

**U7 Coaches Training Manual  
2006**



**Cheltenham Jaybees  
[www.cheltenhamsports.org](http://www.cheltenhamsports.org)**

# Number One objective – make soccer fun!!!

## Coaching Rules

- 1) Keep the coaching from the sidelines to a minimum. Children are too easily distracted during the game.
- 2) Do not tell them when to shoot the ball. They need to learn this by playing the game.
- 3) At this age, the coaches should stay off the field during the game. Only enter the field if a player is injured or to get the ball out of the goal.
- 4) Play everyone equally. If a player melts-down, substitute them. However, if a player is off picking daisies, keep them in for their time. Be encouraging to get them involved into the game, but don't push.
- 5) Keep all conversations with the children positive. This includes how the parents cheer for the kids. Please remind parents that theirs is a role of encouragement. Remind the parents not to coach from the sideline.
- 6) **FORGET ABOUT TACTICS.** This concept is not able to be grasped by this age group. Positioning and Team Play will only just begin being introduced at this level.
- 7) Have parents and coaches keep the ball in play as long as possible by stopping the ball from going out of bounds if no children are around (do not kick the ball back into play; just stop it). Do not stop play if the ball stays close to the edge of the field (unless it gets close to the fencing). Restarts are done by having the children kick the ball back onto the field (not the coaches).

## EQUIPMENT

- 1) All children must have shin guards or they can not play. **NO EXCUSES.**
- 2) Socks must cover the shin guards.
- 3) Team jersey. Any warmer clothing such as sweat shirts or under armor needs to be worn under the team jersey.
- 4) **NO JEWELRY OF ANY KIND IS ALLOWED.** Check for the rubber band bracelets and earrings at every game.
- 5) Children must bring a ball to every game. The practices will always involve games where each child needs a ball, and we do not have enough to go around.
- 6) Water.

Ice and other first aid supplies are available at the snack stand.

## PLAYERS SKILL DEVELOPMENT OBJECTIVES

Practice games need to focus on the use of both feet for all skills. The better players will be capable of successfully completing most of the skills with both feet.

### 1) Dribbling

- a) Touch the ball with the inside of the foot and the laces. Add touching the ball with the outside of the foot. Light touches to keep the ball close.
- b) Focus on keeping the ball close to their body and under control.
- c) Stopping the ball with the sole of the foot.

### 2) Footwork

#### Review / Reintroduce

- a) Whoops
- b) Sponge Bob (Scissors)
- c) Yahoo
- d) Inside cut
- e) Rudimentary ball juggling – foot and thigh (only expect one to two touches per try). Start with ball in the hands.

#### New

- a) Advance juggling skills – keeping ball in air for up to five touches. Can start using the head. Demonstrate getting ball up from the ground (don't expect the children to be able to do this; this is to expose them to the technique).
- b) Stomp
- c) Outside cut
- d) Stop / Start move
- e) Fake Whoops
- f) Cruyff (advanced)

### 3) Passing & Receiving

- a) Passing with the inside of the foot. Add passing with the outside of the foot (demonstrate the technique).
- b) Receiving the ball with inside of foot. Receiving the ball is like catching an egg. Add receiving the ball with the outside of the foot (advanced).

### 4) Finishing

- a) Demonstrate shooting the ball with the instep (laces).

### 5) Game Play

- a) Encourage the children to spread apart as this will encourage passing and will introduce the children to positional play. **HOWEVER, DO NOT PLACE THE CHILDREN IN SET POSITIONS (OFFENSE / DEFENSE).** At this age, the children in the defensive positions will have a tendency to hang too far back and will be out of the play of the game. This will be boring for many of the kids and is not how the game is played.
- b) Remember, it is not important how many goals are scored, so playing defensive positions is not important. But, teach the children to pay attention where the other team's players are.

### 6) Expectations

- a) The games will start with the beehive style of play. But, by the end of the year, they will consistently start separating.
- b) There will be passing to other teammates by the better players.
- c) All of the children will be stopping the ball with the soles of their feet. It should be about 50/50 with the kids that try to use the basic footwork skills during the game. It is unlikely that any of the children will use the more advanced moves (Sponge Bob, Stop / Start, and Cruyff) during the game, but during practices many will be proficient at the basic moves.
- d) Players will develop skills with both feet.
- e) Players may begin to understand when to pass and when to shoot.

## SOCCKER MOVES (FOOTWORK)

Note that all of these moves should be taught with both feet. Have the children start learning with the "good" foot (either left or right). Once they have practiced this, have them try the other foot.

### **Pull Back (aka Whoops) or Beckenbauer**

One of the most basic soccer moves, the Whoops move is simply placing the sole of your foot on top of the ball and pushing it backwards to go back in the opposite direction. The Beckenbauer version of this is a bit more complicated. The lead foot steps on the rolling ball to stop it, and the player then lands on the same foot past the ball. With the outside of the other foot, the player then takes the ball away in the opposite direction.

### **Scissors (aka Sponge Bob)**

This is a more difficult move that is hard to describe in words. The children will love trying this because of the fun name. Start with the ball directly in front of the player. Take the right foot and circle it around the ball in a clockwise direction, finally planting the foot on the ground at about 2:00. Then, with the outside of the left foot, push the ball to the left.

### **Yahoo**

Back to the simple moves, this is also a move to change direction. Simply, the child will spin around the ball by pivoting on one foot to go in the opposite direction. To spin to the left, the ball should be on the left side and spin on the left foot. To spin to the right, the ball should be on the right and spin on the right foot. Have them yell "Yahoo" each time they spin in the practice games.

### **Inside Cut**

Another of the most basic of soccer moves. The child will chop down on the outside face of the ball with the right foot to make the ball go left. Or with the left foot to make the ball go to the right.

### **Walk The Dog (The Slap)**

A basic move to move the ball laterally across your body. Start with the ball square at the players feet. If they are going to move to the left, they will take the sole of the right foot across the top of the ball to drag it to the left as they step toward the left. Keep doing this with the right foot as they move across the field. To go to the right, do the same thing with the left foot.

### **Stomp**

A simple move used to fake a player into believing you are going in the opposite direction. With the ball centered between your legs, you simply stomp one foot far outside the ball (the right foot on the right side of the ball or the left foot on the left side of the ball), then take the ball away with the same foot in the opposite direction (right foot stomp goes to the left, left foot stomp goes to the right).

### **Outside Cut**

This is the same move as the inside cut, but with the Outside Cut you use the outside of the foot to stop the ball and change direction. Though it sounds relatively easy, this is a difficult move because the leg needs to stretch far around the ball to make the move.

### **Stop/Start**

This move is done while dribbling to fake an opponent to believe you are going to cut or turn the ball. While dribbling, stop the ball with the sole of the good foot and let that foot step in front of the ball., planting your foot and stopping for an instant. Then immediately take the ball with the bad foot and continue forward.

### **Fake Whoops (also called the Wave)**

This move is also to fake an opponent to believe you are going to stop the ball. While dribbling, the player will take either foot and wave it over the rolling ball as if to stop the ball, but will let the ball continue to roll, and will continue to run with the ball.

### **Cruyff**

This is an advanced move and should only be introduced to players who have shown an aptitude toward the other soccer moves. With good foot, the player will draw the ball back with the sole of their foot. When the ball rolls behind the plant leg, they will then tap the ball with their good foot again to move the ball behind their plant foot. If you are not familiar with this move, it will need to be demonstrated to you.

## PRACTICE SESSIONS

This book is organized by the types of games you will use during a practice session. The first group of listings are warm-up games. The second grouping is Skill Development games that develop the players skills in a format where the specific skill's technical aspects can be coached and learned. The final type is Game Related games where the skills are then placed into game-like situations to teach the players how to use the skill they have learned.

### Warm-ups

These are short games that will be repeated practice after practice. While you do not want to use the same warm-up games every week, you should pick a few that you repeat every second or third session. The repetition of these games is important in the player developing these skills.

### Skill Development

These games will be used to focus the specific skill you want to teach during the practice session. This could be footwork, passing, receiving, finishing; any specific skill that is appropriate for the players identified in the "Players Skill Development Objectives" above. This is where you will teach the technique of skill you are coaching.

### Game Related Games

Use these games to create situations where the players are now using the skill taught in the Skill Development game in a situation where there are teams, objectives and a game-like atmosphere. These games will teach the player how to use the taught skills in the actual games.

### Match Play

Now that you have finished the practice situation, encourage the players to use the skills they just were taught in their game. Notice when they are successful in the game at this skill. However, at this age the real goal of all of these practices is to make the players comfortable with a ball on their feet. They are a few years away from actually being able to consistently take the practiced skills and apply them in a real game situation.

## WARM-UP GAMES

### Name Game

Get kids in a tight circle with one ball. They hand the ball to the player next to them. When they receive the ball, they yell their name.

- a. First time, ball makes two circles.
- b. Second time, tell them no one could hear them and to really yell loud.
- c. Third time, instead of the child yelling their name, all the other children yell the name of the player with the ball.

### Ballnastics

#### Jumping Over the Ball

- a. Have each child with a ball in front of them at their feet. They need to jump over the ball with both feet together.
- b. First time, jump forward and backward.
- c. Second time, jump side to side.

#### Love Touches

- a. With a ball between their feet, they tap the ball back and forth between their two feet. Try to get them to keep their heads up.

#### Ball Juggling

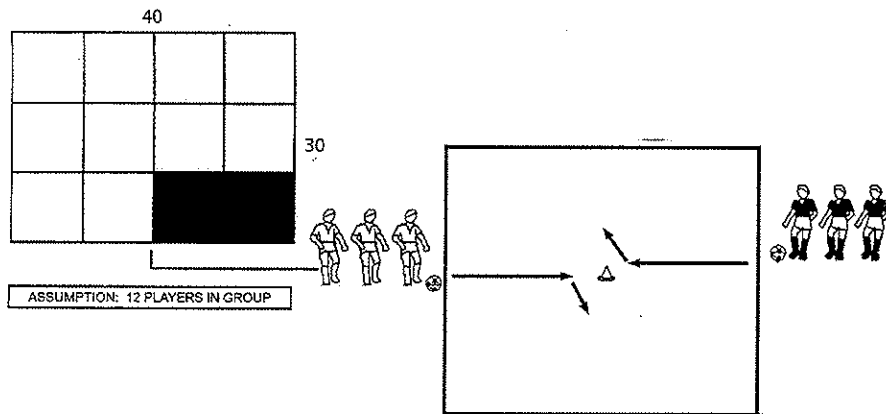
- a. Sit on the ground. Toss ball to each foot and kick it back to the hands.
- b. Stand up with ball in hands. Drop the ball to their feet and try to keep in air with feet.

#### Don't Break the Egg

- a. Each child has their ball in front of them. They need to touch the top of the ball with the balls of their feet. The touches need to be soft and the ball should not move. Demonstrate to them stepping on the ball too hard, and with the correct amount of pressure.
- b. First time, they stay in place. Have them do twenty to thirty touches.
- c. Second time, have them spin clockwise around the ball.
- d. Third time, have them spin counter-clockwise around the ball.

**MORE FUN & GAMES - Dribbling**

**Footwork Warmup**



**Purpose**  
Develop footwork skills.

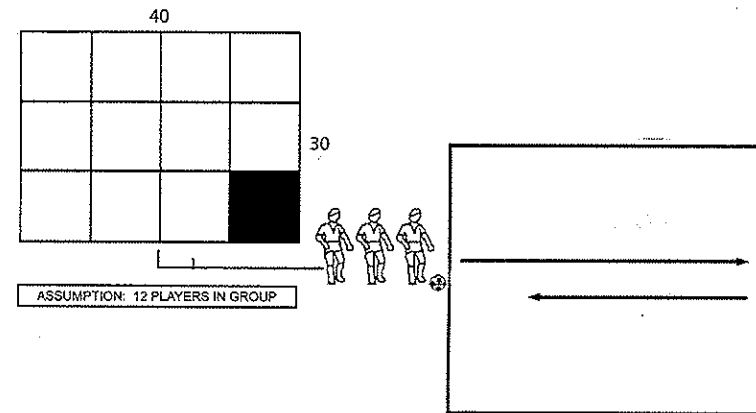
**Organization**  
In a 10 x 20 yard area, set up groups of two to three players on either side with a single cone in the middle.

**Game Objective**  
At the start, the two players at front of the line dribble up to the center cone. As they approach the center cone, the players make a specified soccer move, and dribble to the end line leaving the ball for next player. The next players should wait to go when they both have the ball (this tries to have them both approach the center cone at the same time). Have them go through this about 10 times on the first set.

- Progression**
- 1) Have the players make the move to the right on the first set of trips.
  - 2) Have the players make the move to the left on the second set of trips.
  - 3) Have the players make the move to the right and then pass the ball to the next player from the center on the third set of trips.
  - 4) Have the players make the move to the left and then pass the ball to the next player from the center on the third set of trips.

**MORE FUN & GAMES - Dribbling**

**Footwork Warmup 2**



**Purpose**  
Develop footwork skills.

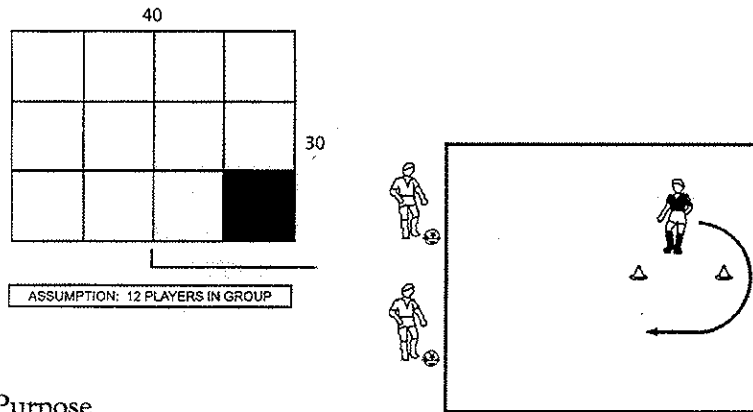
**Organization**  
In a 10 x 10 yard area, set up groups of two to three players on one side of the area.

**Game Objective**  
At the coaches command, the players dribble up to the end line, make a soccer move (such as an inside cut, Beckenbauer, or Cryuff to reverse the ball direction and return with the ball.

- Progression**
- 1) Have the players make the move with the right foot on the first set of trips.
  - 2) Have the players make the move with the left foot on the second set of trips.

**MORE FUN & GAMES - Dribbling**

**Warmup Passing/Receiving**



ASSUMPTION: 12 PLAYERS IN GROUP

**Purpose**  
Develop passing and receiving skills.

**Organization**  
In a 10 x 10 yard area, have two players with balls on one end, and a single player with two cones placed as shown near the other end.

