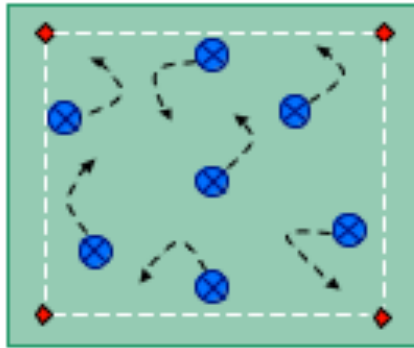


SESSION OBJECTIVES

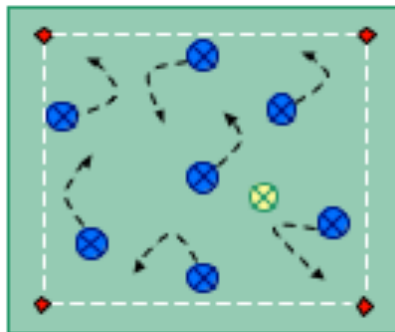
Encourage the use of different parts of the foot to dribble the ball. Emphasis should be on the inside, laces and sole of foot.



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.

3 v 3 SCRIMMAGE

- 3 v 3 to allow for increased soccer moments
- Throw ins: Instruct players and Demonstrate
- NO Corner kicks or penalties
- NO Goalkeepers



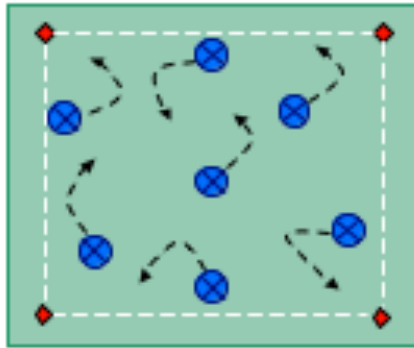
Session 2

Theme: Mastering the Ball

Duration: 1 hour

SESSION OBJECTIVES

Encourage each player to keep the ball close. Encourage each player to make small touches on their soccer balls at high frequency.

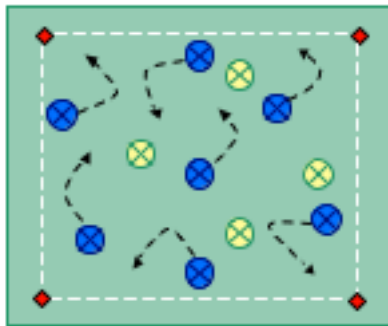


SOCCER BUBBLE GUM

All players with a ball dribbling within the area. Coach instructs players to take as many touches as possible in one minute (competition)

IMPROVISE: Add a sticky substance to the feet (glue/bubble gum)

- Chew the bubble gum, spit it onto your shoes to make the ball stick



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

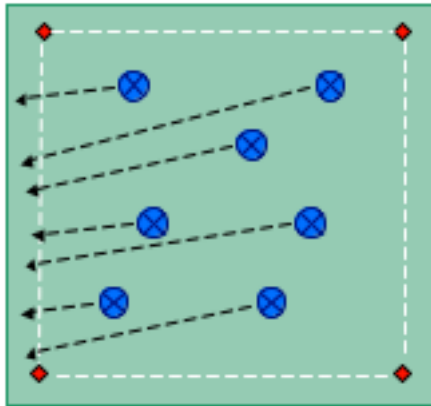
3 v 3 SCRIMMAGE

- 3 v 3 to allow for increased soccer moments
- Throw ins: Instruct players and Demonstrate
- NO Corner kicks or penalties
- NO Goalkeepers



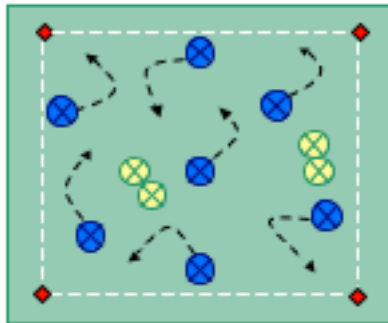
SESSION OBJECTIVES

Encourage each player to keep the ball close and lift head whilst dribbling



SOCCER ISLAND

- All players with a ball dribbling within the area. Coach instructs players to north/south/east/west side of the island by pointing (players must have heads up to see which direction coach is pointing)
- When players get to that side, they must complete a soccer skill.
Coach improvises the skill
 - Toe Touches
 - Foundations
 - Basic juggling
 - Balancing ball etc,



