

DESCRIPTION

COACHING POINTS

DIAGRAM

GAME 1

Set-up a 24x24 yard grid with a couple small goals at one end (as shown), line your players up along the sides with a ball - they will each take a turn to be the *runner*, and start at the end of the field with no goals, their job is to dribble across and try to score a goal. The players on the sideline will be trying to hit the runners ball with their ball as they run. Please advise all of your players to focus on good contact with their kick rather than power, to avoid anyone getting hurt. You can also run with your player as they go and swat balls away. The player with the least hits wins the game.

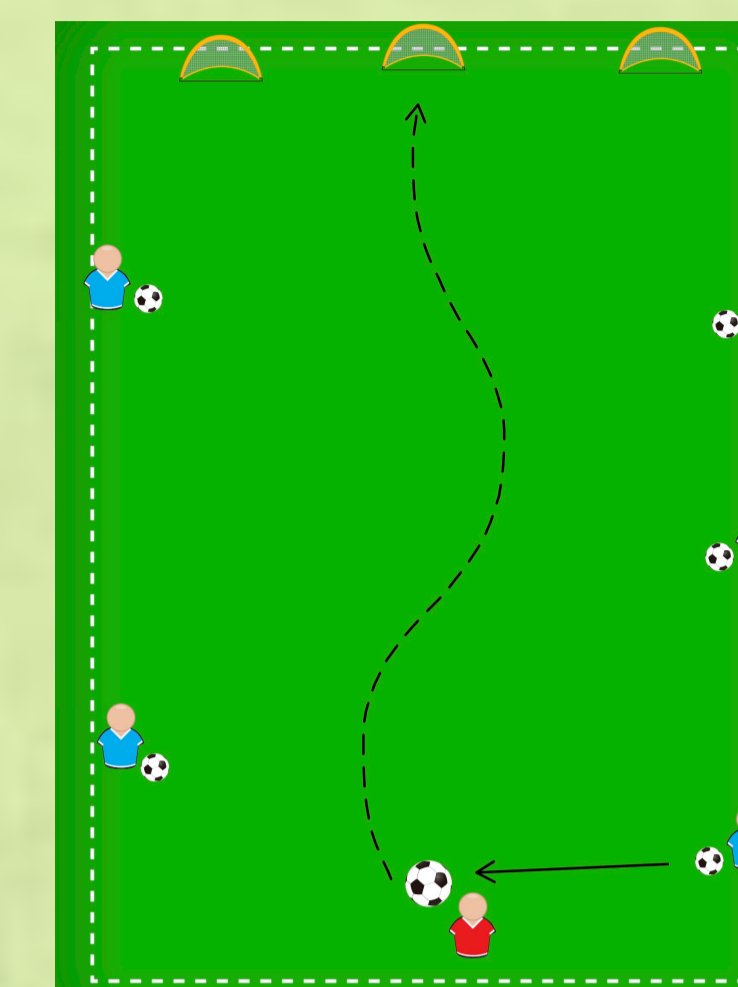
Make it easier - have the sideline players kick with their weak foot  
Make it harder - move the sideline players closer

**FIRST COACHING POINT - BEING READY**

Players will need to make a quick and accurate kick. This means being stood a step back from the ball with the ball over to the side of the foot they want to kick with, on the balls of their feet and ready to act.

**SECOND COACHING - LOCKED ANKLE**

Ensure players are locking their ankle as they make contact with the ball. You can ask them to scrunch their toes inside of their show which can help.



GAME 2

24x24 yard grid with multiple goals around the outside. Each player is dribbling their ball. Coach will call out one players name, all other players must freeze and the player who's called has twenty seconds to kick as many of the balls in any goal as they can. Keep a track and see who can score the most. If you get through this quickly you can then allow the dribbling players to try and keep their ball away from the scorer.