**Game Objective**  
One of the light players with the ball passes the ball to the dark player at the cones. The dark player receives the ball and passes it back to the same light player. Then the dark player runs behind the last cone to receive a passed ball from the other light player. The second light player should pass the ball as the player rounds the back cone and the dark player should receive the ball at the front cone (moving forward as the pass approaches them).

**Key Coaching Points**

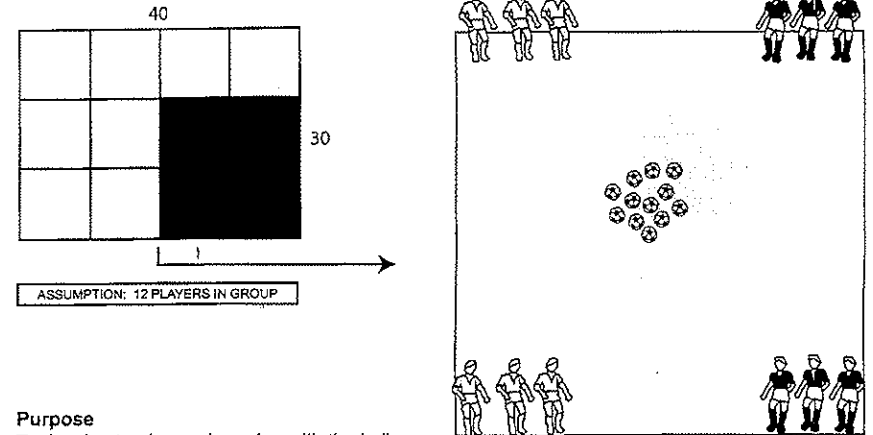
- 1) Demonstrate correct passing and receiving techniques.
- 2) Player receiving ball needs to be moving forward to receive ball and should be receiving with the inside of the foot.

**Progressions**

- 1) Dark player makes the passes with one touch.
- 2) Play with only one ball. The dark player receives the ball, turns and dribbles around the cone. They pass the ball to the other light player, who returns the pass with one touch.

**FUN & GAMES - Ball Feeling & Turning**

**The Bedrock Barbeque**



ASSUMPTION: 12 PLAYERS IN GROUP

**Purpose**  
To develop turning and running with the ball.

**Organization**  
Set out a 20 x 20 yard area. Groups of three. Station one group in each corner of the square. All balls are placed in the middle of the grid.

**Game Objective**  
Each player is numbered 1, 2, 3 in each team. Number 1's run to the middle, turn with the ball and dribble back to the corner. Number 1 tags number 2, who runs to the middle, turns with the ball and dribbles back to the corner. Number 2 relays with number 3. The winning team is the first to have 3 balls in their corner.

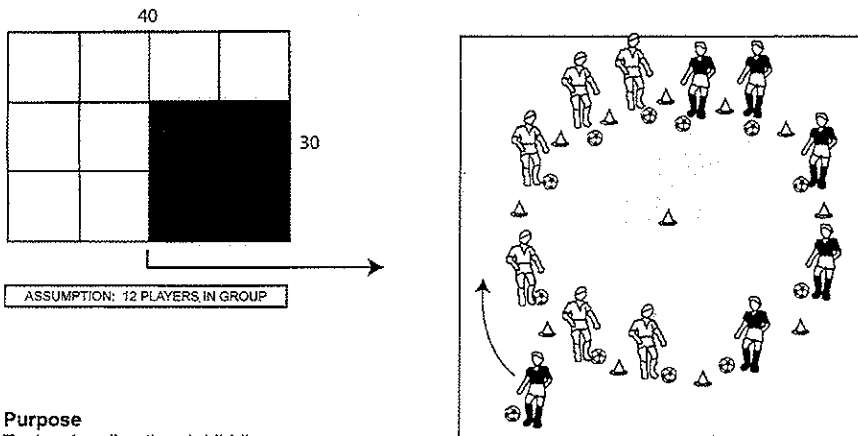
**Story**  
The brontosaurus burgers are cooking nicely until they run out of coals for the fire. Fred, Barney, Wilma and Betty race to the store to buy a new bag of charcoal.

**Key Coaching Points**

1. Keep the ball within 2-3 feet between touches as if the ball were Dino on a leash.
2. Try to stop the ball in the corner using the sole of the foot to trap the ball.

**MORE FUN & GAMES - Dribbling The Ball**

**Sticky Donut**



**Purpose**  
To develop directional dribbling.

**Organization**  
Set out a circle of 11 discs in 20 x 20 yard area. Station a player in each of the gates made by 2 discs. 1 player remains outside the circle to act as the initial beat the clock dribbler.

**Game Objective**  
A dark player dribbles around the outside of the circle. When he tags someone, he shouts out, "Sticky donut!" The two players then dribble around the circle in opposite directions. The first player back to the vacant gate fills the spot. The other player dribbles on and repeats the practice. Start without a ball first so players understand the game.

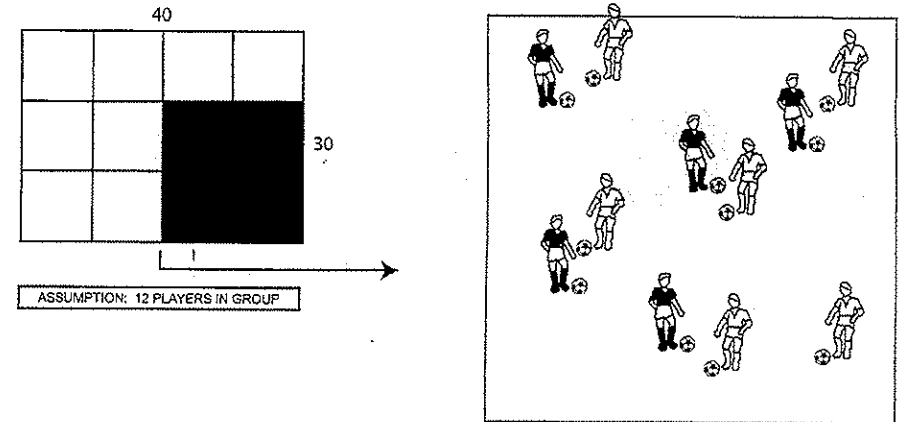
**Story**  
If the coach shouts out, "Grab a donut!," all the players have to dribble their balls and try to get to the middle cone first. The first player to arrive at the cone, picks it up and pretends to eat the gooiest donut of them all—the Boston Creme!

**Key Coaching Points**

1. Keep the ball within 2-3 feet between touches.
2. Look up between touches to get a better sense of direction and to avoid the other runner as he comes around.

**MORE FUN & GAMES - Dribbling**

**Shadow Dribble**



**Purpose**  
Develop dribbling skills and heads-up dribbling.

**Organization**  
In a 20 x 20 yard area, all players are grouped in pairs, one in front of the other. To start, only have the back player with a ball.

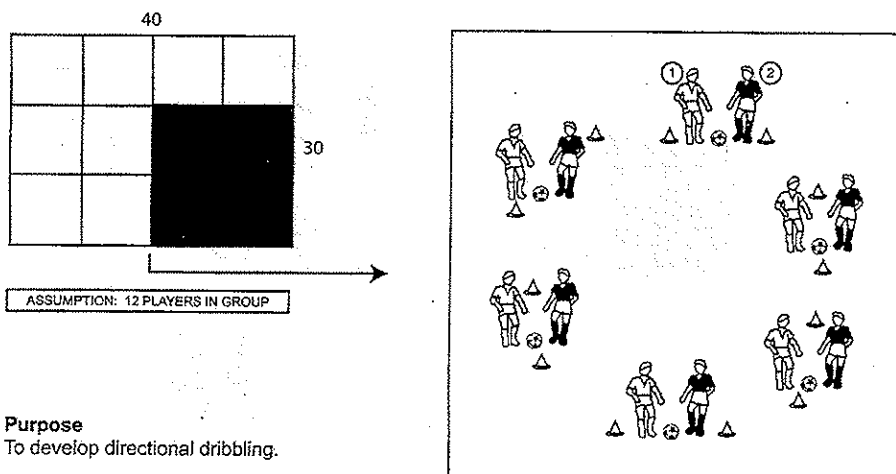
**Game Objective**  
The front player will job around the grid moving in any direction they desire (but keeping a constant jogging speed). The back player stays with the front player, dribbling the ball with them. Do this for a minute and have them switch. Repeat.

**Progressions**

- 1) Have both players with a ball. This time the front player makes soccer moves and dribbles around the grid with the player behind matching the front players moves and path.
- 2) Have the front player not only do soccer moves, but change speeds as well.

**MORE FUN & GAMES - Dribbling The Ball**

**The Lone Ranger**



**Purpose**  
To develop directional dribbling.

**Organization**  
Set out a circle of discs in 20 x 20 yard area. Group in pairs. Station the partners inside a pair of discs. Number the players #1 and #2.

**Game Objective**  
On the coaches command "saddle up," light player #1 stands over the back of dark player, who is on all 4's. On the command "ride," the light jumps off then crawls through dark player's legs and dribbles the ball in a clockwise direction around the outside of the circle. When he gets back to his partner, he goes through his legs and jumps on his back again to finish. Rotate positions.

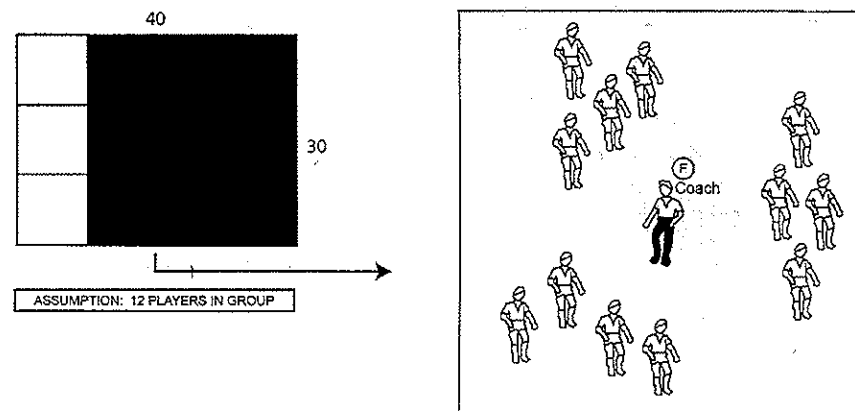
**Story**  
The Lone Ranger and his trusty steed Silver are galloping through the canyon . . . "Hi Ho Silver and away!"

**Progressions**  
1 of the cowboys is now the sheriff and goes in the other direction.

**Key Coaching Points**  
1. Keep the ball within 2-3 feet between touches.  
2. Glance up and around between touches to get your bearings.

**ACTIVATORS - Moving**

**Go Get Your Ball**



**Purpose**  
Develop team play and ball skills. Also just a fun ice breaker.

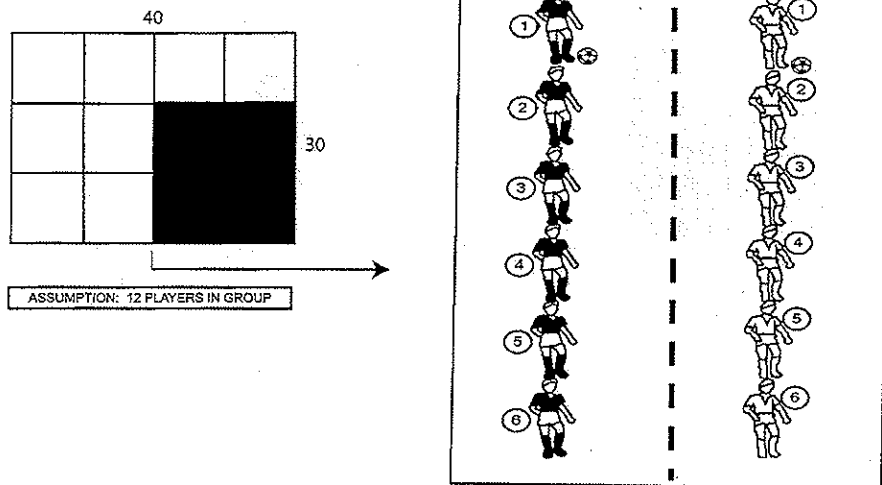
**Organization**  
In a 30 x 30 area (does not need cones to mark out the space), divide the team into groups of four players. If an uneven number have no less than three in the groups.

**Game Objective**  
The coach receives a ball from each group when they hand them the ball. The coach tosses the ball away and the team retrieves the ball, bringing it back to the coach. Each time the game is played the coach puts a different restriction on the game.

- 1) Two player name body parts (say elbow and knee). The coach tells the teams they must bring the ball back with two elbows and two knees touching the ball. Do this a couple of times, the kids love to be creative with the body parts.
- 2) Next, all players must have a turn dribbling the ball when bringing it back to the coach.
- 3) Next, all players can only touch the ball three times when bringing it back.
- 4) Next, all players need to do a different soccer move when bringing the ball back.
- 5) Make up your own...

## SKILLS DEVELOPMENT GAMES

### Keep Your House Clean



#### Purpose

Develops proper passing skills and movement to the ball.

#### Organization

Set out a 20 x 20 yard area, with a line of cones down the middle. Divide the team in half with half on each side of the field. Have about 1/2 the number of balls as total children. Divide the balls equally between the two teams.

#### Game Objective

Each team tries to get all of the balls on the other teams side. When the coach gives the signal, the players with the balls kick the balls to the other side of the field. The first team to get all the balls on the other side of the area wins.

Have the losing team perform some fun activity such as star jumps or donkey kicks.

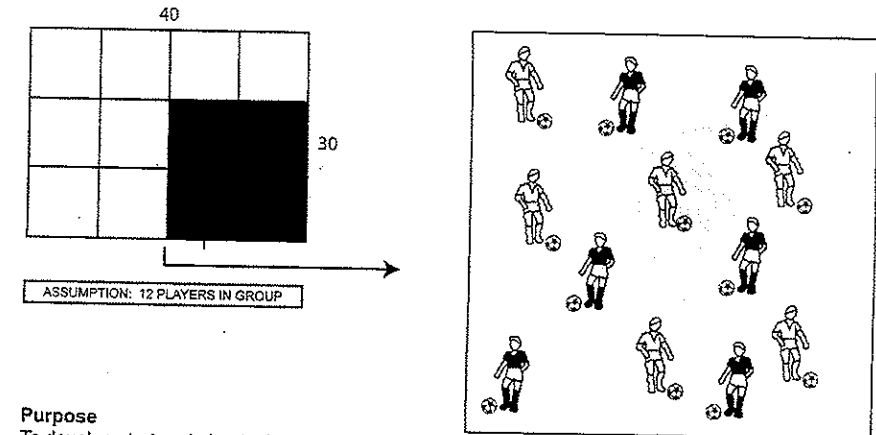
#### Key Coaching Points

Show how to kick with the inside of the foot.  
Have fun.