THE BLOB

- 'The Blob' Two players link hands and attempt to kick other players balls from the square.
- Players who loose their ball must link with the blob.
- Last player with their ball is the winner

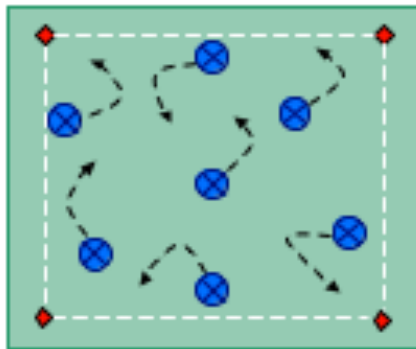
NOTE: For safety, the blob can only grow to 3 players, after this another blob must be created

3 v 3 SCRIMMAGE

- 3 v 3 to allow for increased soccer moments
- Throw ins: Instruct players and Demonstrate
- NO Corner kicks or penalties
- NO Goalkeepers

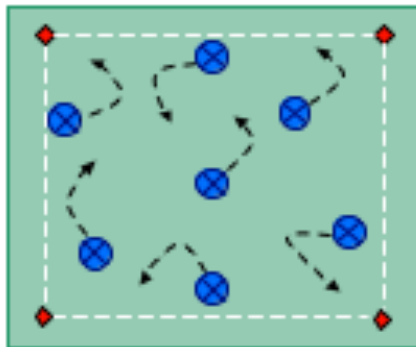
SESSION OBJECTIVES

Encourage each player to keep the ball close and use of the sole to stop/move the soccer ball in quick directions



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!)



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)

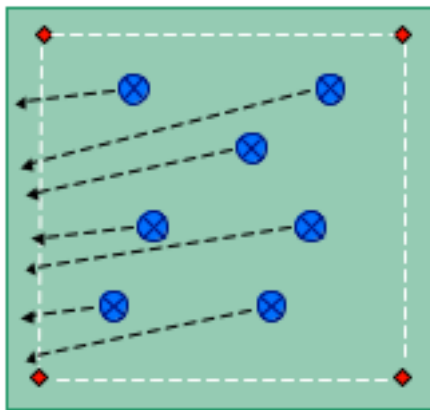
3 v 3 SCRIMMAGE

- 3 v 3 to allow for increased soccer moments
- Throw ins: Instruct players and Demonstrate
- NO Corner kicks or penalties
- NO Goalkeepers



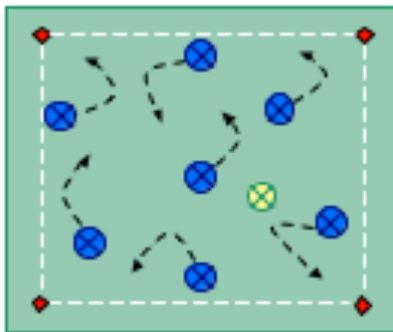
SESSION OBJECTIVES

Encourage each player to keep the ball close and use of the sole to turn the ball quickly in the opposite direction



SOCCER ISLAND

- All players with a ball dribbling within the area. Coach instructs players to north/south/east/west side of the island by pointing (players must have heads up to see which direction coach is pointing)
- When players get to that side, they must complete a soccer skill. Coach improvises the skill
 - Toe Touches
 - Foundations
 - Basic juggling
 - Balancing ball etc,



FREEZE TAG

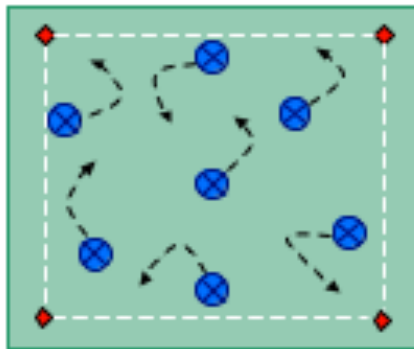
- Coach begins the game as 'it' (Mr Freeze) When a player is tagged they must freeze with their legs apart.
- In order to free a player, another player must kick his/her ball through legs.
- Players can use the drag back as a special power against Mr Freeze i.e: you can 'freeze' him for 3 seconds

3 v 3 SCRIMMAGE

- 3 v 3 to allow for increased soccer moments
- Throw ins: Instruct players and Demonstrate
- NO Corner kicks or penalties
- NO Goalkeepers

SESSION OBJECTIVES

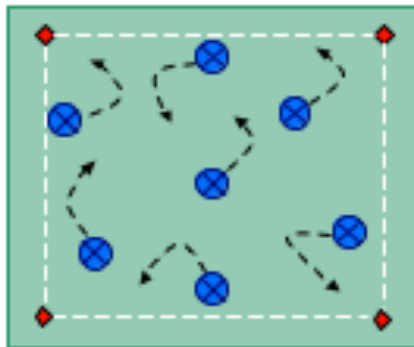
Encourage each player to keep the ball close. Encourage each player to make small touches on their soccer balls at high frequency.



