

PAC-MAN

Organization:

One player with a ball begins as the Pac-Man. They attempt to swallow the ghosts by hitting them with their ball below the knees. If a player is hit, they then become a Pac-Man, getting a ball from the outside of the grid. Play continues until one player is left.

Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



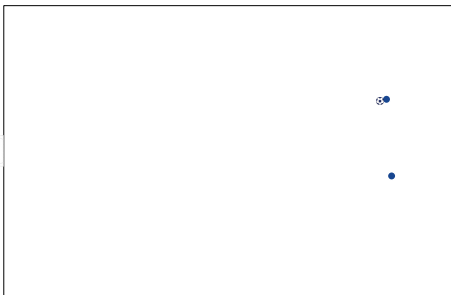
1 V 1 KEEP AWAY

Organization:

Players pair up with one ball between two. For one minute, players try to challenge to win the ball and keep it away from their partner. The player with the ball at the end of the minute, wins.

Coaching points:

Encourage players to challenge, win and keep the ball away from their partner. Be positive.



IN 25 TO GOAL

Organization:

In pairs, players go to goal. They must pass the ball 3-4 times before they score. Players are working on their receiving touch. Time: 10 min.

Coaching points:

Encourage player to take their first touch forward and towards goal. If possible, keep the ball moving. Players should play as quick as possible. Be positive.



WORLD CUP

Organization:

Use two goals with one ball. Coach serves a ball onto the field. All players are up against each other to try and score in either goal. After a player scores, they come off and wait to progress to the next round. The last player left is out.

Coaching points:

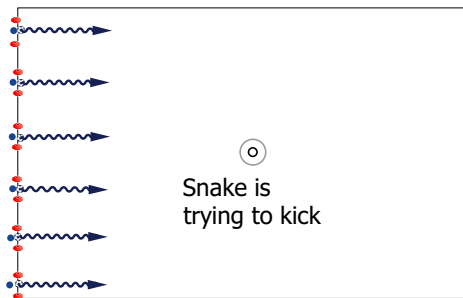
Dribbling to beat players.



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GENERAL NOTES

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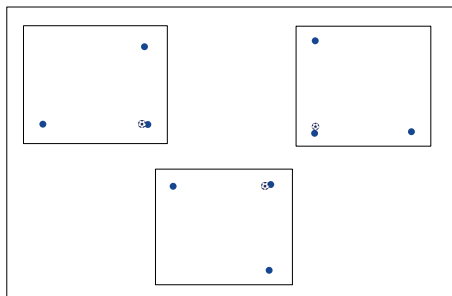
Snake TAG

Organization:

Players line up between the cones, each player with a ball. One player positions themselves in the middle of the field without a ball. The players with a ball attempt to dribble to the other side of the area. A player having their ball kicked away joins the player in the middle by locking arms to form a snake to attempt to kick other players' balls out of the area. Process continues until there is one player left with a ball.

Coaching points:

Players must control their ball. Keep eyes up to be aware of other players/snake and find space, work on changing direction and speed. Laugh and have fun with the players. Be positive.



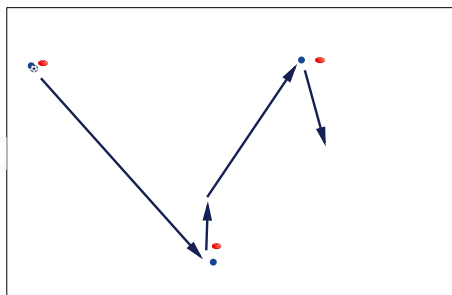
3 V 0 BOX PASSING

Organization:

10x10 grid. Groups of 3 with a ball in a grid. Player with the ball should pass to his/her left or right. Free player must move to the proper corner to provide two passing options.

Coaching points:

Pass and move. Have fun.



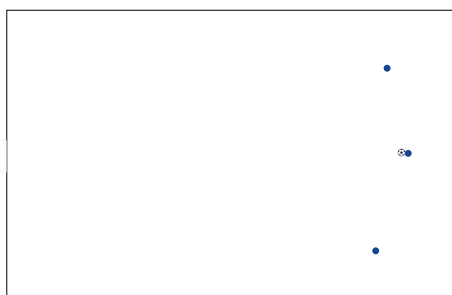
3 V 0 PATTERN PLAY

Organization:

Set cones on the field in a pattern to finish with a shot, have players form lines on those cones. The cone farthest from the goal will have the balls. Players can score once they have completed the pattern. Get all players going to goal after they have passed the ball, this will help create good habits. Field size: 25 x 35 yards. Time: 10 min.