## SKILLS DEVELOPMENT GAMES

### FUN & GAMES - Dribbling

#### Traffic Control



#### Purpose

To develop start and stop techniques.

#### Organization

Set out a 20 x 20 yard area. All 12 players have a ball and must stay within the confines of the area.

#### Game Objective

All players dribble around the square using the inside, outside and laces of the foot. They must react to the following commands given by the coach. "Green" = Go, "Amber" = Touches on the ball on the spot, "Red" = Stop with the foot on the ball, "Crash" = all fall to the ground, "Stop Sign" = Stop 3 seconds and go, and "Runaway Truck" = Coach runs in and kicks the balls out of the square.

#### Progressions

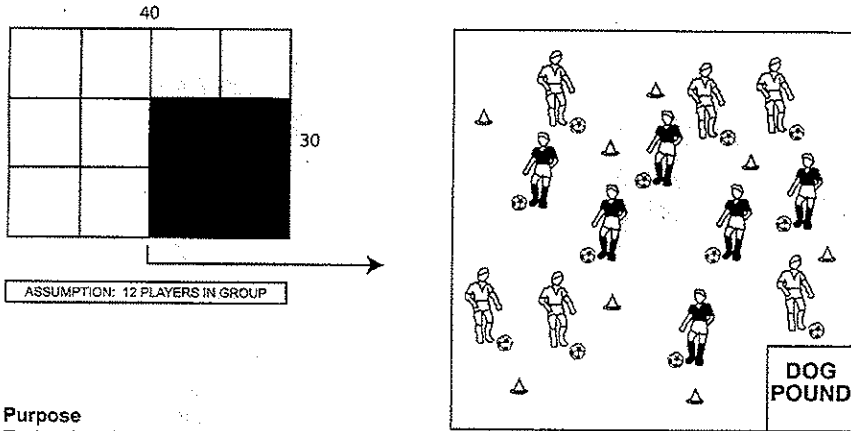
It is busy rush hour commuter traffic. To avoid accidents, everyone has to obey the laws of the road.

#### Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. Look to move into space.
3. Use the sole of the foot to stop the ball.

**MORE FUN & GAMES - Dribbling**

**The Dog Pound**



**Purpose**  
To develop close control and fast footwork.

**Organization**  
Set out a 20 x 20 yard area. Set out 8 random cones inside the area and a 5 yard square in the corner as shown in the diagram. All 12 players have a ball and must stay within the confines of the area.

**Game Objective**  
The players must dribble around the area. When the coach shouts out "Dog catcher!" the players have to stop their ball at one of the cones inside the area. The four players that remain must dribble their ball into the dog pound to do a fun penalty that the coach has called for; e.g., Australian push-ups.

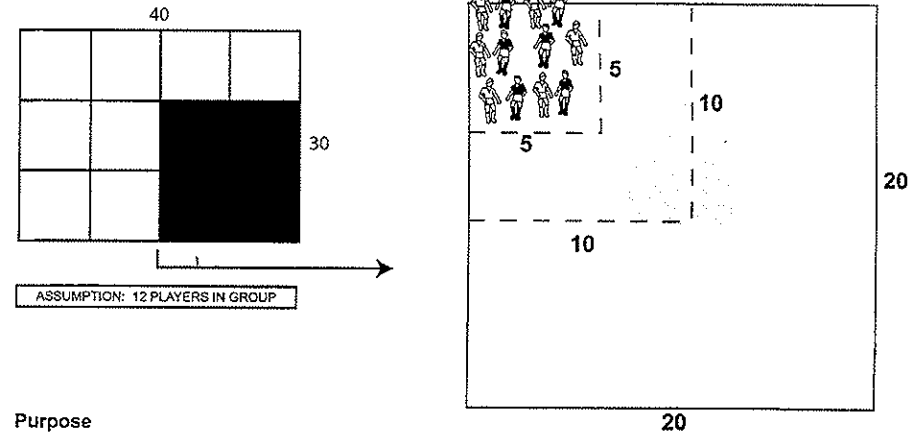
**Story**  
A stray dog is walking around the park. The only way he can escape the dog catcher is to hide behind the trees (cones).

- Key Coaching Points**
1. Push the ball 2-3 feet in front at all times as if it were a puppy on a leash.
  2. Keep your head up between touches.

**Coaching Note:** Move the Dog Pound outside the grid and have the players perform some type of soccer move when in the Dog Pound.

**ACTIVATORS - Moving**

**Hee-Bee Gee-Bees**



**Purpose**  
Spatial awareness—to encourage kids to move about freely.

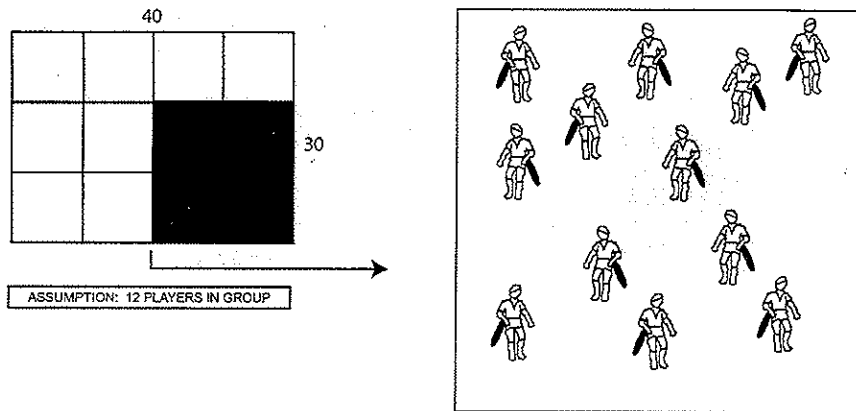
**Organization**  
Set out a 20 x 20 yard area with one 5 x 5 and one 10 x 10 yard area contained within. Station all players within the 5 x 5 yard area as shown in the diagram.

**Game Objective**  
Players should attempt to move around the 5 x 5 yard area without a ball without bumping into or touching any other player. Progress to a 10 x 10 yard area. Players are required to perform various tasks such as jumping, skipping, leaping and bounding while attempting to avoid any contact with other players in the area. Finally, progress to the 20 x 20 yard area, introducing a soccer ball.

**Story**  
All great soccer players have a sense of how to create space on the field of play and how to take advantage of the spaces created by others.

- Key Coaching Points**
- Encourage players to look up and avoid others again.

**ACTIVATORS - Moving**  
**Donkey Tails**



**Purpose**  
Develop ball handling and shielding skills.

**Organization**  
Every player is in a 20 x 20 yard area with a piney or t-shirt hanging from the back of their pants.

**Game Objective**  
Pull the tails out of their teammates while protecting their own tail. When a player losses their tail, they have to stop to pick their tail back up and put it in their pants again.

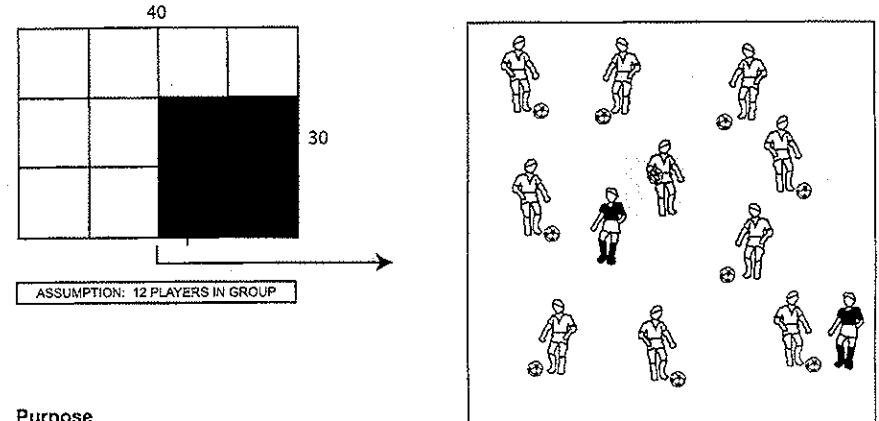
**Progression**

- 1) Have the players do the same game with each having a ball.
- 2) If the players leave their ball to avoid losing their tail, they have to do five star jumps or some other fun penalty.

**Key Coaching Points**

- 1) Get into a defensive position (knees bent, arms out) and keep your head up to see your opponents.
- 2) Keep the ball close to

**FUN & GAMES - Dribbling**  
**The Big Bad Wolf & The Little Piggies**



**Purpose**  
To develop close control, shielding & turning in a confined area.

**Organization**  
Set out a 20 x 20 yard area. 10 light player "piggies" have a ball and 2 dark player "big bad wolves" players do not have a ball.

**Game Objective**  
The light players must dribble around the area. The dark players must attempt to kick the balls out of the area. Once a light player has lost his ball or has dribbled outside the area, he must bring it back into the area and stand with the ball above his head with his legs apart in a stationary position. Light players are released only when a light teammate dribbles his ball through their legs. Once released, players return to the game.

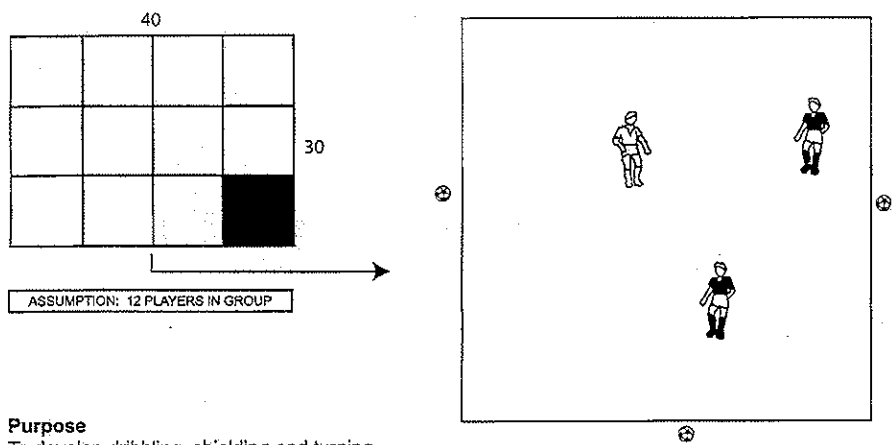
**Story**  
The "big bad wolf" will huff and puff and he'll blow your house down.

**Key Coaching Points**

1. Use your speed and change of direction to evade the "big bad wolf."
2. Use your body to shield the ball from the "big bad wolf."

**MORE FUN & GAMES - Dribbling**

**Dog Catcher**



**Purpose**  
To develop dribbling, shielding and turning.

**Organization**  
Set out a 10 x 10 yard area. Groups of 3. Two catchers (dark players) and one runner (light player) are stationed inside the grid. Repeat in three other areas for a total of 12 players.

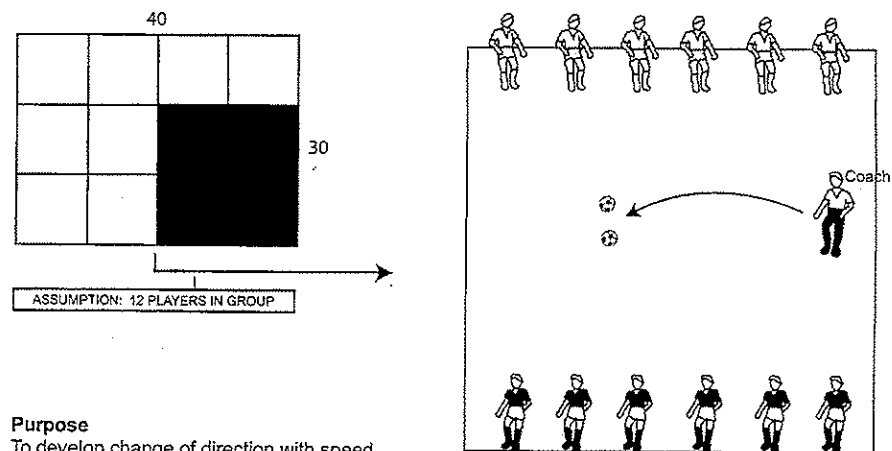
**Game Objective**  
Players begin the game without a ball. The runner (light player) must avoid being caught by dodging the catchers (dark players) while staying inside the area. A player is caught when tagged by a catcher. The catcher then changes places with the runner. Once players are familiar with this objective, a ball may now be introduced. The light player must dribble his ball to escape the two defenders. The dark players must try to pass their ball against that of the light player. When the player's ball is hit, the players rotate positions.

**Story**  
The dog has run off with a bone. Your job is to catch him and bring him back.

- Key Coaching Points**
1. Try to glance up and around between touches.
  2. Try to get close to the Light player before attempting a pass.

**MORE FUN & GAMES - Running & Turning**

**Catch The Pigeon**



**Purpose**  
To develop change of direction with speed.

**Organization**  
Set out a 20 x 20 yard area. Divide the players into two teams of six. Number each player from 1 to 6. Position teams on opposite end lines.

**Game Objective**  
The coach rolls two balls into the middle of the area and calls out a number corresponding to one player on each team. The respective players run out and bring their ball back to their own team's end line. The game is not over until the ball is stopped on the line.

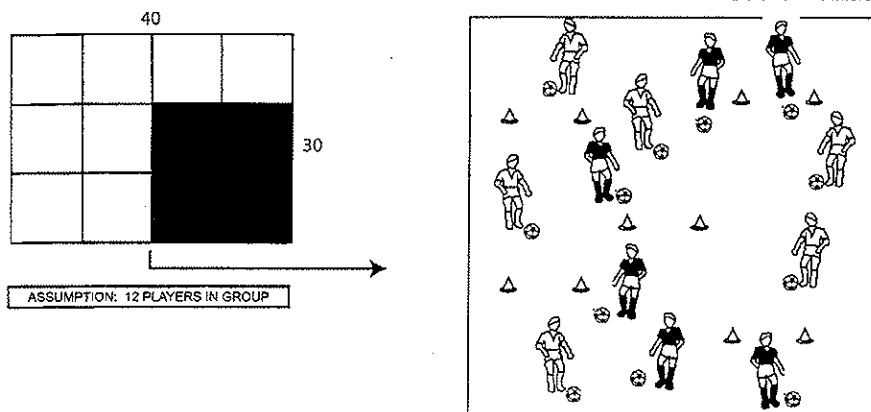
**Story**  
Dick Dasterdly and Mutley are flying the Red Baron to catch up with the Pigeon messenger.

**Progressions**  
Coach now throws out only 1 ball.

- Key Coaching Points**
1. Speed to the ball.
  2. A good turn on the ball if you are first to the ball.
  3. Good pace over the ground when running with the ball.

