

I can do this, can you?

<ul style="list-style-type: none"><li>• Coach stands in the middle of the group and says "I can do this, Can you"?</li><li>• Demonstrates a variety of movements, with and without the ball.</li><li>• Players must copy coach's movements.</li></ul> <p>Boundaries/space not important.</p>	<ul style="list-style-type: none"><li>• Coach must "show and tell" movement as needed for success.</li><li>• Movements should include balance, coordination and agility activities.</li><li>• Coach should move about the group to assist players with activity.</li></ul>
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Everybody's It/Tail Tag

<ul style="list-style-type: none"><li>• Space is roughly 20yds x 20yds, marked with cones.</li><li>• Players dribbling throughout.</li><li>• To begin, everybody is it. Each attempts to tag while avoiding getting tagged.</li><li>• Coach determines task to become "un-tagged".</li></ul> <p>Progress to tail tag. Every player wearing a pinnie as a tail. Collect as many tails as possible</p>	<ul style="list-style-type: none"><li>• Coaching balance, coordination, agility and vision.</li><li>• Coaching how to protect the ball.</li><li>• Coaching how to dribble the ball.</li><li>• "Can you show me another way to keep the ball"?</li></ul>
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Ball Retrieve

<ul style="list-style-type: none"><li>• Coach starts in the middle of a 20yd x 20yd space with a pile of balls.</li><li>• Coach throws the balls away; players must return them as indicated by coach.</li><li>• Coach immediately tosses balls back out as they are returned.</li><li>• Progress to return in pairs as indicated by coach.</li></ul>	<ul style="list-style-type: none"><li>• "How fast can each of you get this ball back to me"?</li><li>• "Can you return so fast that I never run out of balls"?</li><li>• Coach how to dribble, vision, and communication.</li><li>• "Can you bring it back without using your hands"? "Show me".</li><li>• Coach may want to have fun by indicating a body part to use to return the ball.</li></ul>
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Junkyard Soccer

<ul style="list-style-type: none"> <li>• 2 teams divided with pinnies, each player with a ball.</li> <li>• Field is 30x20 yds with a 2 yd neutral zone across the midfield line.</li> <li>• On command, players attempt to kick all balls into opponents half until time expires.</li> <li>• The team with the fewest amount of balls at the end of the time wins the point.</li> </ul>	<ul style="list-style-type: none"> <li>• Coach one touch striking of the ball. <ul style="list-style-type: none"> <li>○ Angle of approach</li> <li>○ Locked ankle</li> <li>○ Surface of the foot</li> </ul> </li> <li>• Coach vision to find open spaces. <ul style="list-style-type: none"> <li>○ Head up, look for space</li> <li>○ Pass to space</li> </ul> </li> <li>• “Can you work as a team to keep balls out of your yard”?</li> </ul>
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Gates/Moving Goal

<ul style="list-style-type: none"> <li>• 2 teams divided with pinnies. One ball per pair of players.</li> <li>• Field is 30yds x 20yds with several small goals spread throughout.</li> <li>• Teams of 2 dribble throughout the space, passing to each other. Progress to pass through the cones.</li> <li>• Progress to remove small goals and use a pole/rope between two buddies to form a goal.</li> <li>• “Goal” will move about the field.</li> <li>• Teams using 1-2 balls will work together to score on moving goal.</li> </ul>	<ul style="list-style-type: none"> <li>• Coach dribbling and passing while dribbling.</li> <li>• Coach passing using non-dominant foot.</li> <li>• Coach receiving and 1<sup>st</sup> touch.</li> <li>• Coach communication, verbal and non-verbal.</li> <li>• Coach vision and changing direction.</li> <li>• Coach shooting with accuracy.</li> </ul>
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Small Sided Games: Boss of the Balls, Line Soccer, Get Outta Here.

<ul style="list-style-type: none"> <li>• Break group into 2 teams with pinnies. Players numbered 1-6</li> <li>• Field is no more than 30x20 yds.</li> <li>• Teams line up shoulder-shoulder, facing field, on opposite sidelines.</li> <li>• Coach calls out numbers to play game. Coach starts play with a pass into space.</li> <li>• Score by dribbling over oppositions line.</li> <li>• Remaining players may defend.</li> <li>• Progress to small goals on end line for a real game. GK’s optional.</li> </ul>	<ul style="list-style-type: none"> <li>• Coaching how to interact with a team and play a directional game.</li> <li>• Most of all, let them play and have fun.</li> </ul>
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