Coaching points:

Be positive with the players.



3 V 0 TO GOAL

Organization:

Players going to goal with no pressure, working on scoring. They must pass the ball a minimum of 3 times.

Coaching points:

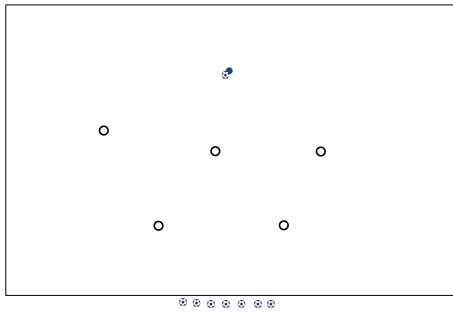
Encourage players to score as quickly as possible. Each player must touch the ball before a goal can be scored.



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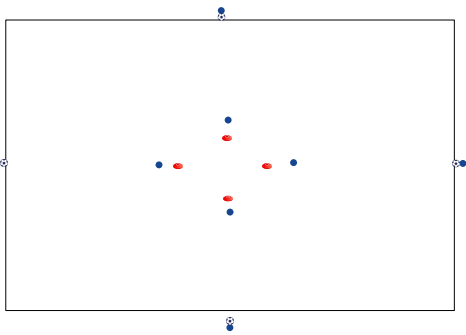
PAC-MAN

Organization:

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Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



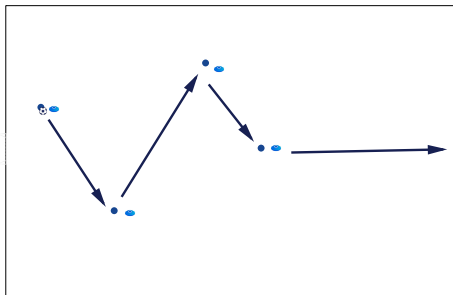
4 V 4 WINDOWS

Organization:

Four players are inside the grid checking to four players on the outside of the grid who pass to the inside player. The inside player controls the ball and passes it back. After one minute, switch roles.

Coaching points:

Move without the ball. Get in position to receive the ball. Work on passing technique.



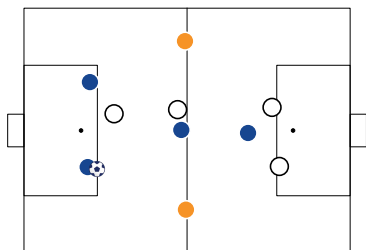
4 V 0 PATTERNS

Organization:

Set cones on the field in a pattern to finish with a shot. Have players on the cones to form the line. Players can score once they complete the pattern. Get all the players going to goal after they have passed the ball, to form good habits.

Coaching points:

Work on passing. Work on positioning. Work on finishing.



4 V 4 + 2

Organization:

Play 4v4 with 2 neutral players who can play with the team who have possession of the ball. Field size: 30x40 yards. Time: 30 mins.

Coaching points:

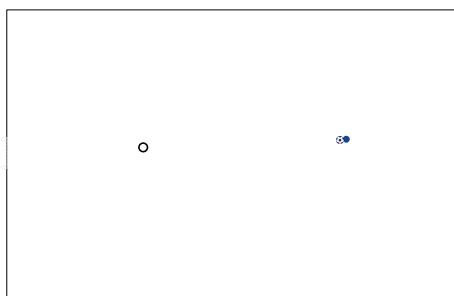
Encourage players to pass, find the extra players and play the game. Become fan of the players.



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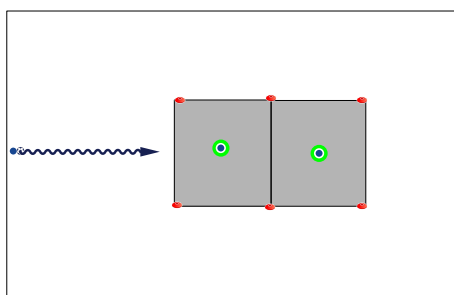
1 V 1 COMMON GOAL

Organization:

Players play 1v1 with one ball to two goals on 12 x 24 yard field. One minute games then rotate. Time: 15 min.

Coaching points:

Approach attacker under control, stay body's length away. Patience, tackle on mistake or heavy touch. Win ball and attack.



GAUNTLET

Organization:

Players play 1 v 1 in each grid and try to make it through the channel without having their ball kicked away. The defender in each grid tries to win the ball and if they do, they switch places with the player they won the ball from. After a player dribbles through the first grid, the next player in line can go.

