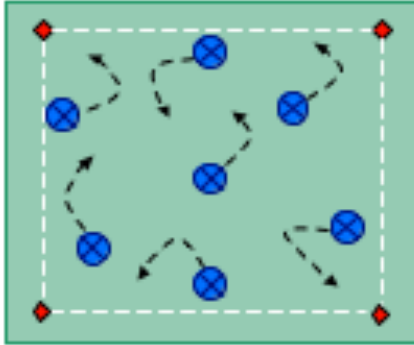


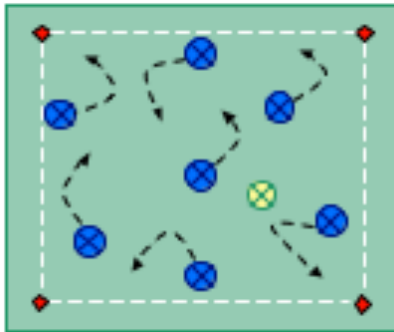
### JUNGLE DRIBBLE



All players with a ball dribbling within the area. Coach calls out commands:

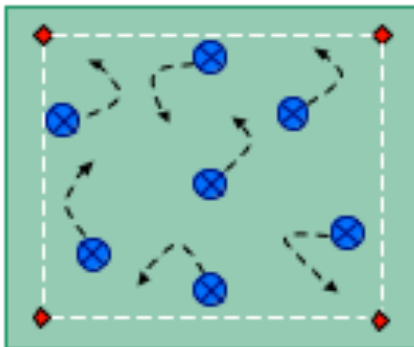
- **'Monkey Dribble'** Players use Inside of feet and keep ball close
- **'Elephant Dribble'** Players use sole of foot to dribble ball
- **'Cheetah Dribble'** Player dribbles as quickly as possible

### FARMERS AND FOXES



- Each player is given a pinnie to use as a tail.
- The farmer must attempt to pull foxes tails out. Once this happens the fox then becomes another farmer.

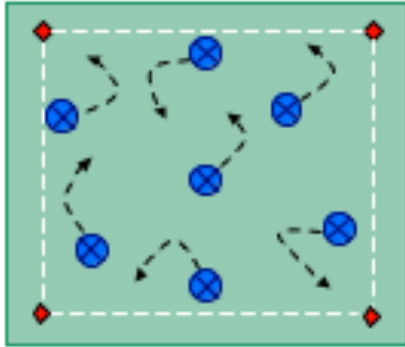
### KNOCKOUT



- Each player dribbles their ball under control and attempts to kick opponents ball out of the square.
- If a player can catch the ball before it stop rolling on the outside, permit them a free pass back inside the square.
- If the ball stops give the player 10 toe touches

### 4 v 4 SCRIMMAGE

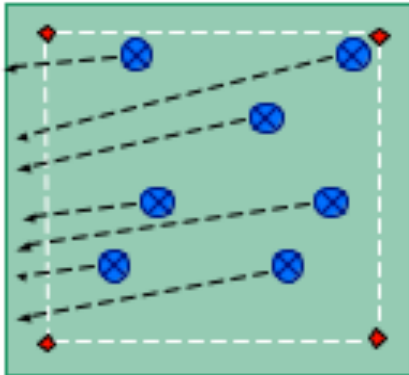
- Small sided game. Apply all rules of soccer and allow players the opportunity the resolve any dead ball issues.
- Place emphasis on mastering the ball, creativity and making good decisions when in possession.



### RACING CARS

All players with a ball dribbling within the area. Coach calls out commands:

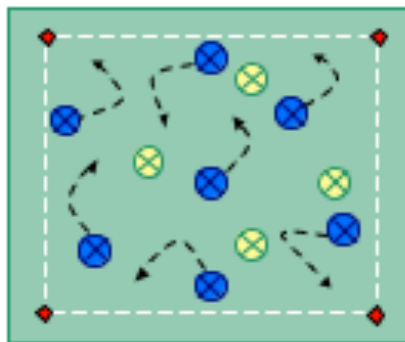
- '1<sup>st</sup> Gear' Walk with the ball
- '2<sup>nd</sup> Gear' Jog with the ball
- '3<sup>rd</sup> gear' Sprint with the ball
- 'Brake' Stop
- 'Crash' Players crash their balls by falling over and making loud noises (like a car accident)



### THE CANDY SHOP

- All players with a ball dribbling within the area. Coach instructs players to perform toe touches on one side of the square whilst shouting out "I love Chocolate"
- Players continue to dribble and the hardest working player can then choose his/her favorite candy for the next turn.

