

DESCRIPTION

COACHING POINTS

DIAGRAM

GAME 1

24x24 yard grid - All players with a ball expect a team of two - this team will take their turn to try and clear the field. They will run in to the grid and try to steal all of the other player's balls. Allow them sixty seconds to get out as many balls as possible. Once a player has their ball stolen they can help the others who still have a ball by being open for a pass. The team who are clearing the field must steal the balls and dribble them out fo the area. A player who has had their ball stolen can try to take it back before it leaves the area. Repeat and allow new players to be stealers.

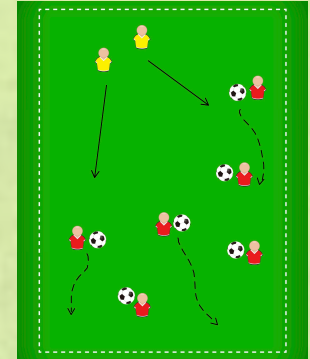
Make it easier - allow teams of 3/4 stealers
 Make it harder - give the stealers a ball each and instruct them to hit the other players balls to get them out

FIRST COACHING POINT - ATTACKING THE CLOSEST BALL

Emphasize that players should be aggressive to the ball closet ball

SECOND COACHING POINT - COMPOSURE

Ask players to try and avoid charging at the ball - they'll be more successful if they are composed and try to slow the dribbler down.



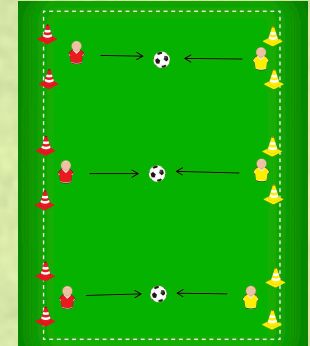
GAME 2

24x24 yard grid with multiple small gate-goals at each end, of different colors. Players will have a direct opponent, starting 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. To progress this we can nominate a color to run to the ball and try to score in the opposite gate (dribbler) - their opponent (defender) cannot move until the nominated colored player touches the ball - this time the emphasis will be on how quickly the defender can get out to pressure the ball.

Make it easier - allow the defenders to move earlier
 Make it harder - allow the dribbler to score in any gate at the opposite end

FIRST COACHING POINT - PATIENCE

A defending player should do everything they can to get to the ball quickly but also keep themselves in the line of the goal. Most defenders will tend to take a big swing at the ball, oftentimes allowing the dribbler to go easily past them. We want to emphasize how important it is to not allow the ball to go past you.



SCRIMMAGE

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 running back to stand in the goal
- 2) Players taking wild swings at the ball
- 3) Players chasing an opponent from behind, rather than trying to get in the line of the goal.