Coaching points:

Encourage defenders to get in front of the ball, challenge and win the ball. Stay 4:1 on the positive to instructional comment throughout the session.



1V1+1

Organization:

Play 1 minute 1 v 1 games, the plus 1 is neutral and plays with the player on the ball. Field size: 25 x 35 yards. Time: 10 min.

Coaching points:

Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Use extra player to beat opponent with the pass.



1V1+2

Organization:

Play 1 minute 1 v 1 games, the plus 2 are neutral and play with the player on the ball. Field size: 25 x 35 yards. Time: 10 min.

Coaching points:

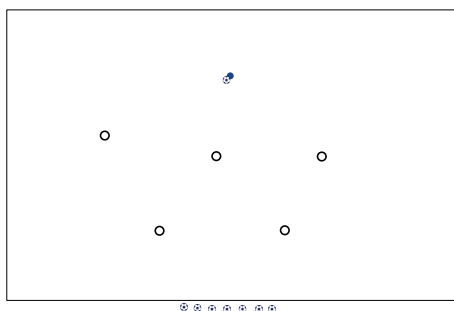
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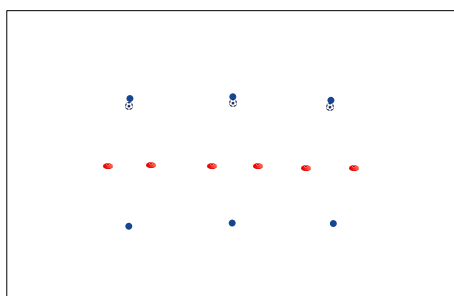
MARBLES

Organization:

1st player passes the ball out. 2nd player passes their ball out to try and hit the 1st player's ball. Alternate, trying to hit the other player's ball. One point for a hit. First player to 10 points wins.

Coaching points:

Weight, timing and accuracy of passes. Laugh and have fun with the players.



GATE PASSING

Organization:

Players should be 5-10 yards apart. Increase or decrease distance depending on success. Use two cones as a gate, start with the gate 5 yards apart and decrease with success. Time: 10 min.

Coaching points:

Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



IN 2S TO GOAL

Organization:

In pairs, players go to goal. They must pass the ball 3-4 times before they score. Players are working on their receiving touch. Time: 10 min.

Coaching points:

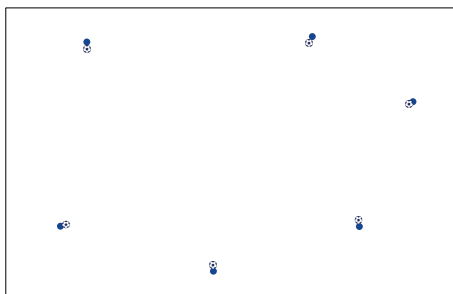
Encourage player to take their first touch forward and towards goal. If possible, keep the ball moving. Players should play as quick as possible. Be positive.



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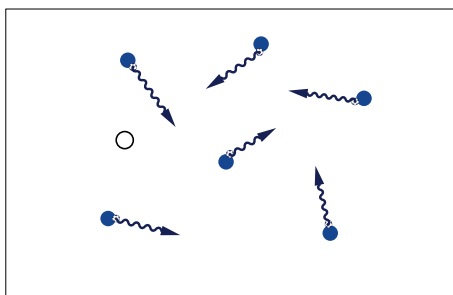
CRAZY BOX DRIBBLING (ENTROPY)

Organization:

Players dribble within a limited area, demonstrating all dribbling techniques. Players must avoid each other. Each player has a ball. Field size: 15 x 30 yards. Time: 10 min.

Coaching points:

Keep the ball under control, use all surfaces of the foot, demonstrate footwork skills, dribble with head up, find space, change direction and speed. Stay positive with the players.



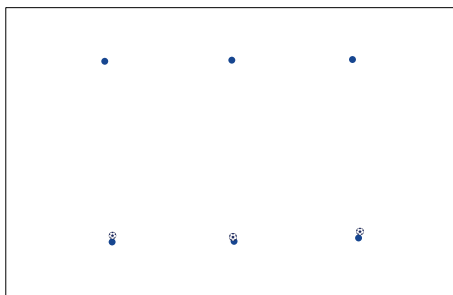
DRIBBLE TAG

Organization:

Each player with a ball is dribbling within a confined space with one player "it". He/she can have a ball or not. The game is then played like a normal game of tag. Grid size: 30 x 15 yards. Time: 5 mins.

