

DESCRIPTION

COACHING POINTS

DIAGRAM

GAME 1

24x24 yard grid - divide your players into three teams. Each team will take a turn as the freezers. The freezers will each have a ball and will chase all of the other players (runners). The runners do not have a ball and will simply be running away and avoiding being hit. The freezers must try to freeze all of the runners as quickly as possible - they do this by hitting the runner with their ball (below the knee). A frozen player can become unfrozen if one of their teammates crawls through their legs. Each team takes a turn as the freezers and the winner is whoever can freeze all of the runners as quickly as possible. If you have a small group and get through this quickly we strongly suggest you repeat the game but ask players to only use their weak foot for their shots.

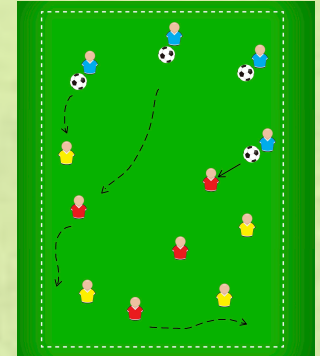
Make it easier - give the runners a ball to slow them down  
Make it harder - make the teams of freezers smaller

**FIRST COACHING POINT - KEEPING YOUR HEAD UP**

It's important that a dribbler tries to look up often to ensure they know what's around them

**SECOND COACHING POINT - COMPOSURE**

Ask players to take a deep breath and concentrate on making clean contact with the ball when they shoot. Too many players panic and slash at the ball.



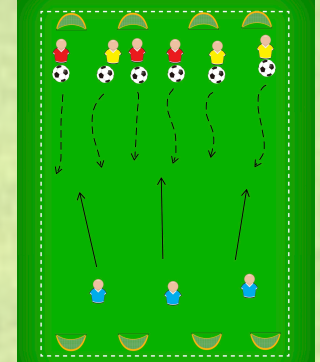
GAME 2

24x24 yards grid with multiple goals at each end. Again your players will be divided into three teams. Each team will take a turn as the defenders. The defenders will stand in the middle of the field. Everyone else (the dribblers) will have a ball each and will all start at the same end. When coach shouts "go" the dribblers must try to dribble their balls to the goals at the opposite end and score. The dribblers will get five attempts to go across and score. The defenders will get one point for every ball they steal and take to the side of the grid. Each team will take a turn as the defenders. If a dribbler has their ball stolen they can get it back and join in again on the next rep.

Make it easier - reduce the amount of goals for the dribblers to score on  
Make it harder - give the defenders a ball and ask them to hit the dribblers with it for a point

**FIRST COACHING POINT - PATIENCE**

It's important that players realize that their stride length and foot-speed should change depending on what they're doing. To start with they may want to move at a medium pace, increasing as they try to go past the defender. Once they prepare for their shot they should try to take smaller steps to ensure the ball is close to them as they strike.



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 highlight the positives as well as negatives to show the players your pointers. Look out for:

- 1) Players blasting towards the goal when defenders are in the way
- 2) Players toe-kicking the ball
- 3) Players trying to take a shot at full speed

