

DESCRIPTION

24x24 yard grid with a series of small gates at each end - the gates at each end should be different colored cones if possible. Place a ball for each player around the grid randomly. To start the game the coach will shout "go" and players must run to find a ball as quickly as possible. Ask them to put their foot on their ball. Next, coach will shout "go" followed by the color of one of the gates. Players must run to find a ball then dribble to that colored goal. You can progress this game by having players perform a turn in the gate or by saying that each goal can only be scored on once.

Make it easier - have extra balls so players can find one more easily  
Make it harder - make the goals smaller or start taking balls away

GAME 1

COACHING POINTS

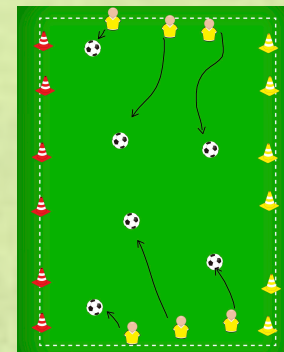
**FIRST COACHING POINT - ATTACKING THE CLOSEST BALL**

Emphasize that players should be aggressive to the ball

**SECOND COACHING POINT - DECISION MAKING**

Ask players to try and find the easiest path to goal - this may not always be the closest.

DIAGRAM



24x24 yard grid with the same set-up as above. This time you will give players a direct opponent and have them start in opposite gates with a ball in the middle of the two players. Try to pair up players to create a balanced competition. This time, coach shouts "go" and it is a race between the players to get to the ball first - to begin with, all we're asking them to do is put a foot on top of it. We can progress this and ask players to get to their ball and perform a pull-back to bring the ball back to their own gate. Finally, we can nominate a color to run to the ball and try to score in the opposite gate - their opponent cannot move until the nominated colored player touches the ball - this time the emphasis will be on how quickly the nominated player can get to the ball and start to dribble with control.

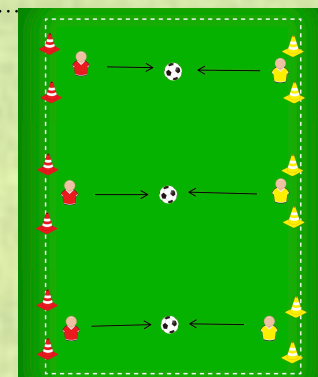
Make it easier - place two balls in the middle until players gain more confidence  
Make it harder - make the gates smaller or allow the non-nominated player to go earlier

GAME 2

**FIRST COACHING POINT - WHAT TO DO WITH THE BALL**

With this game there is a lot of scope to teach our players new things - for those who are new to the game we can emphasize the importance of getting to the ball quickly but also keeping it close as we move it. For advanced players we can start to talk about skill moved to beat the opponent. For example:

- 1) body feint
- 2) Step over
- 3) Scissor



Game time - 30x20 yard field with a small goal at each end - no goalkeepers - try to balance teams to play 3v3 (you may have a team of four if you have a few newer players, or a team of two if you have stronger players). The goal is to have every player involved and kicking the ball regularly. Try to help them understand that they must work together.

Try to keep the game flowing without breaking the play too often- have plenty of spare balls so that if it goes out you can toss a new one in. If you see a player being shy or hanging by the goal we can give them the ball and help them dribble up the field.

Try to find instances to reiterate your coaching points - be quick and concise - feel free to hi-light the positives as well as negatives to show the players your pointers. Look out for:

- 1) Players standing watching the ball
- 2) Players kicking the ball away immediately
- 3) Players unable to maneuver around an opponent

SCRIMMAGE