Coaching points:

Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.)



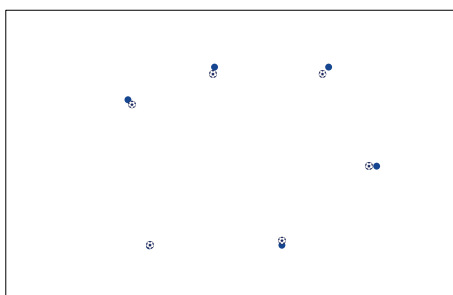
BLOCK SHIELDING

Organization:

Defender passes the ball to the attacker. Attacker dribbles and tries to beat the defender. Defender tries to win the ball by stepping between attacker and the ball on their longer touch.

Coaching points:

Close attacker. Push them one way. On attacker's longer touch, step in to try and win the ball. Get body between attacker and ball.



KNOCKOUT

Organization:

Players dribble in a box and must control their own ball at the same time as trying to kick other players' balls from the box. A player whose ball is kicked out of the box must juggle 5 times to return to the box. Field size: 20 x 30 yards. Time: 10 min.

Coaching points:

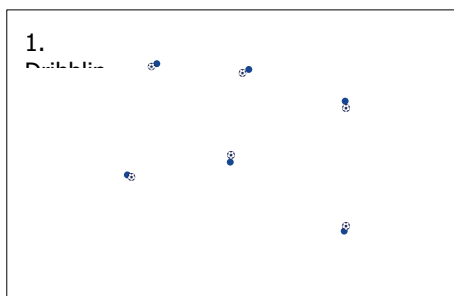
Encourage players to get in front of the ball and take the ball away from their opponent. Stay 4:1 on the positive to instructional comment throughout the session.



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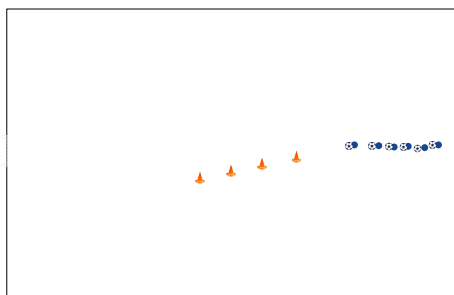
FOOTWORK 1,2,3,4

Organisation:

Dribbling, Foundation, Left foot, Right foot. Each player has a ball. Field size: 15 x 30 yards. Time: 10 min.

Coaching points:

Dribbling - using any part of the foot to move the ball around, Foundation - tapping the ball between your feet. Left foot - dribbling with the ball using only the left foot, Right foot - dribbling with the ball using only the right foot. Dribble with your head up, if possible. Gradually increase speed. Laugh and have fun with the players.



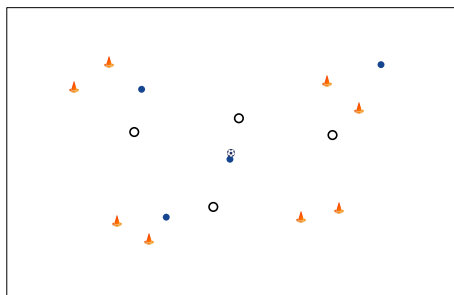
CONES AND SHOOT

Organization:

Dribble through the cones without touching them, once by the last cone, shoot at goal. Once player has had a shot, the next in line goes.

Coaching points:

Dribbling technique. Shooting - use laces, toe down, ankle locked. Plant foot pointed at the goal. Strike center of the ball. Follow through.



MULTIPLE GOALS

Organization:

Team scores a point by passing through a gate to a teammate. A team cannot score through the same gate in a consecutive possession.

Coaching points:

Pass and move. 1st touch away from pressure. Encourage players to move the ball with a pass.



2V0 TO GOAL

Organization:

Two players go to goal, they must pass twice before scoring. Immediately after scoring or missing the target, two players come from the opposite side of the field and the process continues. Field size: 20x30 yards. Time: 10 min.

Coaching points:

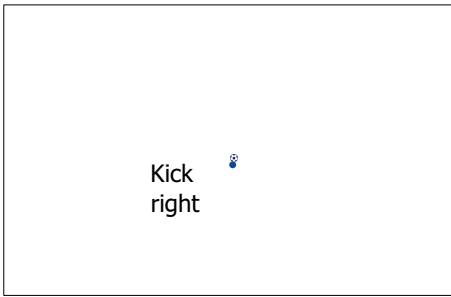
Dribble and pass and score as quickly as possible. Stay 4:1 on the positive to instructional comment throughout the session.



