

DESCRIPTION

Set-up several 12x12 yard grids with a smaller 3x3 yard grid in the center. You may need to set this up several times to ensure players don't get bored - we suggest a maximum of 5 players per grid. One player will be in the middle without a ball - the rest will be around the outside with a ball each. Each player will get a 60 second turn in the middle square and their job is to receive balls from the outside and trap within the small box with one touch. They will then kick the ball back to the to the player who gave it to them.

Make it easier - move players closer together  
Make it harder - ask players to try the inside-foot trap

GAME 1

24x24 yard grid, half of your players on the inside with a ball, the other half should be spread around the outside without a ball. When coach shouts "go" the players in the middle must run and find someone on the outside to pass to. They will make a pass and then get it right back. They will then go and find a new outside player to pass with, and they keep going. Play for 90 seconds and see who can get the most passes. You can then have the players switch roles. To progress you can allow the outside players to pick the ball up and throw it back in. Make sure you show them the kind of throw you want to avoid any unnecessary injuries.

Make it easier - give players more time so they don't rush their technique  
Make it harder - ask them to complete three passes with the outside player

GAME 2

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.

SCRIMMAGE

COACHING POINTS

**FIRST COACHING POINT - COMMUNICATION**

Players should be calling the name of the player they are going to pass to so that they can be ready

**SECOND COACHING POINT - ALLIGATOR TRAP**

Players should keep in line with the the ball - they should try to keep their foot behind the ball and put their foot on top of it like they're putting their foot on a gas peddle: heel should be closer to the ground than the toe.

**FIRST COACHING POINT - TRACKING**

Players should be ready to move and adjust their body in case the pass is a little off. They should try to keep their hips square to the ball

**SECOND COACHING POINT - HOW TO TRAP**

Newer players may need to keep repeating the alligator trap. For those who are ready to progress, show them the inside-foot trap. Again they track the ball to their foot, slightly outside of their hips: heel down, toe up and ankle locked. As the ball makes contact they are absorbing the weight by moving their whole leg back just a little.

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 letting the ball go by them
- 2) Players falling over the ball
- 3) Players running next to the ball but failing to control it

DIAGRAM