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

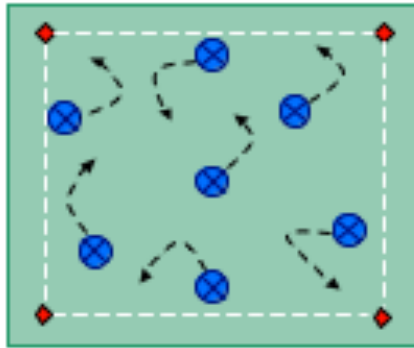
- All players with a ball dribbling within the area.
- Player must touch the soccer ball as many times as they can in one minute
- Players must then touch other players on the knee as many times as they can in one minute

3 v 3 SCRIMMAGE

- 3 v 3 to allow for increased soccer moments
- Throw ins: Instruct players and Demonstrate
- NO Corner kicks or penalties
- NO Goalkeepers

SESSION OBJECTIVES

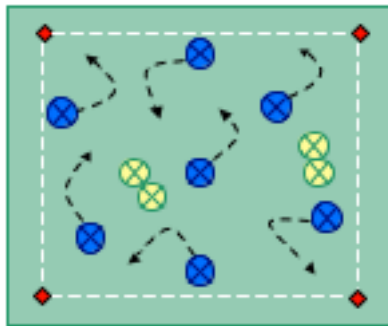
Encourage each player to keep the ball close and lift head whilst dribbling



MATH DRIBBLE

All players with a ball dribbling within the area. Coach calls out a number command....players must then race to get into a group of this number

- Simple number (i.e: groups of 4)
- Additional numbers (i.e: Groups of 3+2)
- 'Groups of one': Find the space



HOSPITAL TAG

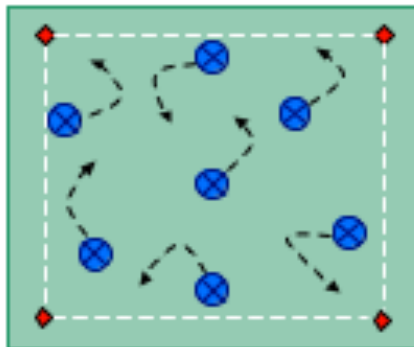
- One player begins the game as 'it' (The Virus) All other players dribble their ball around the square.
- When players are tagged they must hold the part of the body that was tagged like a wound
- If they are tagged a second time they must hold that part with the other hand.
- The third time they must visit the hospital and perform 10 jumping jacks to be healed.

3 v 3 SCRIMMAGE

- 3 v 3 to allow for increased soccer moments
- Throw ins: Instruct players and Demonstrate
- NO Corner kicks or penalties
- NO Goalkeepers

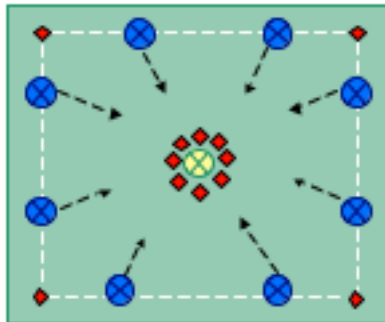
SESSION OBJECTIVES

Encourage each player to keep the ball close and use of the sole to stop/move the soccer ball in quick directions



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!)



KING OF THE CASTLE

- Coach begins the game as the king.
- His job is to protect his gold (the cones) by turning around on the spot.
- Players must dribble their balls towards the centre and attempt to steal a piece of gold.
- If the king sees anyone dribble, he sends them back to the beginning
- If the king spots anyone trying to steal his gold, he must chase them toward the outside and attempt to tag them.

3 v 3 SCRIMMAGE

- 3 v 3 to allow for increased soccer moments
- Throw ins: Instruct players and Demonstrate
- NO Corner kicks or penalties
- NO Goalkeepers