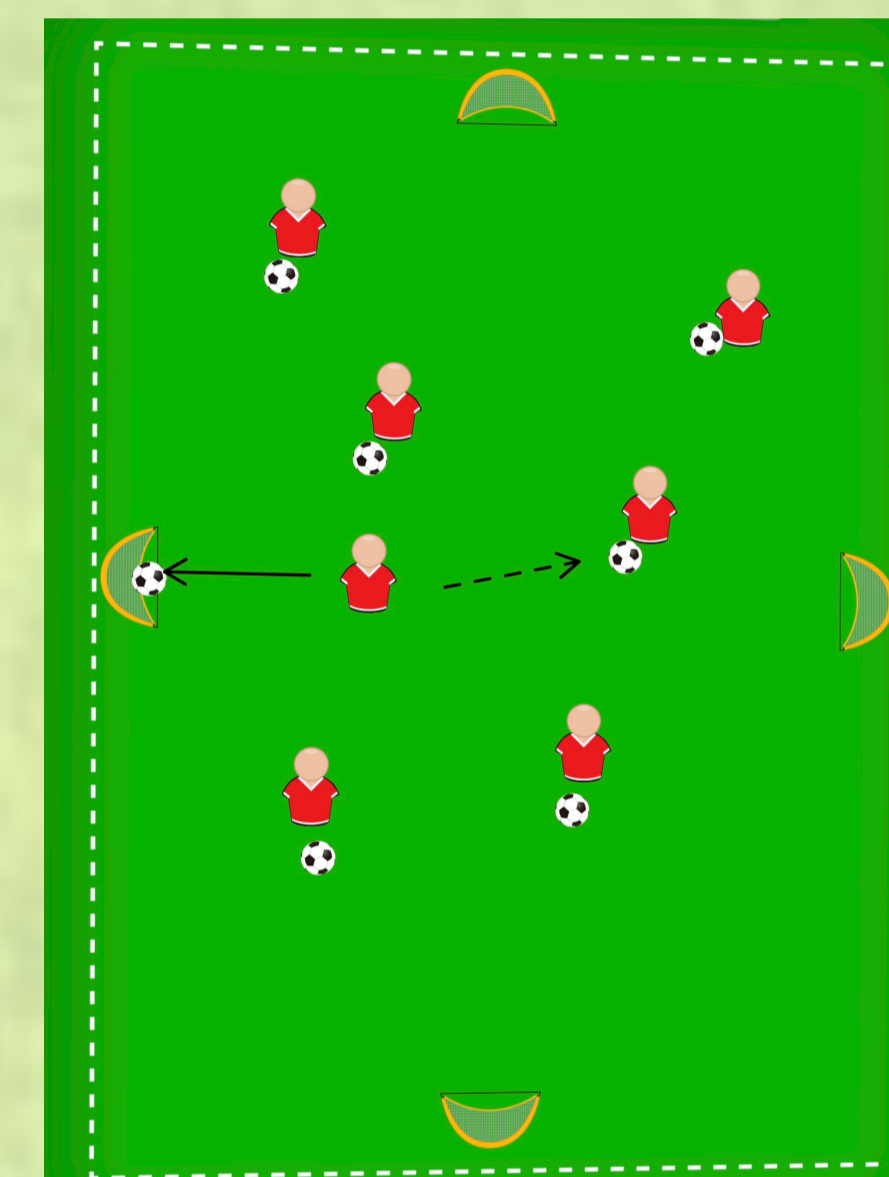
Make it easier - give players more time  
Make it harder - allow dribblers to block the goals

**FIRST COACHING POINT - AWARENESS**

Players should be looking to take each ball to the closest goal with the fewest obstructions

**SECOND COACHING POINT - STRONG KICKS**

It's important we help players realize that their kicks will be stronger if the ball is already moving when they kick. Some will like to stop the ball and line up a shot but this takes more time and in a real game the opposition will steal the ball.



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 stopping to line up a shot
- 2) Players toe-kicking the ball
- 3) Players trying to kick it through an opponent, as opposed to going round them

