**I can do this, can you?**

- Coach stands in the middle of the group and says “I can do this, Can you”?
- Demonstrates a variety of movements, with and without the ball.
- Players must copy coach’s movements. Boundaries/space not important.

- Coach must “show and tell” movement as needed for success.
- Movements should include balance, coordination and agility activities.
- Coach should move about the group to assist players with activity.

**Everybody’s It/Tail Tag**

- Space is roughly 20yds x 20yds, marked with cones.
- Players dribbling throughout.
- To begin, everybody is it. Each attempts to tag while avoiding getting tagged.
- Coach determines task to become “un-tagged”.
- Progress to tail tag. Every player wearing a pinnie as a tail. Collect as many tails as possible.

- Coaching balance, coordination, agility and vision.
- Coaching how to protect the ball.
- Coaching how to dribble the ball.
- “Can you show me another way to keep the ball”?

**Ball Retrieve**

- Coach starts in the middle of a 20yd x 20yd space with a pile of balls.
- Coach throws the balls away; players must return them as indicated by coach.
- Coach immediately tosses balls back out as they are returned.
- Progress to return in pairs as indicated by coach.

- “How fast can each of you get this ball back to me”?
- “Can you return so fast that I never run out of balls”?
- Coach how to dribble, vision, and communication.
- “Can you bring it back without using your hands”? “Show me”.
- Coach may want to have fun by indicating a body part to use to return the ball.
Junkyard Soccer

- 2 teams divided with pinnies, each player with a ball.
- Field is 30x20 yds with a 2 yd neutral zone across the midfield line.
- On command, players attempt to kick all balls into opponents half until time expires.
- The team with the fewest amount of balls at the end of the time wins the point.

<table>
<thead>
<tr>
<th>Coach one touch striking of the ball.</th>
</tr>
</thead>
<tbody>
<tr>
<td>o Angle of approach</td>
</tr>
<tr>
<td>o Locked ankle</td>
</tr>
<tr>
<td>o Surface of the foot</td>
</tr>
<tr>
<td>Coach vision to find open spaces.</td>
</tr>
<tr>
<td>o Head up, look for space</td>
</tr>
<tr>
<td>o Pass to space</td>
</tr>
<tr>
<td>“Can you work as a team to keep balls out of your yard”?</td>
</tr>
</tbody>
</table>

Gates/Moving Goal

- 2 teams divided with pinnies. One ball per pair of players.
- Field is 30yds x 20yds with several small goals spread throughout.
- Teams of 2 dribble throughout the space, passing to each other. Progress to pass through the cones.
- Progress to remove small goals and use a pole/rope between two buddies to form a goal.
- “Goal” will move about the field.
- Teams using 1-2 balls will work together to score on moving goal.

<table>
<thead>
<tr>
<th>Coach dribbling and passing while dribbling.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coach passing using non-dominant foot.</td>
</tr>
<tr>
<td>Coach receiving and 1st touch.</td>
</tr>
<tr>
<td>Coach communication, verbal and non-verbal.</td>
</tr>
<tr>
<td>Coach vision and changing direction.</td>
</tr>
<tr>
<td>Coach shooting with accuracy.</td>
</tr>
</tbody>
</table>

Small Sided Games: Boss of the Balls, Line Soccer, Get Outta Here.

- Break group into 2 teams with pinnies. Players numbered 1-6
- Field is no more than 30x20 yds.
- Teams line up shoulder-shoulder, facing field, on opposite sidelines.
- Coach calls out numbers to play game. Coach starts play with a pass into space.
- Score by dribbling over oppositions line.
- Remaining players may defend.
- Progress to small goals on end line for a real game. GK’s optional.

<table>
<thead>
<tr>
<th>Coaching how to interact with a team and play a directional game.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most of all, let them play and have fun.</td>
</tr>
</tbody>
</table>