

DESCRIPTION

24x24 yard grid, use two different colored cones at each end. Players are with a partner, start without a ball. Players line up as shown in the diagram, about one yard apart. The players on the right are the dogs, the players on the left are the cats (you can use any characters you like). Designate a color for the cats to run to, and the dogs must run to the opposite color. When coach shouts dogs, the dogs must run to their colored cone, the cats will chase them and try to tag their partner before they reach their cone. When coach shouts cats, the cats must run to their cone before being tagged by their partner. When coach shouts race they both run to their own color. Once they get the hang of the game you can add-in balls, this time the players must do the same thing but with their ball.

Make it easier - have players start further apart
Make it harder - take the ball away from the chaser

GAME 1

COACHING POINTS

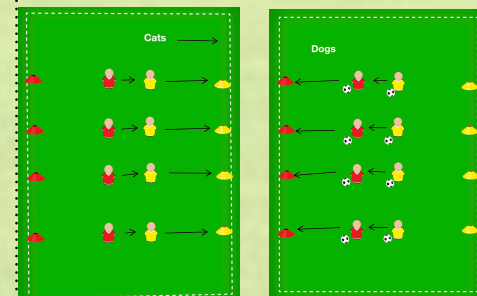
FIRST COACHING POINT - READY POSITION

Players should be in a ready position - on the balls of their feet, knees slightly bent

SECOND COACHING POINT - DECISION MAKING

With no obstructions you can allow players to take a larger touch of the ball in order to build up speed more quickly but they should make smaller touches as they prepare to stop the ball

DIAGRAM



24x24 yard grid. Again, players will be with a partner and will be spaced about 8 yards apart. The partners are going to share one ball - player one starts with the ball and will kick it across to their partner (player 2). Player 2 must trap the ball with as few touches as possible. Player 2 will then kick the ball back to player 1 who must do the same thing. Player for 3 minutes and have players keep track of their total touches: the player with the least touches wins. To advance the game you can have the serving player drop-kick or throw it to their partner.

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

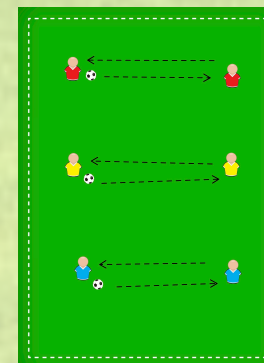
GAME 2

FIRST COACHING POINT - TRACKING THE BALL

Players should be in ready position but this time they may need to move to trap the ball quickly. Advise them that it's better to keep the ball in front of them so moving laterally and back & forth might work well.

SECOND COACHING POINT - HOW TO TRAP

Most players will simply put their foot on top of the ball. Try to make sure they don't stamp down too hard.

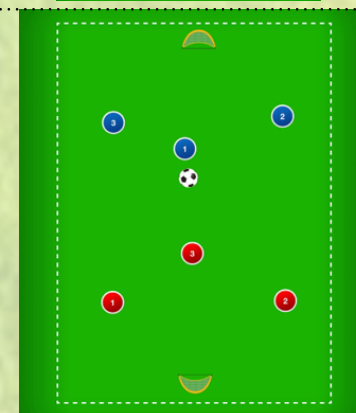


Game time - 30x20 yard field with a small goal at each end - no goalkeepers - try to balance teams to play 3v3 (you may have a team of four if you have a few newer players, or a team of two if you have stronger players). The goal is to have every player involved and kicking the ball regularly. Try to 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 letting the ball go by them
- 2) Players falling over the ball
- 3) Players running next to the ball but failing to control it



SCRIMMAGE