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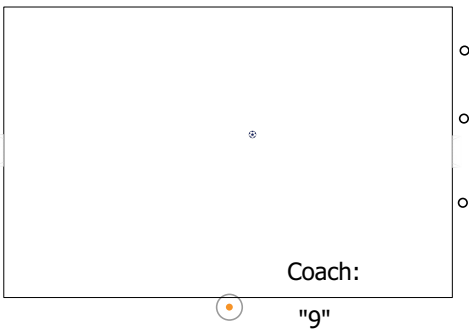
JUGGLING U6

Organisation:

Kick right high, Kick left high, Punt right distance, Punt left distance, Punt right off bounce, Punt left off bounce, Kick catch, Thigh catch, Head catch, Scoop ball for distance. This should be performed in an unrestricted open space. Each player has a ball. Time: 10 min.

Coaching points:

Laces/Foot - toes out, ankle locked. Thigh - make platform with the thigh. Head - head the ball below the hairline (hardest part of the head). Stay 4:1 on the positive to instructional comments throughout the session.



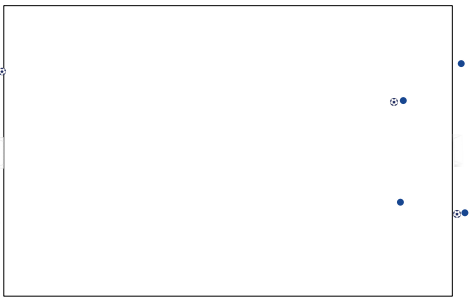
NUMBERS GAME (1V1)

Organization:

The coach will call out a number, the players with that numbers will play 1 v 1. Field size: 25 x 35 yards. Time: 10 min.

Coaching points:

Encourage players to get in front of the ball and take the ball away from their opponent. Stay 4:1 on the positive to instructional comment throughout the session. Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



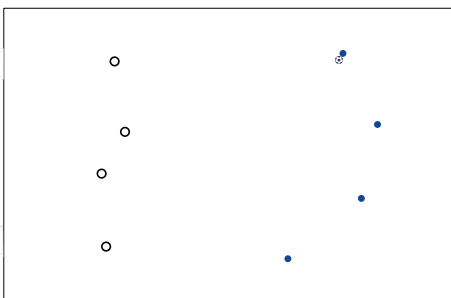
2V0 TO GOAL

Organization:

Two players go to goal, they must pass twice before scoring. Immediately after scoring or missing the target, two players come from the opposite side of the field and the process continues. Field size: 20x30 yards. Time: 10 min.

Coaching points:

Dribble and pass and score as quickly as possible. Stay 4:1 on the positive to instructional comment throughout the session.



FOUR GOAL GAME

Organization:

Players are split into two teams (4v4). Each team has two goals to defend and two goals to attack. Field size: 40x30 yards. Time: 10 min.

Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Encourage players to score.

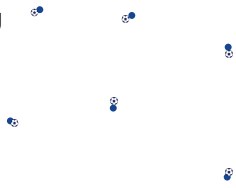


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1. Dribbling



FOOTWORK 1,2,3,4

Organisation:

Dribbling, Foundation, Left foot, Right foot. Each player has a ball. Field size: 15 x 30 yards. Time: 10 min.

Coaching points:

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SHIELDING

Organization:

Perform this exercise in open space. One ball per two players. One player shields the ball from the other for 30-60 seconds and then swap over. Time: 10 mins.

Coaching points:

Keep body between ball and defender. Body position is side on, forearm out to protect space. Use inside foot to manipulate the ball. Stay 4:1 on the positive to instructional comment throughout the session.

TURNING FINISHING

Organization:

Ball is passed into player who turns with one touch and shoots. Passer then becomes the shooter.



FOUR GOAL GAME

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Players are split into two teams (4v4). Each team has two goals to defend and two goals to attack. Field size: 40x30 yards. Time: 10 min.

Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Encourage players to score.

