

DESCRIPTION

Game 1 - coconut shy - players will face a partner and kick one ball back and forth. There is a second ball in between them. They must try to knock the center ball for a point. Play for two minutes and the player with the most points wins. Rotate partners and play a couple times

GAME 1

COACHING POINTS

FIRST COACHING POINT - FOLLOW THROUGH

Players should swing their kicking leg towards the target as they swing.

SECOND COACHING - POSTURE

Player finish their kick balancing on their non-kicking foot. Leaning slightly forward

DIAGRAM



Game 2 - get outa here!!! - same concept as above but this time the players are trying to knock the middle ball all the way over to their opponents square. Play for 2 minutes and they player furthest from the ball wins. Rotate and play a couple opponents.

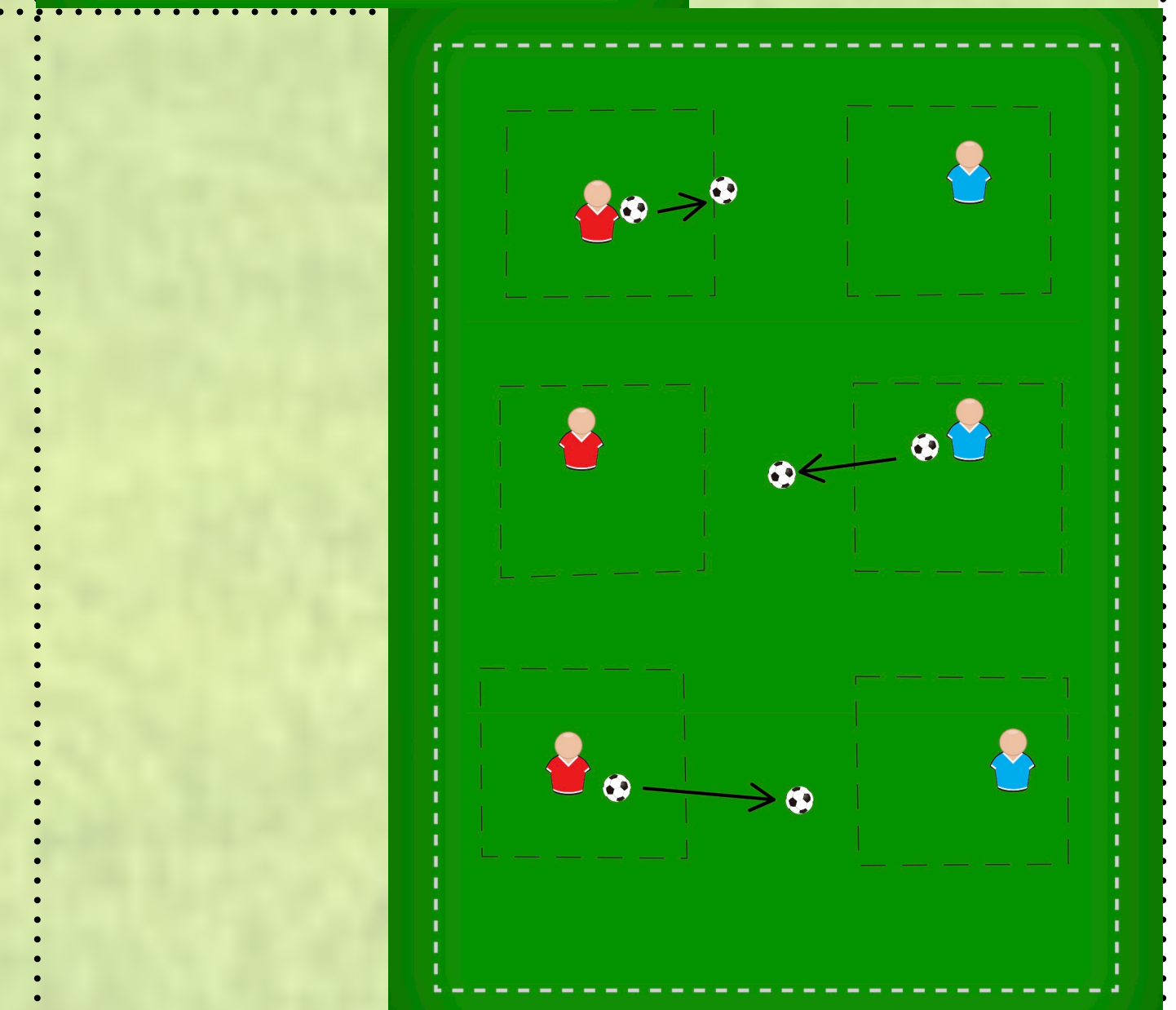
GAME 2

FIRST COACHING POINT - CONTACT SURFACE

Players try to hit the ball right in the middle.

SECOND COACHING POINT - FINDING A SWEET SPOT

Show players that the ball lines up with the inside of the foot. If they can line it up as they kick it should be a nice kick



Game 3 - passing relays - set up all soccer balls at one end of the field and a small goal for each team at the opposite end. When coach starts the game the closest player from each team to the balls must run and collect a ball - they pass it to the next player and so on until the last player who must try to score, the starting player gets the next ball and repeats. You can progress the game by asking players to move along one place after each goal so that the player who has just scored will run to get the next ball and start it.

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.