**URNS & BURNS - Dribbling**

Gates Variations



**Purpose**  
Teach ball control and footwork skills.

**Organization**  
In a 20 x 20 yard area, all players have a ball. Place a series of random gates (two cones about 2 yards apart) within the area. Vary the direction they face and distance between them. Increase or decrease the number of gates used for the number of players in the grid. Two or three gates less than the number of players is a good starting point.

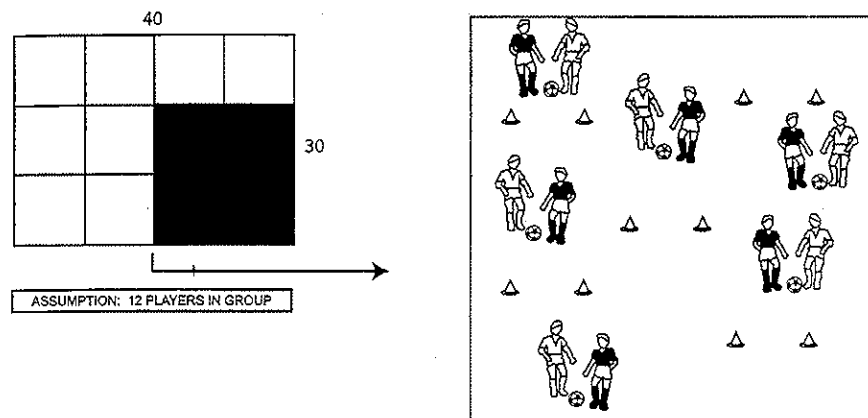
**Game Objective**  
The players will dribble in the space as fast as they can and dribble through all of the gates.

- Progression**
- 1) Go through each set of gates.
  - 2) Go through each gate and immediately come back through the same gate before going to the next gate.
  - 3) Go through the gate and do a specific soccer move before going to the next gate.

- Key Coaching Points**
- 1) Footwork technical skills. Correct the technical aspect of the skill.
  - 2) Turning with the ball.

**URNS & BURNS - Dribbling**

Gatekeeper 2



**Purpose**  
To develop dribbling, passing accuracy and weight.

**Organization**  
Set out a 20 x 20 yard area. Set out gates randomly by spacing two discs two yards apart. Group in pairs, take turns to pass, 1 ball between 2 players.

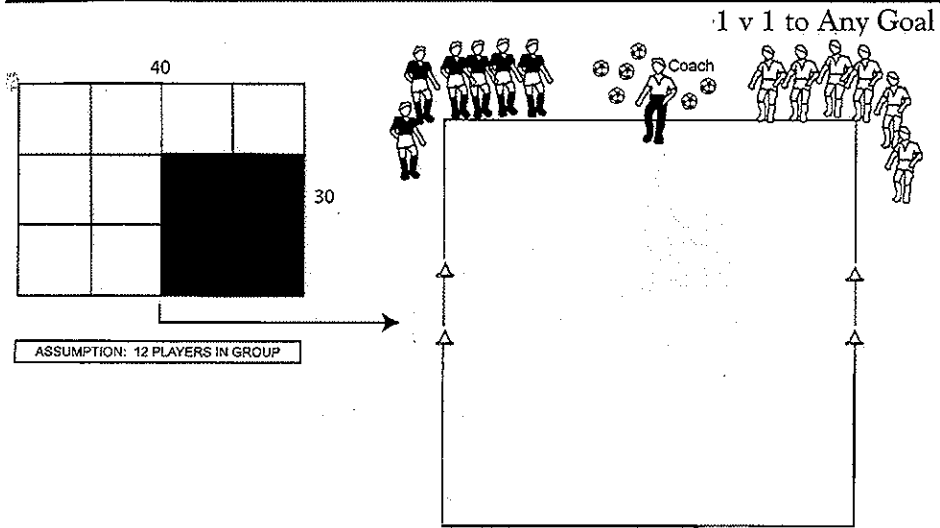
**Game Objective**  
The object of the game is to dribble to each of the gates in the area. Once a pair reaches a gate, they must play the ball between the cones 3 times back and forth before moving onto the next gate. If another ball is struck, or a disc is displaced as the pair dribble around the area and pass through the gates, count 1 penalty point. Score 3 points for each gate successfully completed.

- Progressions**
1. Must do a fake before going to the next goal.
  2. Do a takeover (where players exchange ball) before moving on.
  3. Put a pair of defenders in to attempt to steal balls.

- Key Coaching Points**
1. Player with the ball should move to another goal quickly.
  2. Turn and move to open goals.
  3. Look up as you move to another goal.

**Coaching Note:** Do not be concerned about keeping the points. The skills to be developed in this game need to focus on the passing.

**FUN & GAMES - Dribbling**



**Purpose**

Improve dribbling and footwork skills.

**Organization**

Set up a 20 x 20 yard area. Have the team divided into two groups on either side of the coach off the side of the field. Have goals at the ends of the field. The coach has all the balls.

**Game Objective**

The coach puts a ball in play by kicking the ball out into the field. The first player in each line goes out to win the ball and try to score in either goal. As soon as the ball leaves the field or a goal is scored, the coach gets the next ball out. Keep the game moving quickly.

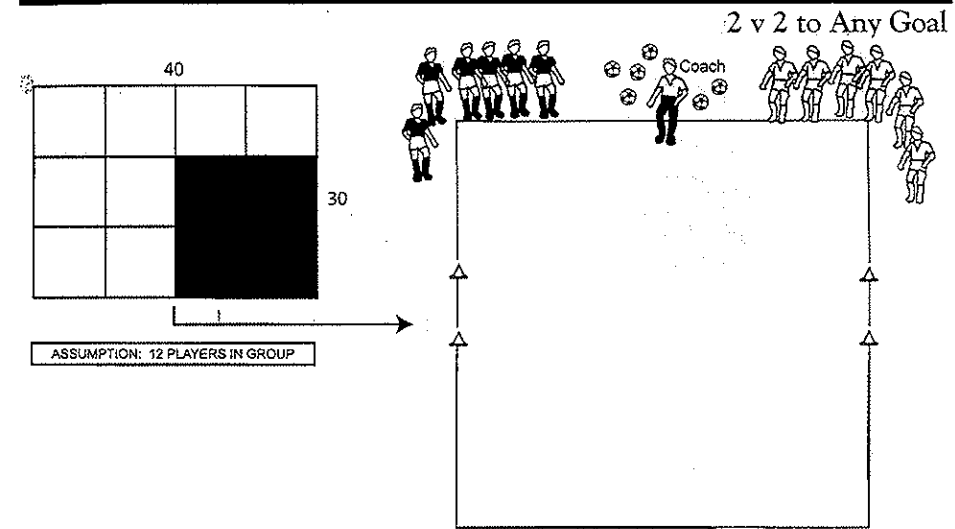
**Progression**

- 1) Require the player make a soccer move before they can score.
- 2) Require the player makes two soccer moves before they can score.

**Key Coaching Points**

- 1) Keep head up and move to the open goal.
- 2) Review technical aspects for the various soccer moves.

**FUN & GAMES - Dribbling**



**Purpose**

Improve dribbling and footwork skills.

**Organization**

Set up a 20 x 20 yard area. Have the team divided into two groups on either side of the coach off the side of the field. Have goals at the ends of the field. The coach has all the balls.

**Game Objective**

The coach puts a ball in play by kicking the ball out into the field. The first two players in each line go out to win the ball and try to score in either goal. Both players must touch the ball before a goal can be scored. As soon as the ball leaves the field or a goal is scored, the coach gets the next ball out. Keep the game moving quickly.

**Progression**

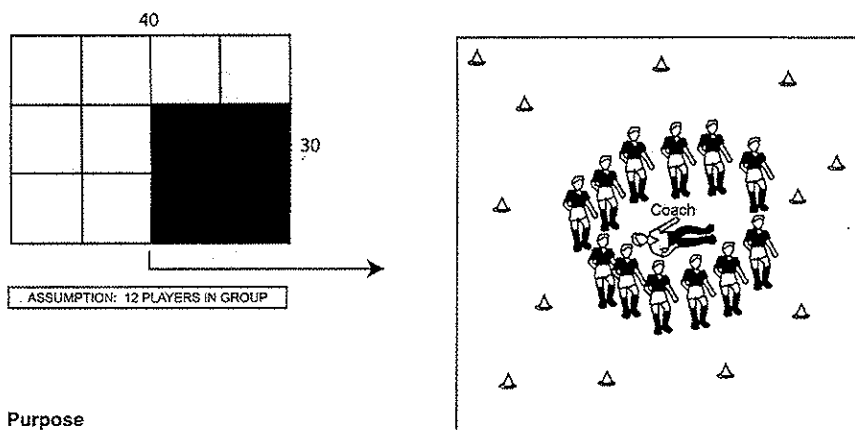
- 1) Require both players make a soccer move before they can score.
- 2) Limit each player to four touches. Then they either have to score or pass the ball to the teammate.

**Key Coaching Points**

- 1) Keep head up and move to the open goal.
- 2) Review technical aspects for the various soccer moves.

**FUN & GAMES - Running With The Ball**

**Wake Up The Giant**



**Purpose**  
Warm up, agility and movement.

**Organization**  
Set out a 20 x 20 yard area. The coach lies down, face up, in the center of the area. All 12 players form a circle around the coach by holding hands or linking arms. Station cones randomly inside the area. No balls are needed at the start of the game.

**Game Objective**  
The coach is a sleeping giant. When coach yells out (e.g., "Rise and Shine!"), the players must break the circle and run back to their safe house (cone). Only one player allowed per cone. If the coach tags the player, he becomes a "sleeping giant" also.

**Story**  
The munchkins are walking through the forest, trying not to awaken the sleeping giant.

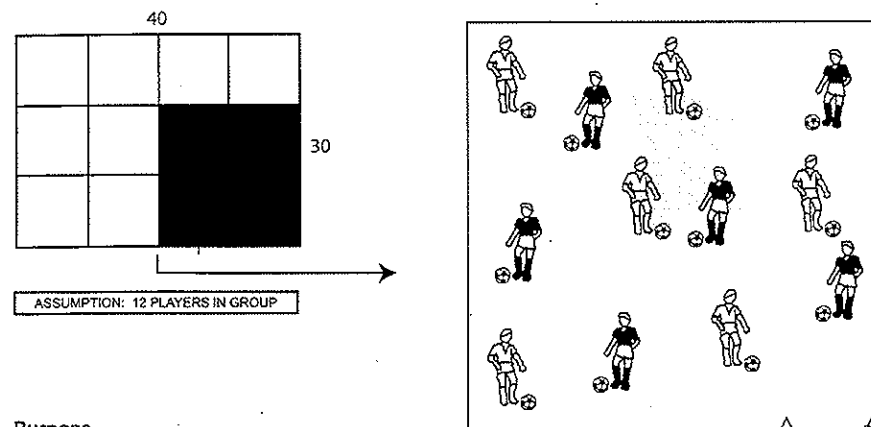
**Progression**  
Introduce a ball.

**Key Coaching Points**

1. Change direction and speed quickly.
2. Get to a cone as quickly as possible.
3. Look up and around to avoid bumping into other players.

**FUN & GAMES - Dribbling**

**Gladiators**



**Purpose**  
To develop close control and tackling.

**Organization**  
Set out a 20 x 20 yard area. 1 ball per player. All players must stay within the confines of the area.

**Game Objective**  
Each player has to attempt to knock out another player's ball while keeping control of their own ball. Any ball that is a.) dribbled outside or b.) kicked outside of the square, is considered out. These players must then go to the hospital and do a big toe turn ("chop" turn, using inside of foot). Players return to the area upon completion of the turn.

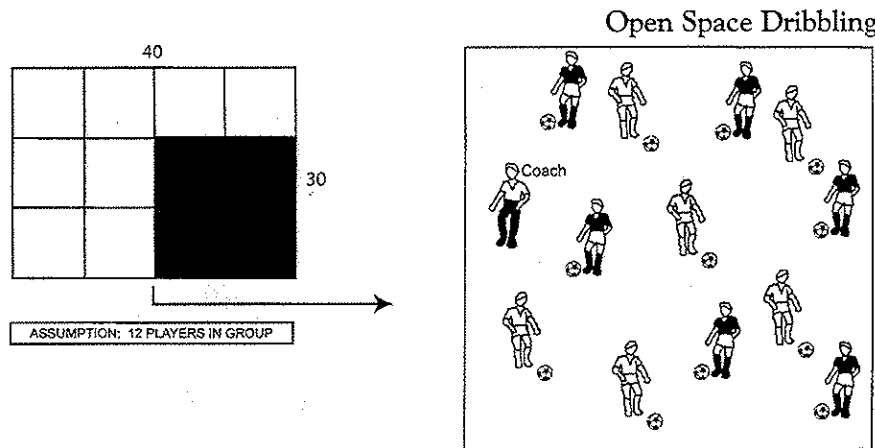
**Story**  
Who will win this battle of the muscle masters -- only the strong will survive.

**Key Coaching Points**

1. Use your body to shield the ball from an opponent.
2. Encourage turns to get out of danger.

**Hospital**  
▲ ▲

**ACTIVATORS - Dribbling**



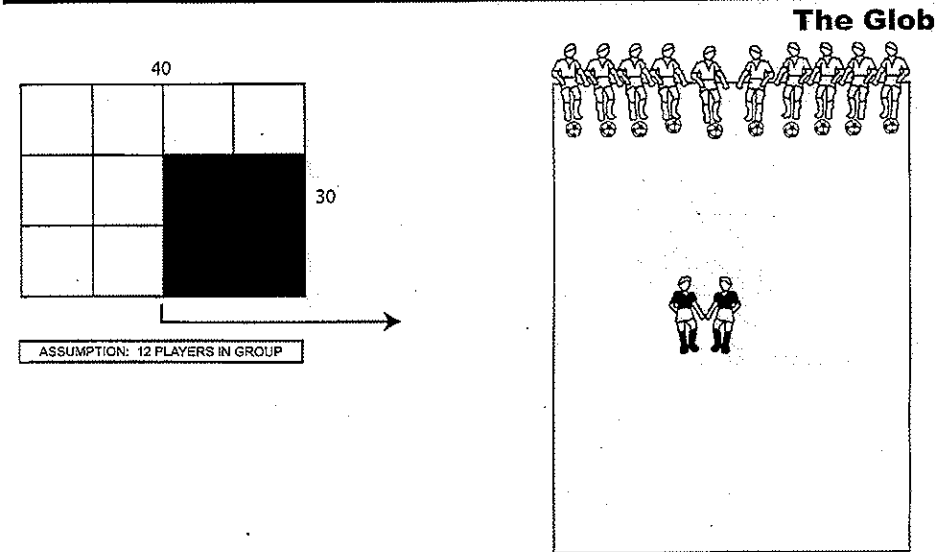
**Purpose**  
Teach various soccer moves.