NOTE: Skills performed may include toe touches, Foundations or simple juggling

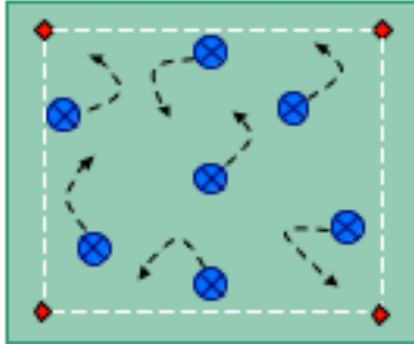


### CRAB SOCCER

- Four players are 'Crabs'. These players must be in the sitting position and may move around but must remain in the crab position
- These crabs must attempt to knock players soccer balls from the square. Players become additional crabs when this happens. Last player remaining with the ball is the winner

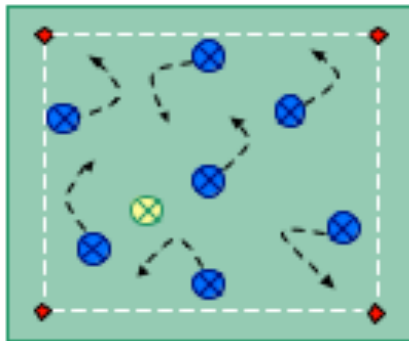
### 4 v 4 SCRIMMAGE

- Small sided game. Apply all rules of soccer and allow players the opportunity to resolve any dead ball issues.
- Place emphasis on mastering the ball, creativity and making good decisions when in possession.



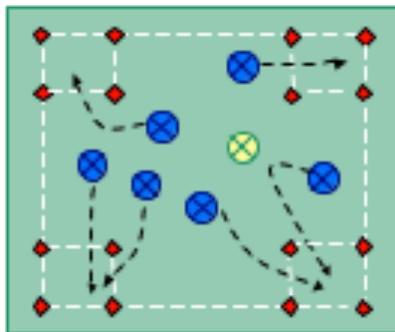
### BODY BRAKES

- All players with a ball dribbling in the area. Coach calls out a body part and players must touch the ball with that part
- If coach calls out hands....players must put their foot on the ball and yell 'don't be silly coach' (cannot touch the ball with your hands!)



### FREEZE TAG

- Coach begins the game as 'it' (Mr Freeze) When a player is tagged they must freeze with their legs apart.
- In order to free a player, another player must kick his/her ball through legs.
- Players can use the drag back as a special power against Mr Freeze i.e: you can 'freeze' him for 3 seconds

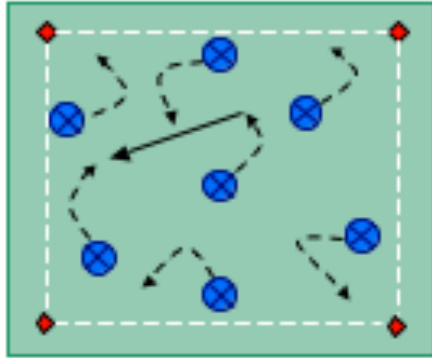


### GHOSTBUSTERS

- All players dribble their balls within the square (as Ghosts)
- Coach throws a pinnie to one player (the hardest worker or the 'ghostbuster')) that player then leaves his/her ball and attempts to tag as many players as possible before they can get to safety within one of the small squares

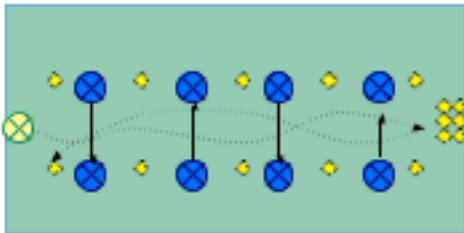
### 4 v 4 SCRIMMAGE

- Small sided game. Apply all rules of soccer and allow players the opportunity to resolve any dead ball issues.
- Place emphasis on mastering the ball, creativity and making good decisions when in possession.



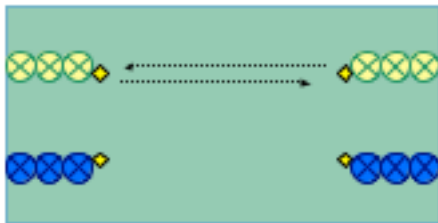
### KNOCKOUT

- All players with a ball dribbling within the area.
- Players must attempt to pass their balls against other players ball.
- Players get one point for each ball they hit with their own.



### DUNGEONS AND DRAGONS

- Red players pass the ball back and forth whilst the blue player must run into the dungeon and steal the dragons eggs (cones) without red's (dragons) passing the ball against his legs. Emphasis on good passing from all red players. Key points: 1: Stand at a slight angle to target, 2: Place standing foot at side of ball, with toes facing target, 3: Make contact with ball using side of foot 4: Follow through the ball.



