

Sticky Glue (10 mins)

Story

Players are made of glue and the need to try and get rid of the ticking stink bomb which when kicked at them sticks! If the stink bomb stops moving for 5 seconds it also explodes

Implementation

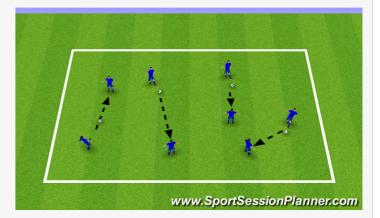
Players are with partner & stand facing each other.

One ball of stink between two, players gently pass the ball to their partner who must stop it & then pass back.

Progress practice, player without the ball moves into a new bit of space to recieve the pass.

Coaching Points

Encourage players to move to meet the ball. Lock the ankle of kicking foot Bend knee of kicking leg Step into the pass Non Kicking foot next to the ball



Cops and Robbers (15 mins)

Story

Cops have to chase after the robbers and tag them with the ball. **Implementation**

Players are either cops or robbers

Cops have the ball and must dribble around after the robbers and try to pass the ball to hit their feet If tagged they get to switch roles

Coaching Points

Use the inside of the feet to pass Lock the ankle of kicking foot Bend knee of kicking leg Step into the pass Non Kicking foot next to the ball Pass in front of the target player



Cone Goals

Set Up

Field is set up roughly 20Lx15W with balls balanced along cones at either end.

Players are split into two teams and will be lined up on either side of the coach. (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.

Once a player has the ball they look to strike th balls balanced on the cones by passing the ball at them.

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

Coaching Points

Look up at your target before shooting, Drive past the defender for an easier shot.