**Organization**  
In a 20 x 20 yard area, have each player with a ball.

**Game Objective**  
In a given period of time, usually 30 seconds, have the players try to perform as many of a given soccer move as they can (Whoops, Sponge Bob, Inside Cut, etc.). Ask them individually how many they did (many will lie, but have fun with it). If necessary demonstrate the move again. Then have the go for another 30 seconds to see if they beat their first time. Go back around asking how many they did.

**Key Coaching Points**  
Correct the technical skill of the move.  
Keep the ball close to be able to do more of the moves in the time allotted.

**FUN & GAMES - Dribbling**



**Purpose**  
Teach ball handling and dribbling skills.

**Organization**  
On a 20 x 20 yard field, have two players holding hands in the center. All other players with a ball on an end line.

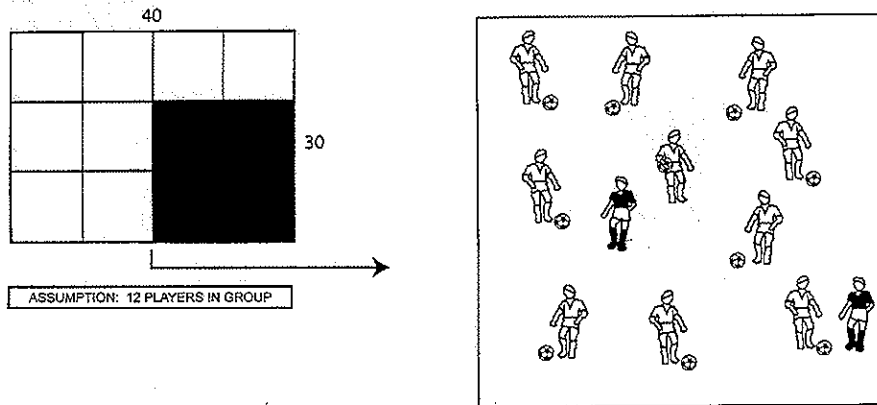
**Game Objective**  
The players with the ball try to dribble the ball across the grid avoiding the two players in the center (**THE GLOB**). The GLOB players run while holding hands to tag the other players. Any player tagged kicks their ball out of the grid and joins **THE GLOB** holding hands. This continues until all players are caught.

**Story**  
The GLOB tries to eat all players who come near it. Players need to avoid being eaten.

**Key Coaching Points**  
1) Moving with the ball.  
2) Keeping the ball close.

**MORE FUN & GAMES - Running With The Ball**

**Shark Attack**



**Purpose**  
To develop keeping close control when running with the ball.

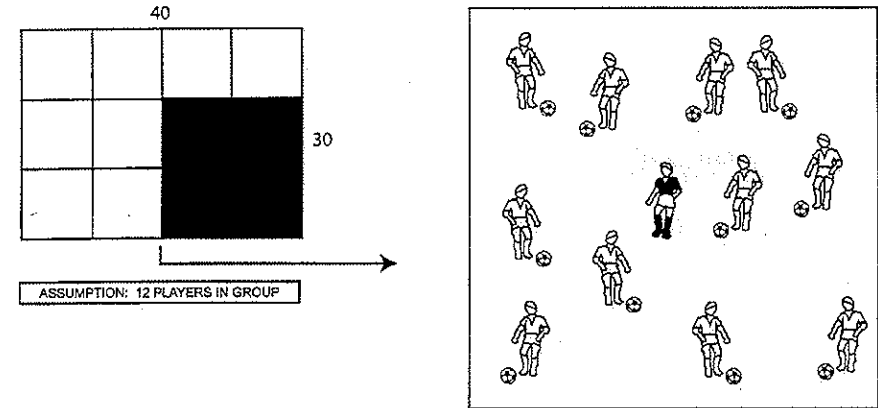
**Organization**  
Set up a 20 x 20 area. With 12 children, have 10 inside the area with a ball and two outside the area (they are the sharks). Only have one child outside the area if you have seven players or less.

**Game Objective**  
Have the players inside the area start dribbling their ball. After a few seconds, the coach will yell "Here comes the shark" and the two players outside will run into the area and try to kick the other players balls outside the area. When a player losses their ball outside the area, they will retrieve their ball and perform 5 of a specific soccer move (Sponge Bob, Whoops, Inside Cut, etc.) then they can return to the game. After about 45 seconds to 1 minute, stop the game and change the two sharks. Continue until everyone has a chance to be a shark.

**Key Coaching Points**  
Ball control. Keeping ball close.  
Sharks to be aggressive to the ball.

**MORE FUN & GAMES - Dribbling**

**101 Dalmations**



**Purpose**  
To develop turning and running with the ball.

**Organization**  
Set out a 20 x 20 yard area. 1 ball per player except for the lone (dark player) catcher. All players must stay within the confines of the area.

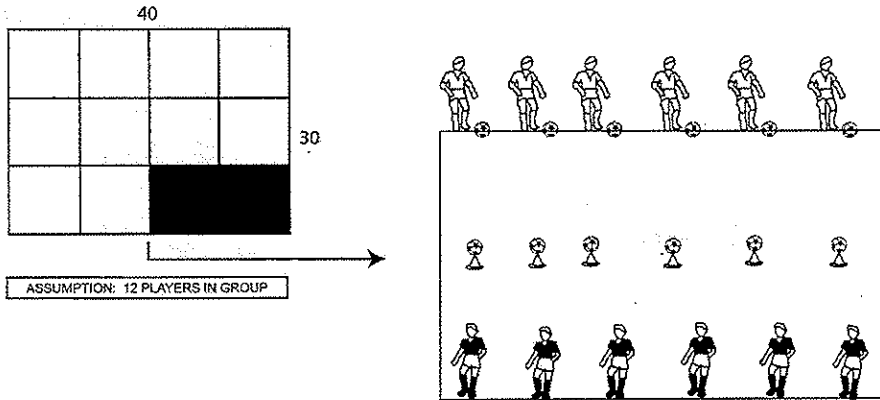
**Game Objective**  
The Light players are chased by the dark catcher. Any light player, who either a.) dribbles outside the box or b.) has their ball kicked outside the box by the catcher, becomes a dark catcher. Play until only one light player remains.

**Progressions**  
The evil temptress Cruella de Ville is scouring the streets in search of dalmation puppies.

**Key Coaching Points**  
1. Keep the ball on a leash 2-3 feet long.  
2. Try to look up and around between touches.  
3. Use your body to shield the ball from the defenders.  
4. Turn away from danger.

**MORE FUN & GAMES - Passing**

**Topple Me Coconuts**



**Purpose**  
To develop passing accuracy and receiving.

**Organization**  
Set out a 20 x 10 yard area. Pair up the players on opposite sides of the grid. Place six discs across the middle of the area. Place a soccer ball on each disc, or use cones to make more balls available. 1 ball per pair.

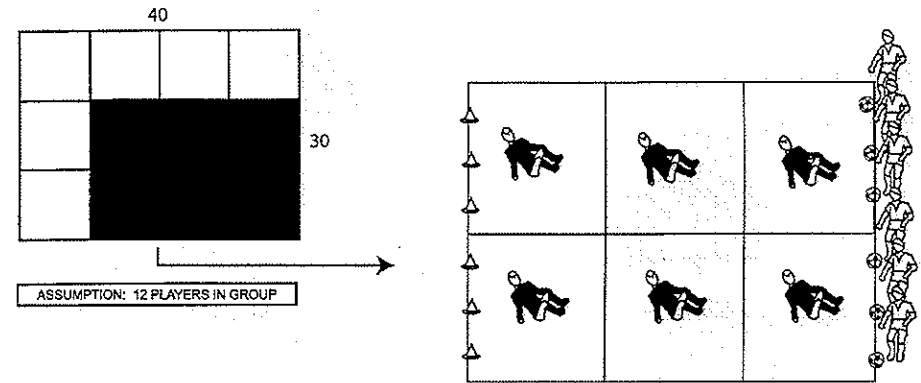
**Game Objective**  
The 6 light players play the ball across the area at the same time, attempting to knock a ball off a disc in the center of the area. The player on the opposite side should shuffle across when necessary to receive the ball. Repeat in the opposite direction.

**Story**  
How many coconuts can you knock off the stand at the summer fair?

- Key Coaching Points**
1. Take a 2 - 3 pace run up at the ball.
  2. Place the non-kicking foot 8-10 inches to the side of the ball.
  3. Strike the ball with the inside of the foot.

**MORE FUN & GAMES - Dribbling**

**Captain Hook**



**Purpose**  
Beating the opponent under passive pressure.

**Organization**  
Set out a 30 x 20 yard area in 10 yard grids. Station 1 player in each grid in the crab position. (belly up - on hands and feet). 6 players start on one end line with a ball. Station discs at the opposite end line.

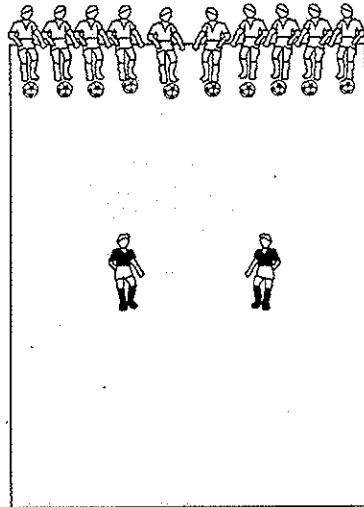
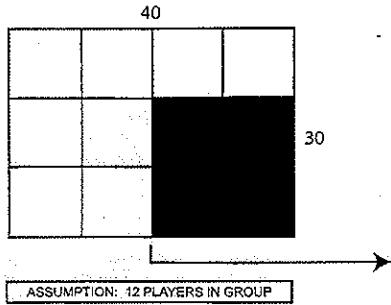
**Game Objective**  
The light players must dribble across the area without being tackled by the dark crab players. At the opposite end line they pick up the disc and wear it as an earring or a hat as they dribble back to the starting line.

**Story**  
Peter Pan's brother "Frying Pan" and Tinkerbell fly across Never Never Land avoiding the evil Hook on their journey.

- Key Coaching Points**
1. Push the ball 2-3 feet in front of you between touches.
  2. When approaching a defender, push the ball into an open space to his side and accelerate into the space.

**FUN & GAMES - Dribbling**

**Hungry Hippos**



**Purpose**  
To develop rounding an opponent under pressure.

**Organization**  
Set out a 20 x 30 yard area. 10 players start on one end line, each with a ball. 2 defenders are stationed in the middle without soccer balls.

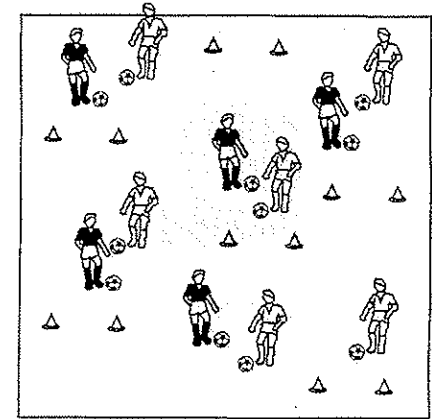
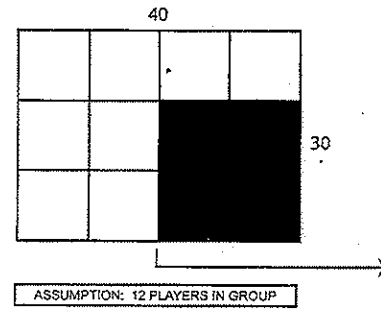
**Game Objective**  
The 2 dark players start as hippos. All light players must dribble past the (dark) defenders to the safety of the end line. If the dark player manages to kick the light player's ball out of the area, then that player also becomes a hippo. Continue until 1 light player remains.

**Story**  
Just as in the game of "Hungry Hippo," the hippo will snap up your marble if you are not careful.

- Key Coaching Points**
1. Accelerate into the spaces to the sides of the defenders.
  2. Try to stop the ball with the sole of the foot on the far endline.
  3. Pretend to go one way, then go the other way before the hippo catches you!

**MORE FUN & GAMES - Dribbling**

**Dungeons & Dragons**



**Purpose**  
To develop change of direction under pressure.

**Organization**  
Set out a 20 x 20 yard area. Set out as many gates as possible within the area (two discs, 2 yards apart). Each player has a ball. Group in pairs.

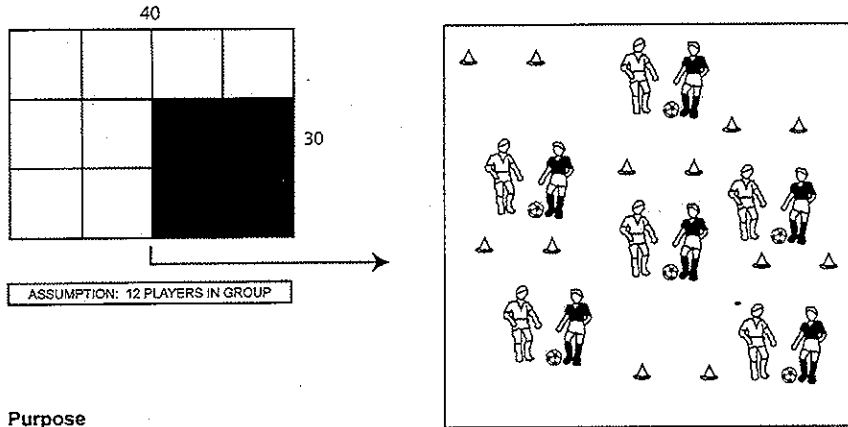
**Game Objective**  
The light player must dribble through as many gates as possible in a specified time limit. The dark player must try to shadow his partner and each time he is able to kick his ball and it hits the ball of his partner, the light player loses a point. One point per gate.

**Story**  
The knights (light players) are being chased through the dungeons by fire breathing dragons (dark players).

- Key Coaching Points**
1. Use the inside of the foot to hook the ball to the side when crossing through a gate.
  2. Try to cover the ground between the gates as quickly as possible.

**FUN & GAMES - Dribbling**

Ren & Stimpy



**Purpose**  
To develop dribbling and passing.

**Organization**  
Set out a 20 x 20 yard area. Set out gates randomly by spacing two discs two yards apart. Group in pairs. 1 ball between 2 players.

**Game Objective**  
The object of the game is for pairs to dribble the ball to a gate, then pass the ball through the gate 3 times to score a goal. Players move throughout the area until they have completed all gates. If another pair is at a gate, players should move to a gate which is vacant.