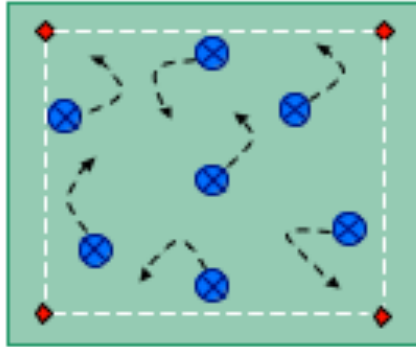
### DRIBBLE AND PASS

- Players run with ball and pass to first team mate on the opposite cone.

Key points: 1: **Good first touch**, 2: **Use closest foot to ball**, 3: **Use laces of boot**, 4: **Lift head up when running**.

### 4 v 4 SCRIMMAGE

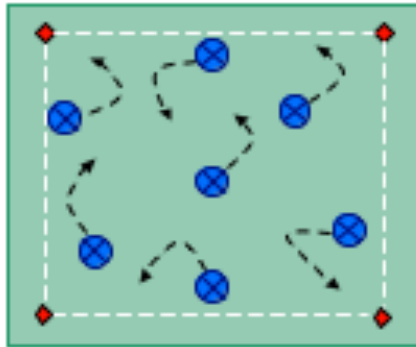
- Small sided game. Apply all rules of soccer and allow players the opportunity to resolve any dead ball issues.
- Place emphasis on mastering the ball, creativity and making good decisions when in possession.



### THE PIRATE SHIP

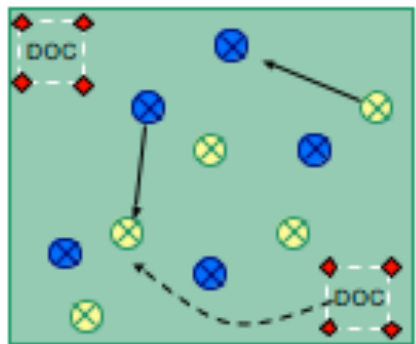
All players with a ball dribbling within the area. Coach calls out commands:

- **'Captain on Deck'** Player stand with one foot on top of ball and salute
- **'Load the Cannons'** Players drag the heavy cannonballs with their feet
- **'Walk the plank'** Players jump over the soccer ball and land on the floor on the other side



### KNEE TAG

- All players with a ball dribbling within the area.
- Player must touch the soccer ball as many times as they can in one minute
- Players must then touch other players on the knee as many times as they can in one minute.



### DOCTOR DOCTOR

- Each players ball are called 'viruses'...players must attempt to kick their balls at the other team players
- If a player is hit with a soccer ball they must kneel down, place ball on top of head with hands and shout 'Doctor, Doctor help me, help me!'.
- Each 'Doctor' is allocated a team to treat and must run around the area, placing their hands on top of a player's ball to treat them.
- If a doctor is hit by the other team, the game ends.

### 4 v 4 SCRIMMAGE

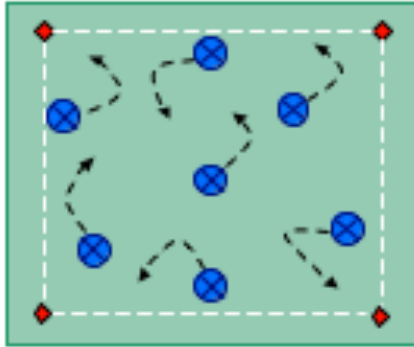
- Small sided game. Apply all rules of soccer and allow players the opportunity to resolve any dead ball issues.
- Place emphasis on mastering the ball, creativity and making good decisions when in possession.



Session 6

Theme: Running with the Ball

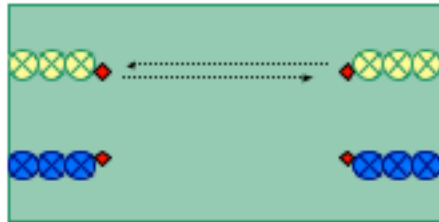
Duration: 1 hour 30 min



### RED LIGHT - GREEN LIGHT

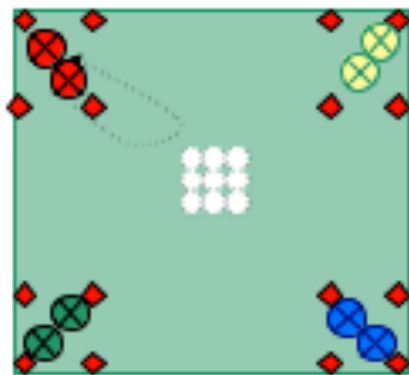
All players with a ball dribbling within the area. Coach calls out commands:

- **'Red light'** Stop Ball
- **'Green Light'** Dribble Ball
- **'Crash'** Players crash their balls by falling over and making loud noises (like a car accident)



### RUN AND PASS RELAY RACES

- Players run with ball and pass to first team mate on the opposite cone.
- Key points: 1: Good first touch, 2: Use closest foot to ball, 3: Use laces of boot, 4: Lift head up when running.

