

DESCRIPTION

Game 1 - stop the ball - players in their square will try to use different surfaces of the body to hit the ball in the air, when the ball escapes them they must try to chase it and stop it as quickly as they can. Next, players will face a partner and kick one ball back and forth. Their job this time is to stop the ball before it goes past them - play for points and rotate players after a couple minutes

GAME 1

COACHING POINTS

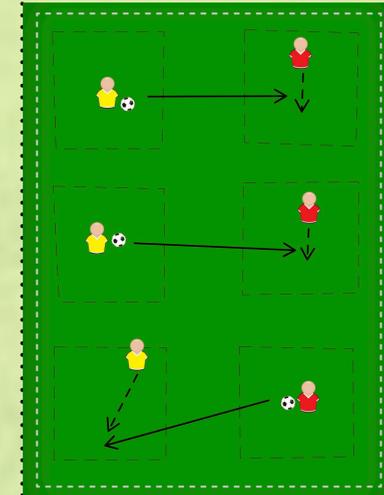
FIRST COACHING POINT - READY POSITION

Players should be on the balls of their feet, ready to react to a loose ball

SECOND COACHING - TRAPPING & SETTLING

Players should be shown how to crocodile trap, once they get that have them do the same thing with a bouncing ball to "settle" it

DIAGRAM



Game 2 - through the gates - again, players will face an opponent but this time you'll drop some discs in to each square, make three gates right next to each other - small, medium and large. Players will shoot at their opponents gates and get 3 points if they make it through the small, 2 for medium and 1 for large. You can progress the game by having the players work together and giving them points for a kick that is trapped in the gate.

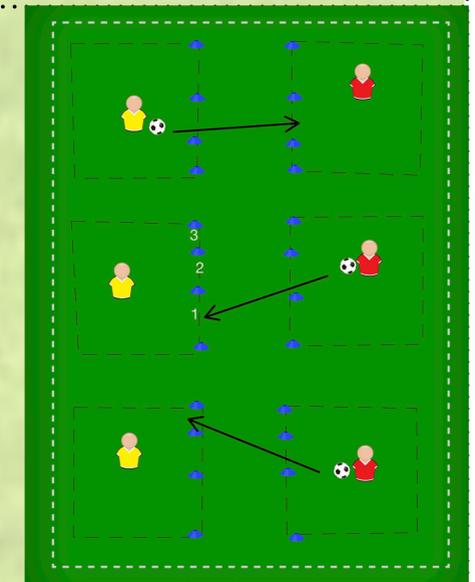
GAME 2

FIRST COACHING POINT - SHUFFLING

Players should shuffle side-to-side right behind the gates to trap the ball in front of them

SECOND COACHING POINT - TRACK THE BALL

Show players it's a good idea to keep their hips and shoulders facing the ball to make for an easier trap



Game 3 - Over The River - players on the same side now work together to pass the ball between themselves and get it over to the other team. Coach will walk through the middle channel and block the ball so the players have to move the ball sideways before kicking across. Play for 60 seconds and the team without the ball when the timer goes off gets a point. Play a couple rounds and track the points.

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.