**Story**  
Ren & Stimpy are running from house to house selling rubber nipples.

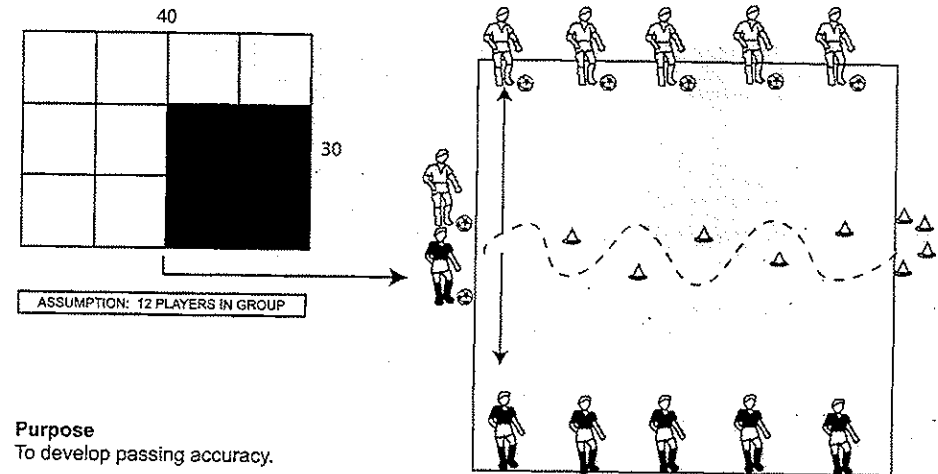
**Progressions**  
Have 1 pair as defenders in the area without a ball. These players must try to steal the ball from players in possession.

**Key Coaching Points**

1. Dribble quickly between the gates.
2. Keep your head up to see free gates.
3. When passing, strike through the middle of the ball in the direction of the target.

**FUN & GAMES - Passing**

Super Mario Brother:



**Purpose**  
To develop passing accuracy.

**Organization**  
Set out a 20 x 20 yard area. Group players in pairs. Position them across from one another on opposite sides of the area. Station 2 other players on the mid-point of one end line. Place a staggered row of discs across the area and 4 discs at the far end line.

**Game Objective**  
The two mid-point players take turns to dribble in and out of the discs in order to collect the discs on the far side of the grid. Players on the outside of the area must attempt to pass their ball to hit the dribbler on or below the knee as they cross. Count the number of strikes until all 4 cones have been retrieved.

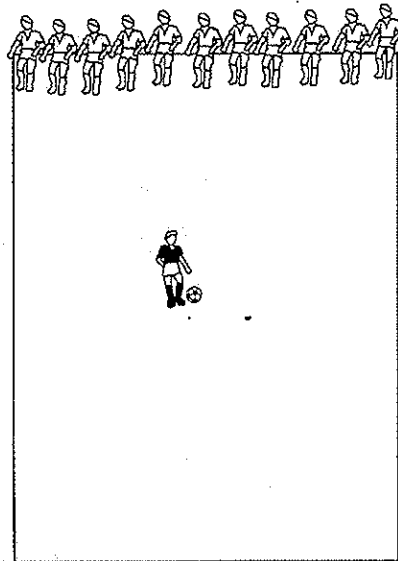
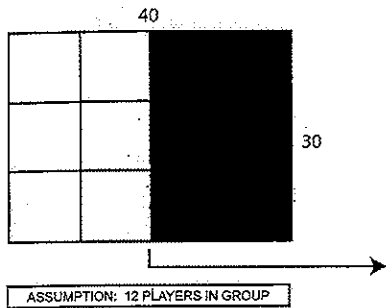
**Story**  
Super Mario has to make his way across the street to the hardware store.

**Key Coaching Points**

1. Use the inside of the foot when passing.
2. Move into line early when receiving the ball.
3. Take at least 2 steps back before striking the ball.

**MORE FUN & GAMES - Passing**

**Spider Man**



**Purpose**  
To develop fast footwork and close control.

**Organization**  
Set out a 20 x 30 yard area. 1 defender starts in the area with a ball. The remaining players start on one end line without balls.

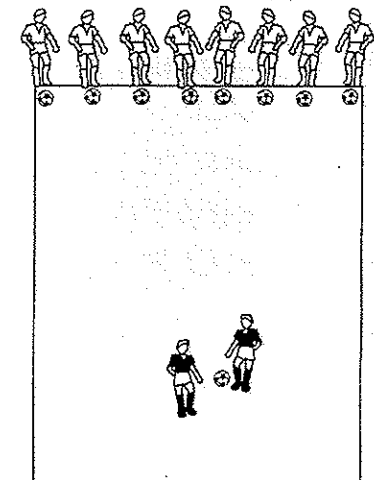
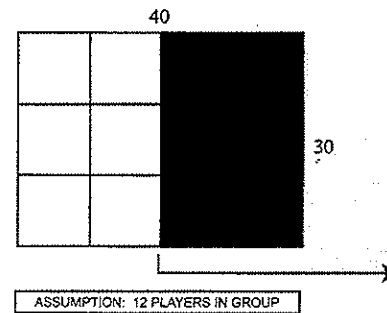
**Game Objective**  
The dark player must strike his ball to hit the light player on or below the knee as they run across the area. When a light player is hit, he too becomes a dark player.

**Story**  
Spiderman (dark player) stands alone in the metropolis. As the villains wreak havoc in streets, Spiderman snares them with his sticky web.

- Key Coaching Points**
1. Strike through the midline of the ball.
  2. Follow through at the target.
  3. Aim your pass in front of the runner.

**MORE FUN & GAMES - Passing**

**Batman & Robin**



**Purpose**  
To develop dribbling techniques leading to a short range, accurate pass.

**Organization**  
Set out a 20 x 30 yard area. 2 dark players are stationed in the center of the area, one ball between the two. The remaining light players start on one end line. 1 ball per player.

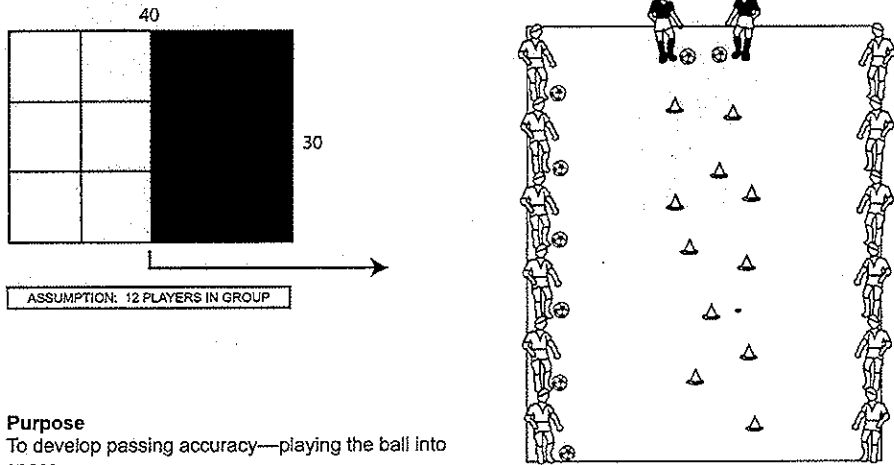
**Game Objective**  
The light players must dribble their ball to the opposite endline without a dark player striking his ball to hit the light player's ball. When they are hit, they become a dark player. Where possible try to keep the dark players in pairs with one ball between them.

**Story**  
The caped crusader and the boy wonder must save the people of Gotham City from the desperate clutches of the Joker, Penguin, Riddler, Cat Woman and Mr. Freeze (aka Ahhhhh-oid). When the bat phone rings, the dynamic duo spring into action.

**Key Coaching Points**  
The dark players must work in tandem, passing the ball back and forth and dribbling to get a closer passing opportunity.

**FUN & GAMES - Passing**

**Samurai Jack**



**Purpose**  
To develop passing accuracy—playing the ball into space.

**Organization**  
Set out a 20 x 30 yard area. Group in pairs. Position 5 players on each sideline, opposite partners. Station 2 players with a ball on the other 2 end lines. Station discs randomly across the middle of the area.

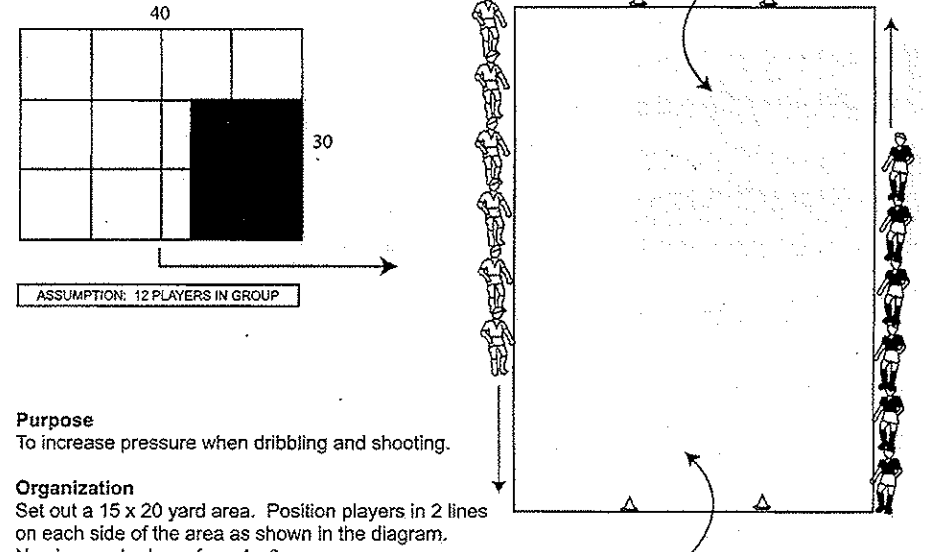
**Game Objective**  
The dark players must dribble across the area without being hit on or below the knee by soccer balls which are being passed back and forth by the light players. Dark players must attempt to pick up cones (Samurai swords) as they dribble across the area. Count the number of strikes in a one minute period. Rotate positions.

**Story**  
In the distant past, an evil shape-shifter, named Aku, has brought destruction upon the land. As the citizens' last hope, a youngster is sent away to train as a Samurai warrior. But, when he returns as an adult to confront Aku, the warrior finds himself flung into the future through a time portal, landing in an unknown time and place. There, the locals dub him "Jack" and help him in his quest to return to the past and undo the evil brought by Aku.

**Key Coaching Points**  
1. Use the inside of the foot when passing the ball for accuracy.  
2. Strike through the mid-line of the ball thereby keeping the ball on the ground.

**FUN & GAMES - Shooting**

**Bedknobs & Broomsticks**



**Purpose**  
To increase pressure when dribbling and shooting.

**Organization**  
Set out a 15 x 20 yard area. Position players in 2 lines on each side of the area as shown in the diagram. Number each player from 1 - 6.

**Game Objective**  
The coach calls out a number between 1 and 6. The numbered player from each team must run around the outside of the field and through the goal at the top or bottom of the diagram onto the field of play. The coach serves a ball into the middle of the area. Players must compete to win the ball and attempt to dribble or shoot the ball through the goal at the opposite end of the area from which they entered.

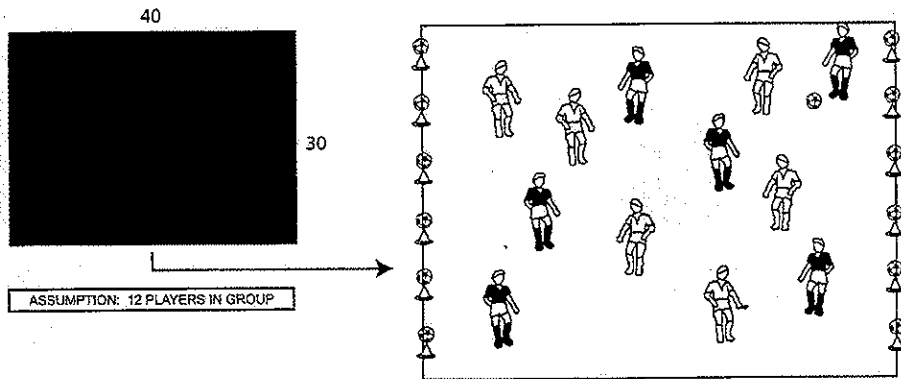
**Story**  
This game is a throw back to the Disney classic, Bedknobs & Broomsticks. All the animals from the jungle are assembled for the Animal Cup Final.

**Progressions**  
1. Call 2 numbers—players must pass before they can score.

**Key Coaching Points**  
1. Serve the ball to 1 player.  
2. Tell attacker to stop the ball, then fake like he is trying to dodge the other player. The attacker is a cheetah ready to change direction.

**MINI MUNCHKIN MATCH - Passing**

Crazy 6's



**Purpose**  
To develop shooting accuracy in a small sided game.

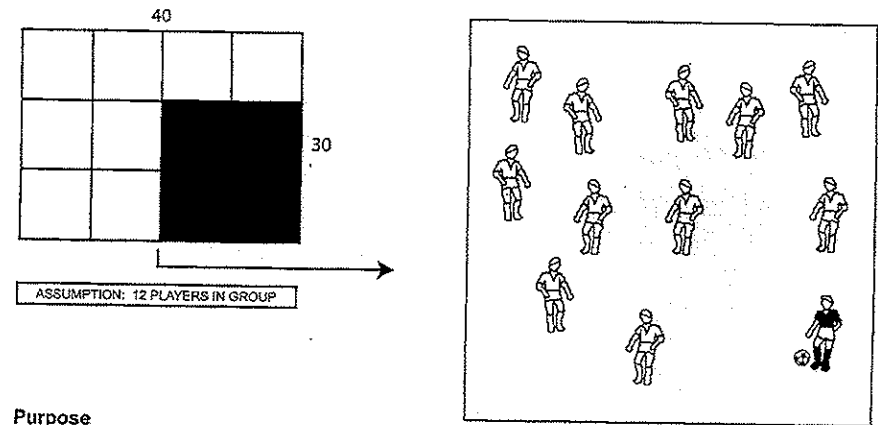
**Organization**  
Set out a 40 x 30 yard area. Play 6 v 6. Place 5 discs with soccer balls on them on each end line.

**Game Objective**  
Play 6 v 6 in the area. When the ball rolls out of bounds, it should be rolled in underhand by a player. The object is to score by knocking one of the balls off a disc on your team's attacking end line.

- Key Coaching Points**
1. Encourage the players to strike the ball at the target whenever possible.
  2. Encourage the players to spread out.
  3. Use the inside of the foot for accuracy.

**MORE FUN & GAMES - Passing**

Top Gun



**Purpose**  
To develop passing accuracy over a short distance.

**Organization**  
Set out a 20 x 20 yard area. One defender starts in the area with a ball. The remaining players are randomly spaced in the area without balls.