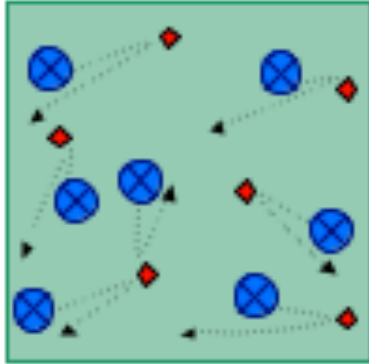


### BASE INVADERS

- Group is divided into 4 equal groups. One player per group must run into the middle for a ball and dribble it back into their base. They then tag the next person who repeats the process. Once all the balls are gone from the middle, you can steal from the other groups bases.
- Key points: 1: Use closest foot to ball, 2: Use laces of boot, 3: Lift head up when running.

### 4 v 4 SCRIMMAGE

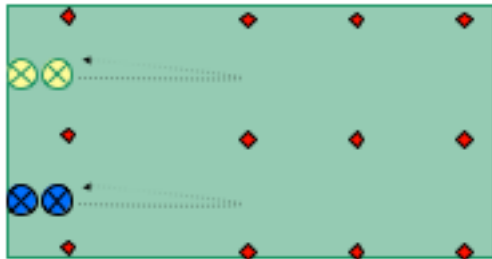
- Small sided game. Apply all rules of soccer and allow players the opportunity to resolve any dead ball issues.
- Place emphasis on mastering the ball, creativity and making good decisions when in possession.



### TURN AWAY FROM THE CONE

Players dribble toward cone and turn away.

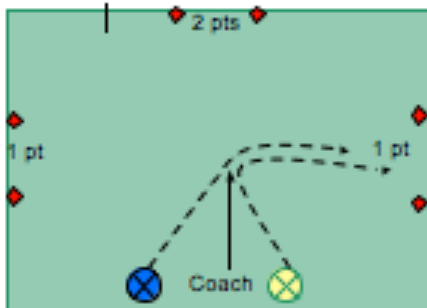
- Key points: 1: Start slowly with lots of small touches, 2: Knees bent, 3: Turn with low centre of gravity, 4: Accelerate away.



### TURNING RELAY RACES

- Coach Creates even teams which race against each other. Players must perform 3 different turns at each of the turn lines.

Key points: 1: Start slowly with lots of small touches, 2: Knees bent, 3: Turn with low centre of gravity, 4: Accelerate away.



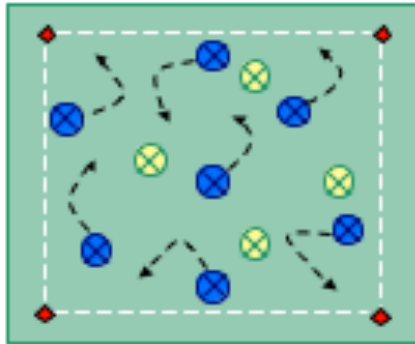
### 1v1 THREE GOAL GAME

- Coach Throws Ball into play and both players race to receive. They then try to dribble through one of the gates

Challenge: Play as a team game: Blue v Red

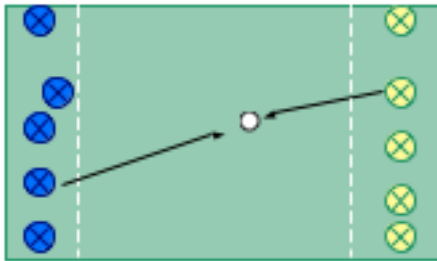
### 4 v 4 SCRIMMAGE

- Small sided game. Apply all rules of soccer and allow players the opportunity to resolve any dead ball issues.
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## PACMAN

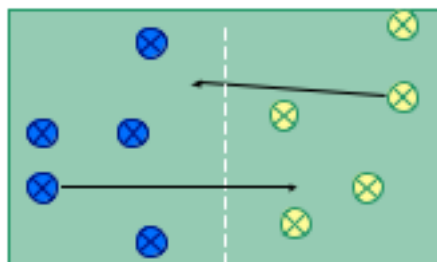
- Split group into two teams. On one team each player begins with a ball and the other team without.
- Players must attempt to hit other team on the legs by passing the ball towards them. All players must stay
- Keep score and Switch after one minute



## BATTLESHIPS

- On the coaches signal, players must try to pass their soccer balls against the target ball in the middle
- If the target ball reaches your opponents line, you win the game.

Key points: **1: Accuracy, 2: Weight.**



## MINESWEEPER

- On the coaches signal, players must try to pass their soccer balls to the other teams side of the square
- The team with the least balls in their square at the end of the game is the winner

Key points: **1: Accuracy, 2: Weight.**

## 4 v 4 SCRIMMAGE

- Small sided game. Apply all rules of soccer and allow players the opportunity the resolve any dead ball issues.
- Place emphasis on mastering the ball, creativity and making good decisions when in possession.