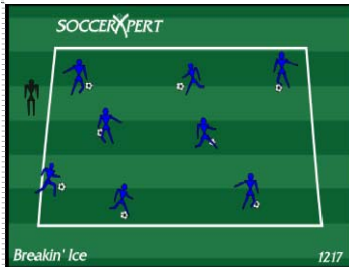


Free Movement with Ball & Goofy Stop and GO



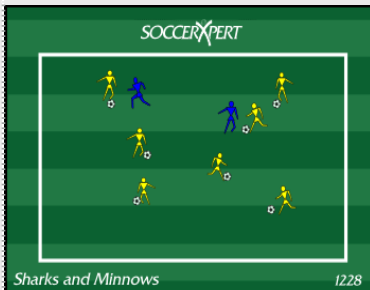
1. Set up the field 15 x 20 Yd
 2. Every Player has a ball
 3. player moves freely around the grid with their ball
 4. When coach says. "STOP!" players must stop their ball and freeze in a goofy position.
- A) Let them experiment

Coaching pts:

1. Movement Education: repetition in ball touches; balance, eye-foot coordination, change of speed, change of direction, decision making

6 minutes

Sharks and Minnows



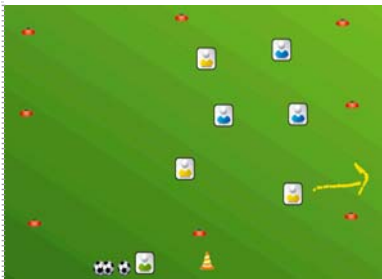
1. Set the field up 20 x 20 Yd
2. The minnows are the players with the ball
3. Two players are the Sharks (without soccer balls)
4. The minnows are trying to get to the other side without their ball being stolen.
5. If your ball is lost or stolen they become a Shark

Coaching Points:

1. Fun....Dribbling under pressure
2. decision making
3. change of speed and direction
4. This is an inclusive game.. the players are either dribbling a ball or trying to get it back.

6 minutes

End Line Game



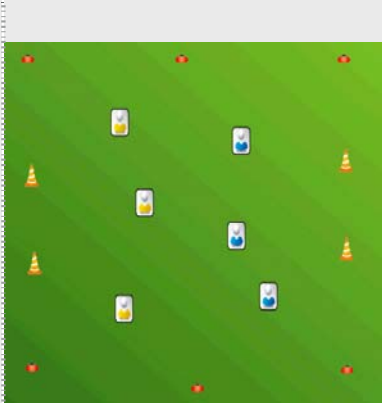
1. Set up a 15 x 20 Field
2. Divide the players into two teams
3. Play 3 v3 with no goal keepers
4. A team scores by dribbling the ball or kicking the ball over the end line
5. Coach serve the balls in from the sideline.

Coaching pts.

1. FUN Directional play
2. Dribbling under pressure
3. Kicking and receiving, decision making
4. Chang of direction
5. Defending

6 minutes

Play the Game 3v3



- 1 Set up the field 20 X 25 YD
2. No Goalies

Coaching Points:

1. Free play
2. have Fun.
3. Directional

25 minutes