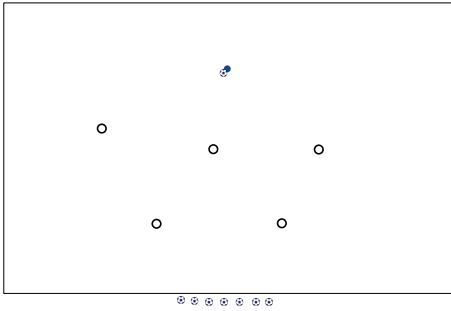




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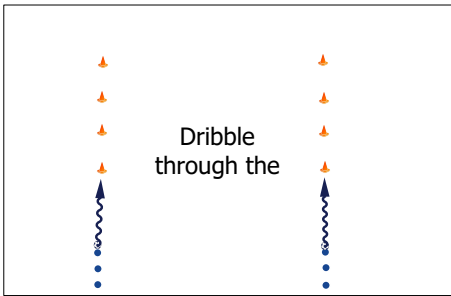
PAC-MAN

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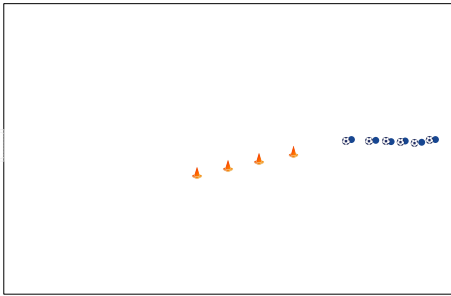
SLALOM

Organization:

Set 4 cones 1-2 yards apart. Each player has a ball or one ball per line. Have players dribble with both feet, right foot only or left foot only. Use exercise as a relay race. Time: 10 min.

Coaching points:

Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.). Dribble through without touching the cones. Have players increase speed with success.



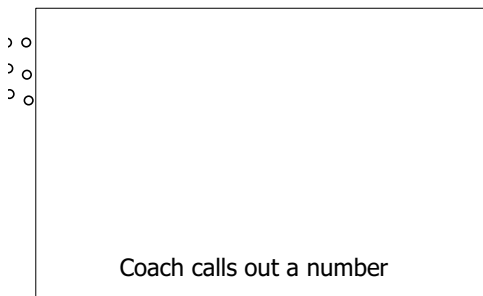
CONES AND SHOOT

Organization:

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Coaching points:

Dribbling technique. Shooting - use laces, toe down, ankle locked. Plant foot pointed at the goal. Strike center of the ball. Follow through.



6 V 6 LINE SOCCER

Organization:

Coach serves a ball and calls out a number between 1-6, that is the number of players who come out for each team. First team to dribble across the opposite line is awarded a point.

Coaching points:

Encourage players to dribble at opponents to beat them. Encourage players to challenge to win the ball.

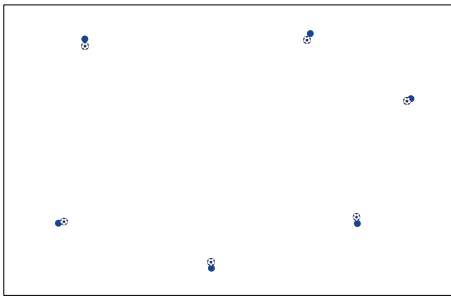
between 1-6 for number



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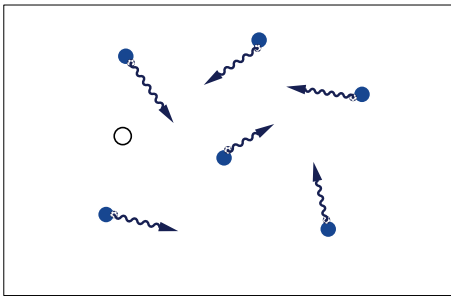
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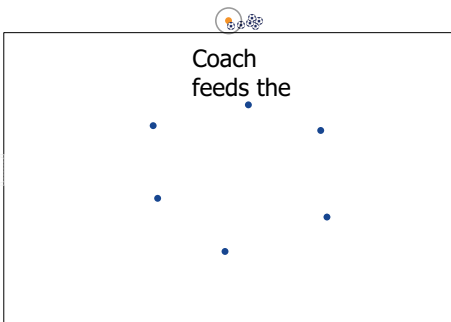
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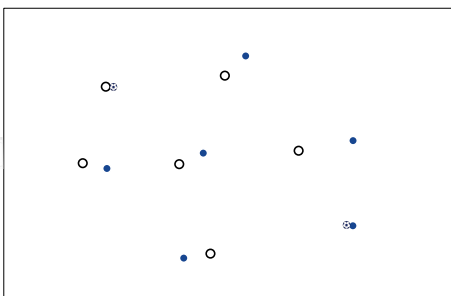
WORLD CUP

Organization:

Use two goals with one ball. Coach serves a ball onto the field. All players are up against each other to try and score in either goal. After a player scores, they come off and wait to progress to the next round. The last player left is out.

Coaching points:

Dribbling to beat players.



