

PATH 2 PLAY

WEDNESDAY: TRAPPING & CONTROLLING THE BALL

ARRIVAL & CHECK-IN: Players come straight to you.

BALL FAMILIARIZATION: *SpongeBobs (juggling)* - this time have the players kick their ball and chase it, they must trap it with the bottom of their foot.

WELCOME & INTRO: Can any player remember where all the other players are from?

MOTOR-SKILL WARM-UP: *Steal the bacon* - place a bunch of cones, discs, pinnies & balls in the center of your field. Divide players in to equal teams and assign them to a corner of the field. When coach starts the game one player from each team may jump to the middle and collect one item to bring back to their team, when they get back the next player can go. Once all the items are gone, count who has the most. You can play again and have them do a different motor skill to the middle.
Motor skill: jumping

GAME 1: *Sharks & minnows* - players line up on one end line, coach is the shark in the middle. When coach shouts 'go' they must try to dribble to the other end line and get past coach. If a player takes a huge kick you will eat their ball and have them become a shark and help you.

RECAP: Trap ball with bottom of foot, try to trap it slightly to the side of your body.

GAME 2: *Soccer bowling* - players are 1v1, ten yards apart with a traffic cone in the middle. They must take turns to try and hit the cone (one ball per couple). The receiving player must move and slide to track the ball and use proper trapping technique.

SMALL-SIDED GAME: *Numbers soccer* - players on the outside of the field - each is assigned a number. When coach shouts your number you run in the field and try to score as quickly as possible. The coach will bounce the ball in to try and encourage the players to trap it. You can progress to call two numbers who will play 1v1.

SCRIMMAGE: 3v3 is ideal but you can do 4v4 or 2v2 if necessary. Ask players if they have a friend they'd like to be with on a team.

SUMMARY: Use questions: what is it called when we stop the ball from moving? What surfaces can we use to trap the ball? Do we want to trap it in-front, behind or underneath our body?

TEAM CHEER: Same as yesterday

SIGN OUT: Parent must come to you to sign their player out and initial sign in/out sheet.