

DESCRIPTION

**Game 1 - Body Parts** - players in their squares which form a circle, we suggest using two different colored squares to go straight in to game 2 when ready - players dribble in their square and coach calls out various body parts. The player must stop the ball with that part of their body. Use some real surfaces like side foot and bottom of foot as well as some silly ones like ear and shoulder.

GAME 1

COACHING POINTS

**FIRST COACHING POINT - SMALL TOUCHES**

Players should keep the ball close so they can react quickly to coaches command

**SECOND COACHING - SKILLS**

Players may be ready to try some new skills. Keep things simple and show one skill at a time. We suggest scissors, sole rolls and drag hops.

DIAGRAM



**Game 2 - Soccer Darts**- set up concentric circles within your central circle - like a dart board. The smallest circle is the bullseye. Award descending points for each ring after. Players will take turns to shoot their ball and try to score points - they shoot and leave their ball. Subsequent players can try to knock the opponents ball out of a ring. Tally points and then start to challenge players;

- Weak foot kicks
- Stepping further away from the center
- Drop kicks

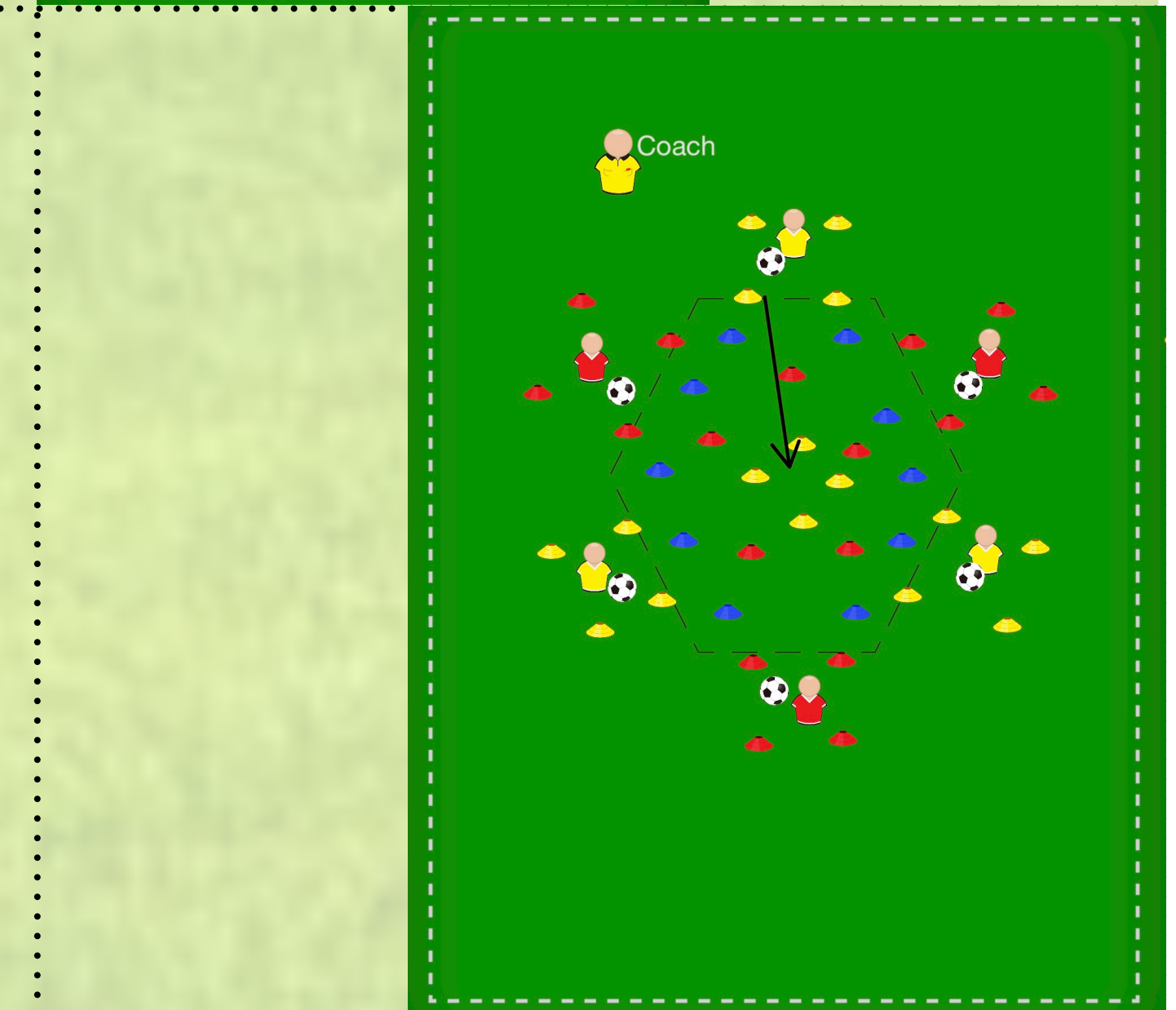
GAME 2

**FIRST COACHING POINT - POWER**

Players must experiment to figure out how hard to kick the ball

**SECOND COACHING POINT - PRECISION**

Players need to fine tune their aim. Look at each players mechanics and correct as needed



**Game 3 - Round The Clock Relay** - two teams (dictated by square color). Player one from each team runs to get a ball and must pass to player 2, who passes to player 3, and so on. After the final player the sequence starts again. Teams must make as many complete cycles as they can. You can progress the game by adding in a goal and asking the last player to go and score.

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.