6V6 2 BALLS

Organization:

Play a 6v6 game with two balls during the game. Field size: 30x40 yards.

Coaching points:

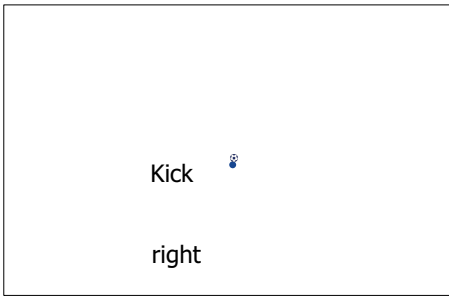
Encourage dribbling at players. Use moves, challenge to win the ball from the opponent, and play the game.



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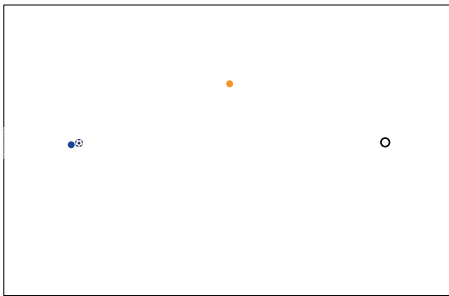
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1V1+1

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Coaching points:

Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Use extra player to beat opponent with the pass.



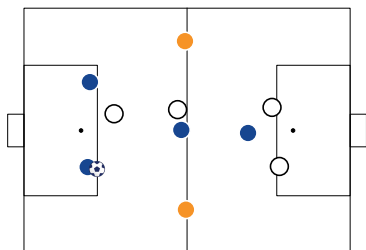
1V1+2

Organization:

Play 1 minute 1 v 1 games, the plus 2 are neutral and play with the player on the ball. Field size: 25 x 35 yards. Time: 10 min.

Coaching points:

Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Use extra player to beat opponent with the pass.



4V4+2

Organization:

Play 4v4 with 2 neutral players who can play with the team who have possession of the ball. Field size: 30x40 yards. Time: 30 mins.

Coaching points:

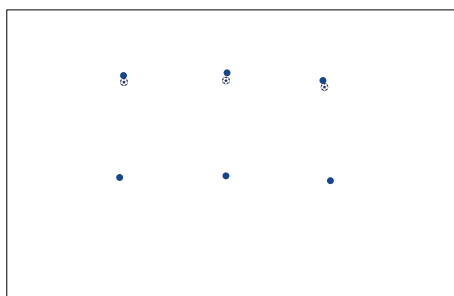
Encourage players to pass, find the extra players and play the game. Become fan of the players.



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IN 2S TOSS

Organization:

Players receive balls out of the air. Players should be 5-10 yards apart. Player with the ball tosses in the air about 10 feet to their partner. Control with the laces, thigh or chest. Time: 10mins.

Coaching points:

Get body part in or under the flight of the ball. Cushion/give with the ball. Laugh and have fun with the players.



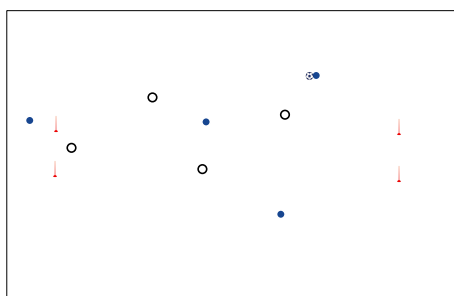
IN 2S TO GOAL

Organization:

In pairs, players go to goal. They must pass the ball 3-4 times before they score. Players are working on their receiving touch. Time: 10 min.

Coaching points:

Encourage player to take their first touch forward and towards goal. If possible, keep the ball moving. Players should play as quick as possible. Be positive.



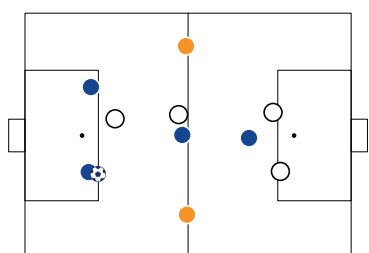
HOCKEY STYLE

Organization:

Players are allowed behind the goal but can only score from the front. Play 4 v 4. 30 x 40 yard grid.

Coaching points:

Encourage players to pass and play the game.



4V4+2

Organization:

Play 4v4 with 2 neutral players who can play with the team who have possession of the ball. Field size: 30x40 yards. Time: 30 mins.

Coaching points:

Encourage players to pass, find the extra players and play the game. Become fan of the players.



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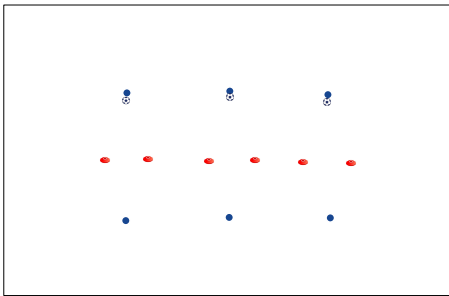
MARBLES

Organization:

1st player passes the ball out. 2nd player passes their ball out to try and hit the 1st player's ball. Alternate, trying to hit the other player's ball. One point for a hit. First player to 10 points wins.

Coaching points:

Weight, timing and accuracy of passes. Laugh and have fun with the players.



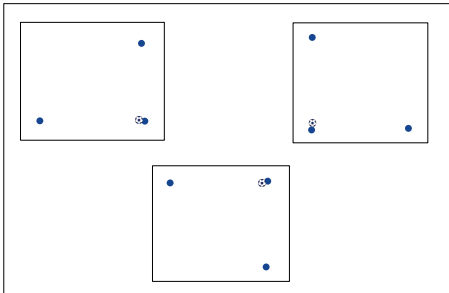
GATE PASSING

Organization:

Players should be 5-10 yards apart. Increase or decrease distance depending on success. Use two cones as a gate, start with the gate 5 yards apart and decrease with success. Time: 10 min.

Coaching points:

Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



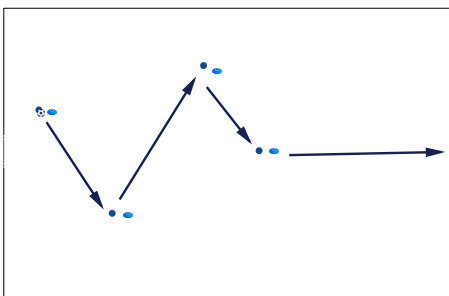
3 V 0 BOX PASSING

Organization:

10x10 grid. Groups of 3 with a ball in a grid. Player with the ball should pass to his/her left or right. Free player must move to the proper corner to provide two passing options.

Coaching points:

Pass and move. Have fun.



4 V 0 PATTERNS

Organization:

Set cones on the field in a pattern to finish with a shot. Have players on the cones to form the line. Players can score once they complete the pattern. Get all the players going to goal after they have passed the ball, to form good habits.

Coaching points:

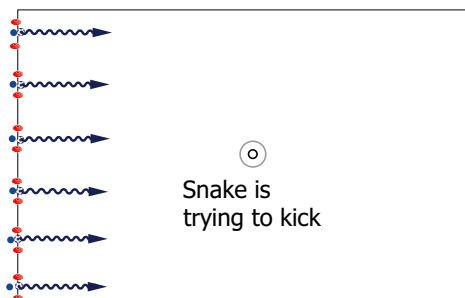
Work on passing. Work on positioning. Work on finishing.



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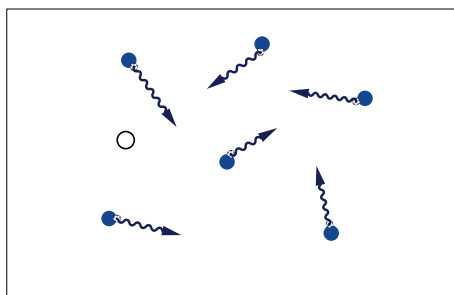
SLAKE TAG

Organization:

Players line up between the cones, each player with a ball. One player positions themselves in the middle of the field without a ball. The players with a ball attempt to dribble to the other side of the area. A player having their ball kicked away joins the player in the middle by locking arms to form a snake to attempt to kick other players' balls out of the area. Process continues until there is one player left with a ball.

Coaching points:

Players must control their ball. Keep eyes up to be aware of other players/snake and find space, work on changing direction and speed. Laugh and have fun with the players. Be positive.



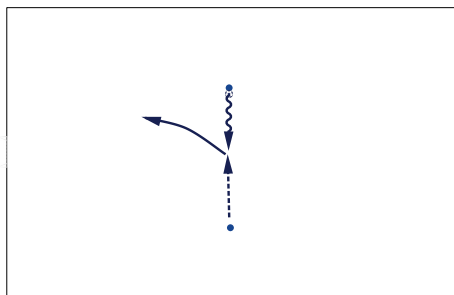
DEFROST GAME

Organization:

One player is Frosty. The other players dribble a ball within the grid. Frosty tags as many players as he/she can. A tagged player must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen then dribbles as before. