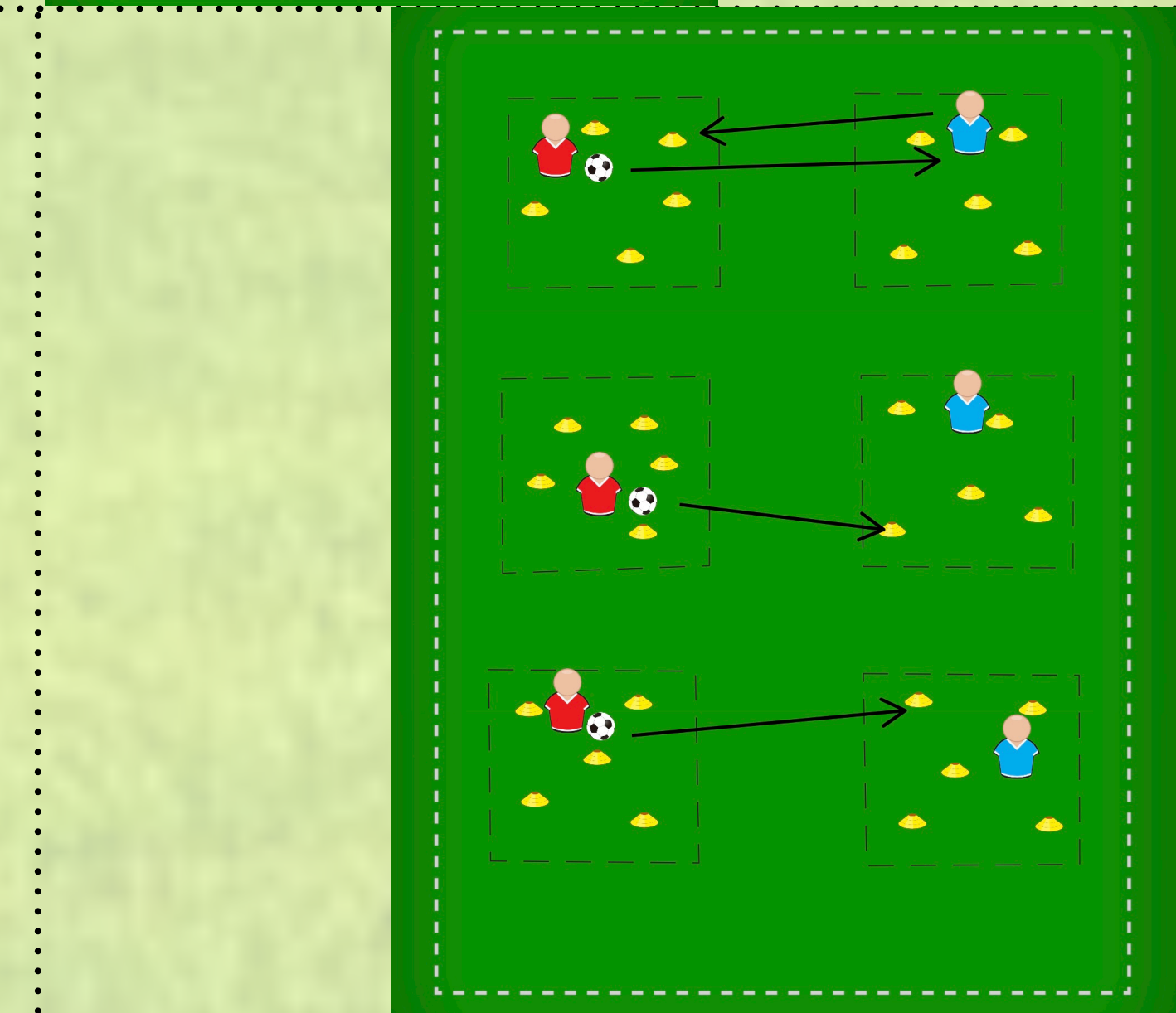
GAME 2

**FIRST COACHING POINT - KICKING SURFACE**

Players should avoid using their toe. Younger players may struggle to open up their hips for a push pass so encourage laces to be used.

**SECOND COACHING POINT - STEP/ KICK/STEP**

It's important we help players get power on the ball - they can achieve this by stepping up to the ball and stepping after it once they've made their kick.



**Game 3 - clean the yard.** Players in their squares as shown, all players on one side are a team. Place any extra balls in the channel between the squares. When coach starts the game players must try to kick their ball over to an opponents square. They should try to kick it so that it stays in their square and not past it. The opponents will kick it back - the game lasts for two minutes and the team with the least balls in their squares wins the game. You can repeat the game using weak foot.

SCRIMMAGE

This should be a fun, high-energy way to finish the session with a little competition. Add-in coaching points as needed but allow the players to enjoy the game.