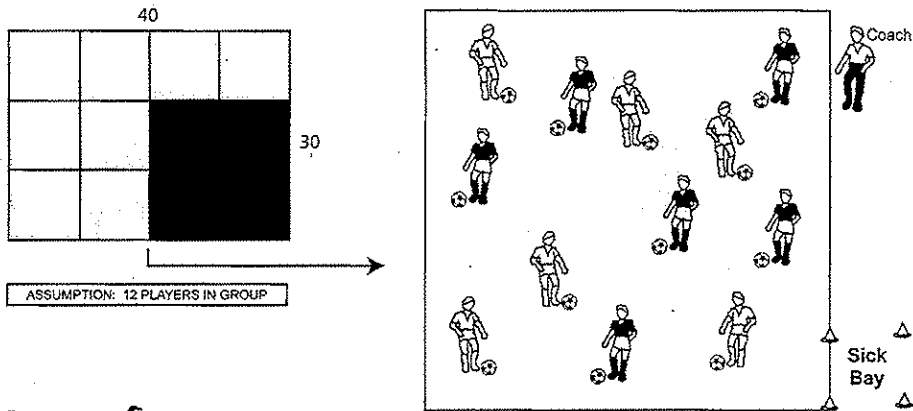
**Game Objective**  
The dark player must strike his ball to hit the light player on or below the knee. When a light player is hit, he too becomes a dark player. Encourage the dark player to dribble as close to the light target player before striking the ball.

**Story**  
Dark player is Iceman who is trying to shoot down Maverick (light player). The last Maverick to be "hit" becomes Top Gun.

- Key Coaching Points**
1. Head over the ball.
  2. Strike the ball with the inside of the foot.
  3. Keep the ball on the ground.

**FUN & GAMES - Dribbling**

**Sick Bay Soccer**



**Purpose**  
To develop changing direction and speed when dribbling.

**Organization**  
Set out a 20 x 20 yard area. 12 players with 1 ball per player.

**Game Objective**  
The coach runs into the area attempting to tag one of the players. When a player is tagged for the first time, he must hold on to where he was tagged and continue running from the coach (i.e., if the coach tags him on the knee, the player keeps his own hand on his knee). If tagged for a 3rd time, they are to report to sick bay at the lower corner of the area. Once in the sick bay, he must do a fake or turn before returning to the game.

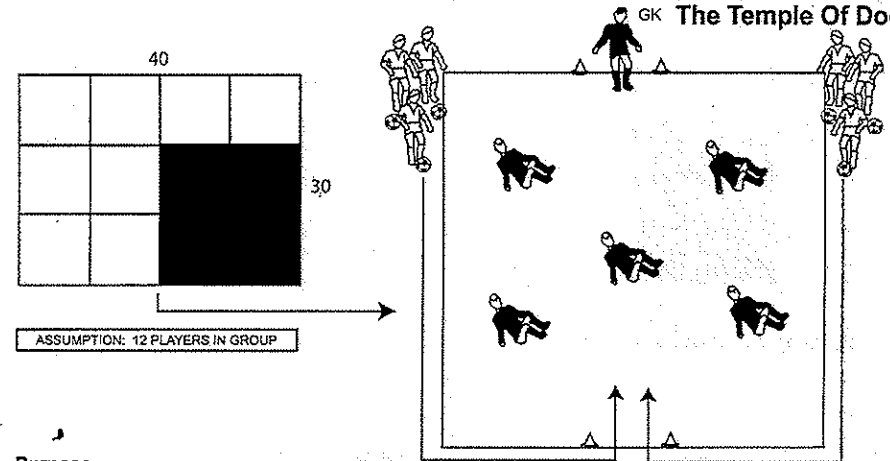
**Story**  
Virgil Virus runs around spreading his germs. The sickly children must go to Sick Bay for treatment or run from Virgil to remain healthy.

**Key Coaching Points**

1. Look up and avoid other players.
2. Change direction often.
3. Keep knees bent so players can move in either direction.

**MORE FUN & GAMES - Shooting**

**The Temple Of Doom**



**Purpose**  
To develop dribbling to goal and shooting on sight.

**Organization**  
Set out a 20 x 20 yard area. Station 3 players on each corner of the goal line. Position 5 crab player in the center of the area. 1 goalkeeper.

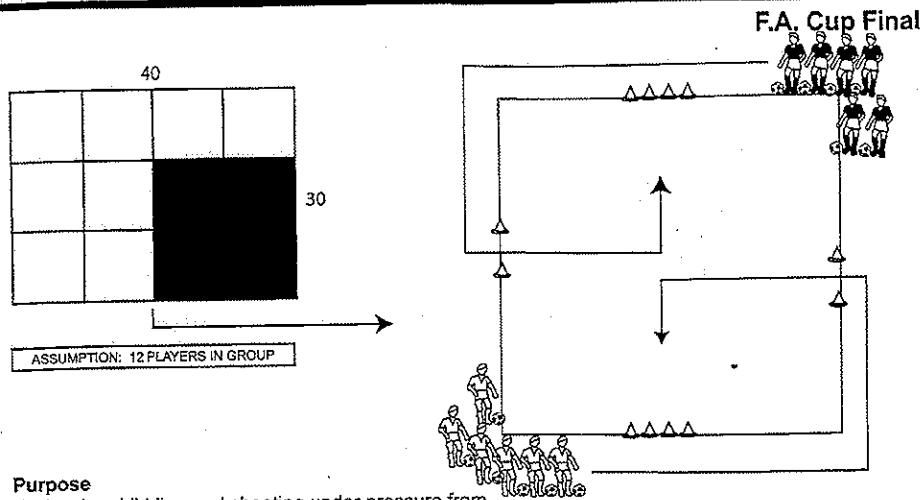
**Game Objective**  
One player at a time from each team simultaneously dribbles down the sideline around the corner and through the gate towards the goal. Each player must dribble in and out of the crab defenders to get a shot on goal.

**Story**  
Indiana Jones is creeping through a tunnel littered with sewer rats, snakes and bugs. As soon as he sees daylight (the goal), he lassos himself (shoots) out of the tunnel.

**Key Coaching Points**

1. Use your speed and change of direction to beat the crabs.
2. Shoot on sight – do not try to dribble the ball into goal.

**MORE FUN & GAMES - Shooting**



**Purpose**  
To develop dribbling and shooting under pressure from an opponent.

**Organization**  
Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the grid. Number the players from 1 to 6. 1 ball per player. Position discs as shown in the diagram.

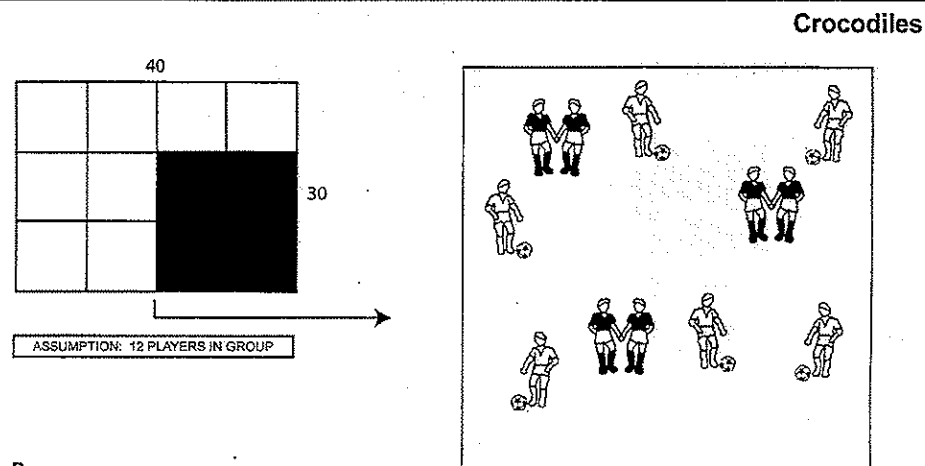
**Game Objective**  
The coach calls out a number from 1 to 6. The numbered player from each team dribbles around the area (as shown on the diagram) and enters the area through the side gate. The object of the game is for the player in possession to knock down 1 or all of the cones on the opponent's goal line.

**Story**  
The F.A. Cup Final is England's biggest soccer game of the year. The winning team gets to lift the Cup in front of 100,000 excited fans.

**Progressions**  
The first ball to cross the line is used while the other ball is discarded. The two players compete to score a goal by knocking down the opponents discs.

- Key Coaching Points**
1. Strike the ball with the laces.
  2. Focus on accuracy before power.
  3. Shoot at the earliest opportunity.

**ACTIVATORS - Dribbling**



**Purpose**  
To develop change of direction and movement with and without the ball.

**Organization**  
In a 20 x 20 yard area, have 3 pairs start by holding hands and all other players with 1 ball each.

**Game Objective**  
The light players dribble around trying to avoid the crocodiles (dark players). If a crocodile kicks a Light player's ball out of the area, the player then links hands with the crocodile. Together, they chase other players. Play until 1 player remains.

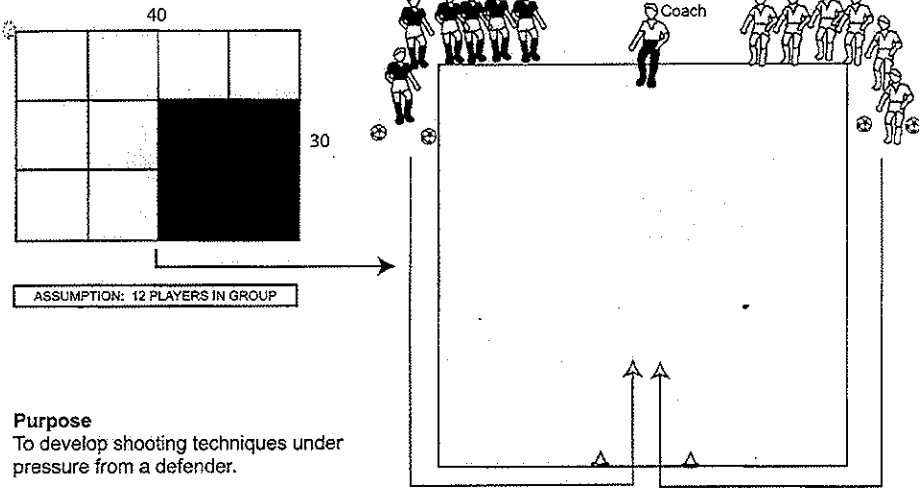
**Story**  
Kids, always remember the adage, "Never smile at a crocodile." Especially a cranky, hungry one.

- Progressions**
1. Crocodiles also have a ball.
  2. Coach, Al Gator, runs in and kicks ball out of the area.

- Key Coaching Points**
1. Change direction.
  2. Keep the ball close.
  3. Look up.

**FUN & GAMES - Shooting**

**Pirate Pete & His Pesky Parrot**



**Purpose**  
To develop shooting techniques under pressure from a defender.

**Organization**  
Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same end line. Number players on each team from 1 to 6. Place a gate (2 discs, 3 yards apart) at the opposite end of the area to the goal. Position the coach as the goalkeeper in the goal.

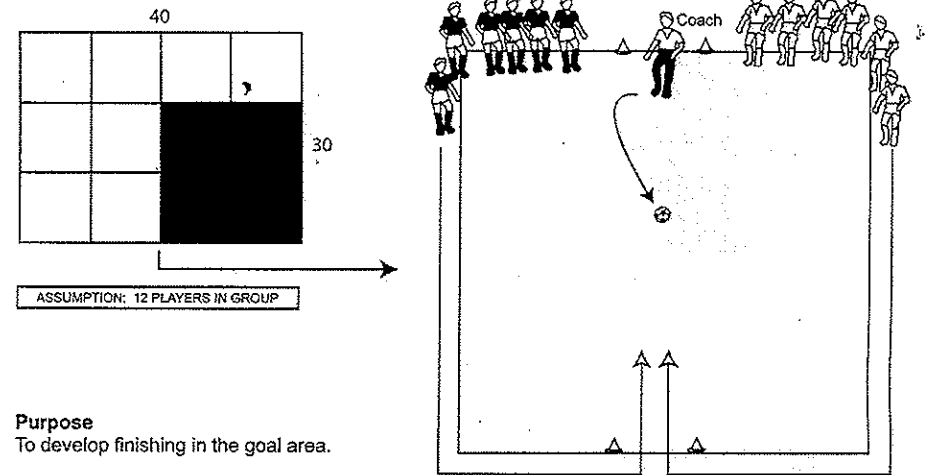
**Game Objective**  
The coach calls out a number from 1 to 6. The respective players from each team run with the ball following the directional arrow as shown in the diagram, to the gate at the end of the grid. The first ball to cross through the gate is the ball that is used (the other is discarded). The players compete to get a shot on goal.

**Story**  
Pirate Pete (player who keeps his ball) enters the cave to bury his treasure for safe keeping. That darned pesky parrot (the player who discards his ball) follows him into the cave nibbling at his gnarly neck.

**Key Coaching Points**  
1. Keep the head down, eyes on the ball.  
2. Strike the ball with the laces.  
3. Follow through in the direction of the target.

**FUN & GAMES - Shooting**

**Babe**



**Purpose**  
To develop finishing in the goal area.

**Organization**  
Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same end line. Number players on each team from 1 to 6. Position discs as shown in the diagram. The coach is both goalkeeper and server.

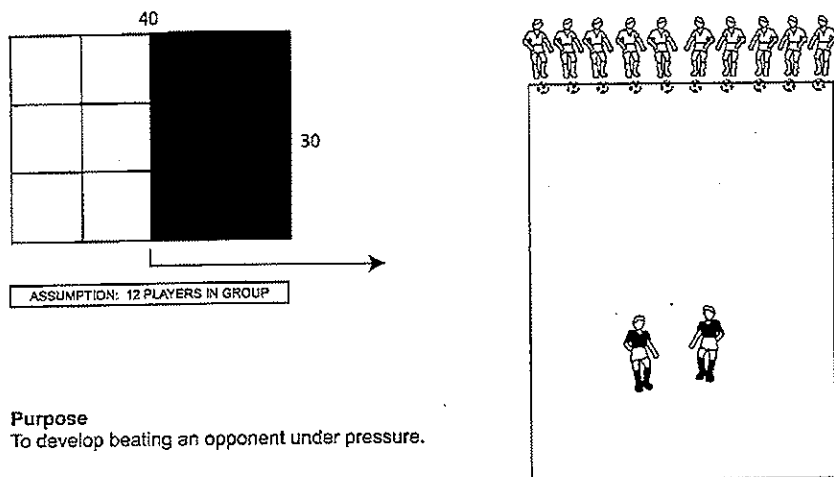
**Game Objective**  
The coach calls out a number from 1 to 6. The respective players from each team follow the directional arrow as shown in the diagram to the gate at the end of the grid. The coach drops the ball in the center of the area. The 2 players compete to shoot on goal.

**Story**  
The Babe, the infamous piglet sheep "dog," rounds up the sheep from the mountainside and puts them in the pen before sundown.

**Key Coaching Points**  
1. Good running speed to the gate.  
2. Keep the head down on the ball.  
3. Strike the ball with the laces.  
4. Shoot at earliest opportunity.

**SKILLZBUILDER - Dribbling**

**Bull Dog**



**Purpose**

To develop beating an opponent under pressure.

**Organization**

Set out a 20 x 30 yard area. Ten players start on one endline, each with a ball. Two defenders are stationed in the middle without soccer balls.

**Game Objective**

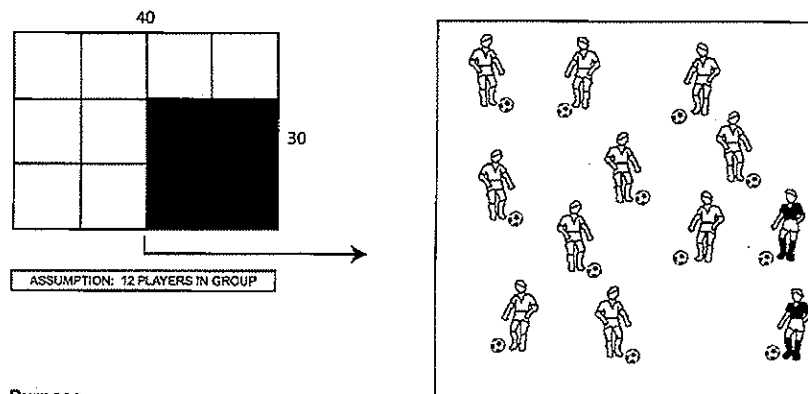
The two dark players start as defenders. All light players must dribble past the defenders to the safety of the endline. If the dark player manages to kick the light player's ball out of the area, then that player also becomes a defender. Continue until one light attacker remains.

**Key Coaching Points**

1. Accelerate into the spaces to the sides of the defenders.
2. Try to stop the ball with the sole of the foot on the far endline.
3. Fake to go one way, then speed past the defender on the other side.
4. Make zig-zag moves across the area.

**URNS & BURNS - Running With The Ball**

**Dribble Tag**



**Purpose**

To develop change of speed and direction.

**Organization**

Set out a 20 x 20 yard area. One ball per player. Players must stay within the confines of the area.

**Game Objective**

The dark players dribble their balls in pursuit of the light players. All players must be in control of their soccer ball at all times. The goal of the game is for the dark player to tag a light player who then becomes it. The catchers are identified by carrying pinnies. A player cannot tag the player who just tagged him. Once a catcher tags a player, he must give his pinnie to the player. Both players then dribble away with their soccer balls.

**Progressions**

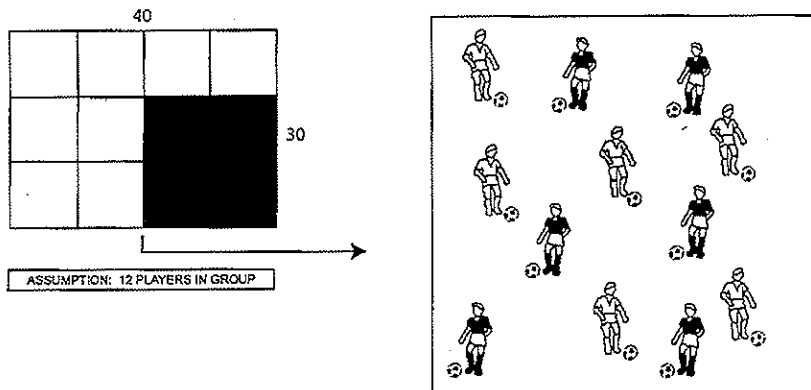
Introduce the "sole turn" and the "forward roll" commands to the practice.

**Key Coaching Points**

1. One player should be escaping the opponent by using change of speed and direction.
2. Pretend to go one way, then the other.
3. Use the drag back/sole turn to escape the catchers.

**SKILLZBUILDER - Running With The Ball**

Body Ball



**Purpose**  
To develop start and stop techniques.

**Organization**  
Set out a 20 x 20 yard area. All 12 players have a ball and must stay within the confines of the area.

**Game Objective**  
All players dribble around the square using the inside, outside and laces of the foot. They must react to the following commands given by the coach. "Green" = Go, "Amber" = Touches on the ball on the spot, "Red" = Stop with the foot on the ball. If the coach shouts out a part of the body, the player must put that part of the body on the ball. The last player down carries out 2 fakes, then is back in the game.

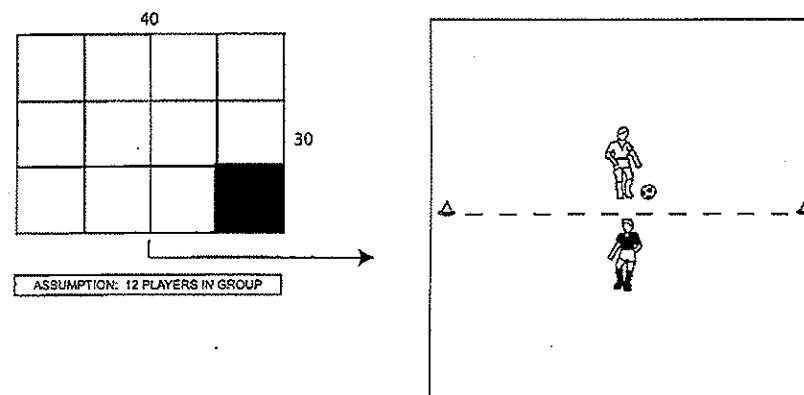
**Progressions**  
One less ball in the area. Coach shouts, "Find another ball!"

**Key Coaching Points**

1. Push the ball 2-3 feet in front of you between touches.
2. Look to move into space.
3. Use the sole of the foot to stop the ball.
4. Stop your ball, then get to another ball quickly.

**SKILLZBUILDER - Dribbling**

Mirrors



**Purpose**  
To develop deception and feints.

**Organization**  
Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Position one player on each side of an imaginary line made by the discs. Repeat in 5 other areas for a total of 12 players.

**Game Objective**  
Light player starts with the ball. Neither player is allowed to cross the imaginary line. The light player attempts to dribble to either of the discs before the dark player defender touches the very same disc. Repeat practice with the dark player in possession. To encourage feints, try doing the practice first without a ball, then with.

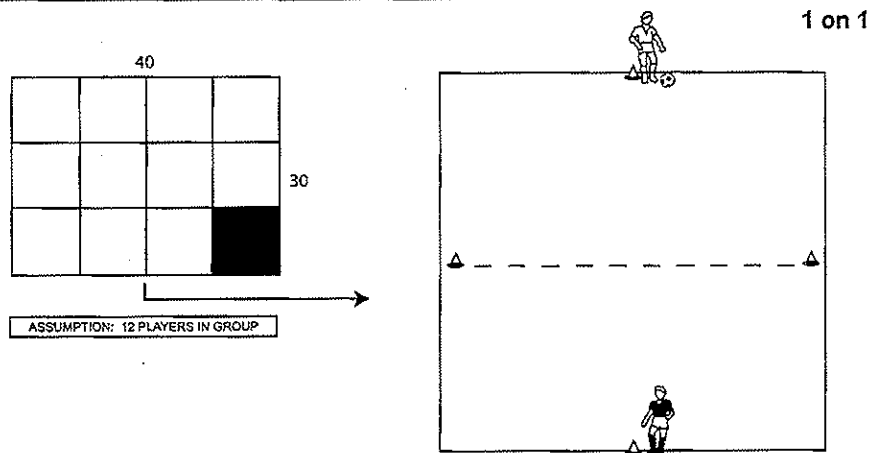
**Progressions**  
Use a feint, dummy or a trick to deceive the opponent in aiding you to get to the disc first.

**Key Coaching Points**

1. Close Control.
2. Head up whenever possible.
3. Change of pace in change of direction.
4. Encourage feints and dummies.

## SKILLS DEVELOPMENT GAMES

### SKILLZBUILDER - Dribbling



#### Purpose

To develop deception, feints and beating an opponent.

#### Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Position one player on each side of an imaginary line made by the discs. Repeat in 5 other areas for a total of 12 players.

#### Game Objective

Light player starts with the ball and passes it in to dark player. As soon as dark player touches the ball, the light player can try to win the ball. The dark player tries to dribble to any of the 3 spare cones in the grid. The dark player scores one point for beating his opponent to either of the lateral discs and two points if he dribbles the ball around the light defender to the disc at the top of the diagram. Repeat the practice with light player in possession.

#### Progressions

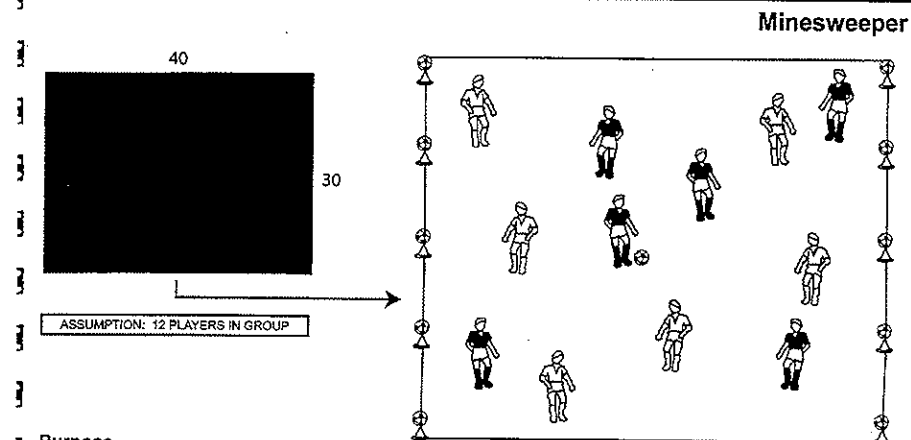
If light player wins the ball, he becomes the attacker and tries to score.

#### Key Coaching Points

1. Push the ball to the side and accelerate into space behind the defender.
2. Change speed and direction.
3. Use fakes and turns.

## GAME RELATED GAMES

### NETBUSTERS - Passing & Control



#### Purpose

To develop passing accuracy in a small sided game.

#### Organization

Set out a 40 x 30 yard area. Play 6 v 6. Place 5 discs with soccer balls on them on each endline.

#### Game Objective

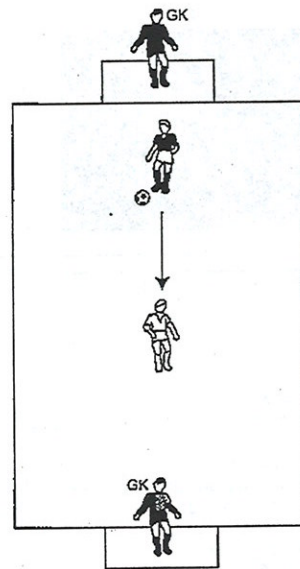
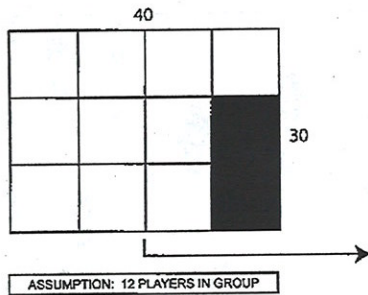
Play 6 v 6 in the area. When the ball rolls out of bounds, it should be rolled in underhand by a player. The object of the game is to score by knocking down 1 of the balls off a disc on your team's attacking endline. If a player knocks a ball off, he scores 5 points. If he passes through the middle of the balls on the ground, he scores 3 points.

#### Key Coaching Points

1. Encourage the players to shoot at the target whenever possible.
2. Pass the ball, then move into space.
3. Try to pass the ball forwards and between the defenders.
4. Remember, "A good pass follows the grass."

**BACKYARD SOCCER - Dribbling**

**Smash & Grab**



**Purpose**  
To encourage dribbling, shooting and 1 v 1 attacking play.

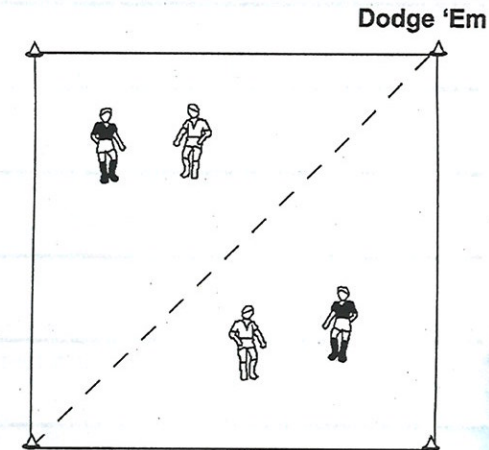
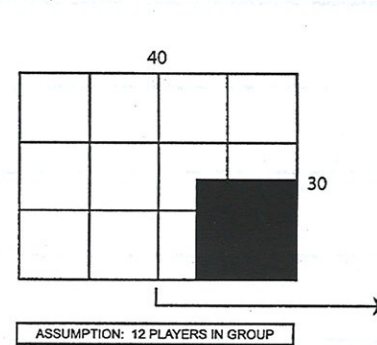
**Organization**  
Set out a 10 x 20 yard area with a goal at each end. Put a goalkeeper in each goal and play 1 v 1 in the middle. Play pair vs. pair for 3 minutes, then change. Repeat in 2 other areas for a total of 12 players.

**Game Objective**  
The object of the game is to score in the opposing goal. The team in possession must attempt to attack the opposing goal as a pair using passing, dribbling and shooting skills to score. Hence, the goalkeeper of the team in possession comes out of the goal to support his partner, but cannot score. Repeat in the opposite direction.

**Progressions**  
1. Goalkeepers can now score.  
2. If a player does a fake or move, he scores 1 point. 3 points for each goal.

**Key Coaching Points**  
1. Try to beat the defender by using a fake.  
2. Once you see the goal, shoot with your laces.  
3. Goalkeeper ("Grab") try to get the ball to the striker ("Smash") so he can shoot the ball first time.  
4. "Grab" can dribble out and help "Smash."

**SOCCER-ROBICS - Movement & Speed**



**Purpose**  
Body awareness and introduction to skills of the day.

**Organization**  
In a 15 x 15 yard area, set up 2 triangles using cones in each corner. Pair up players, 1 pair per triangle. Repeat in 2 other areas for a total of 12 players.

**Game Objective**  
The light player has to try and put his foot on a cone without the dark player tagging him first. The object of the game is to get to the cone using fakes, change of pace and movement. Once a player reaches the cone, he should repeat the practice until he is tagged or scores. Rotate positions. 5 points for every cone reached.

**Progressions**  
1. Reduce the number of cones to 2.  
2. Introduce a ball and 3 cones.

**Key Coaching Points**  
1. Tell the runner to change direction and speed.  
2. Make a fake to go one way, then sprint in the other direction.  
3. Make sharp turns, not large, round turns.

