Wreck It Ralph (10 mins)

Story
Wreck It Ralph is wrecking his way through the vitual world, every time he wrecks his way through a goal he gets to level up.

Implementation
Players each have a ball in the playing area, there are 4 goals set up in each corner of the grid. Players must dribble their soccer ball through a goal then return back to the grid by going around a cone.

Players get a point (level up) every time they apss through a goal.

Progress the session by making the players perform a pull back after passing through a goal, don't let the ball leave the grid.

Coaching Points
Dribbling with head up so they can see where they are going
Small touches when close to other players
Bigger touches when in space

Wreck it Ralp and Fix it Felix (15 mins)

Story
Wreck It Ralph is still running around trying to level up and get Wreck as many goals as possible, but Fix It Felix is now trying to stop him.

Implementation
Players dribble through goals and around the cone to rejoin the the grid. Each goal is a point (level up)

Have two player be Fix It Felix, they are trying to hit the dribbling players or their ball with a pass.

If a player or their ball gets hit by a pass they become Felix. Players can't be hit after they have scored until they reenter the field.

Progress the session by having players keep the ball in the grid after scoring and not leave the grid.

Coaching Points
Keep the ball close to you and protected from being hit by the ball
Head up to see where the defenders are at all times
Defenders, strike the ball with the side of their foot (bent knee, ankle locked, step into the pass)

1v1 Corner Goals

Set Up
Field is set up roughly 20Lx15W with a goal in each corner.

Players are split into two teams and will be lined up between their goals. (Lines of no more than 3)

The Coach has all of the soccer balls.

Implementation
When the Coach serves a ball into the playing area the first two players in line race onto the field to get to the ball.

Players can score in any of the 4 goals.

Once a player has the ball they look to turn away from the other player and score.

If the player doesn't have the ball they are to try and steal it, and score themselves.

Implementation
Accelerate towards the target.

Close touches when under pressure, bigger touches when attacking space.

Shoot or pass the ball into the goal (Don't dribble into the goal).

Turn away from the defender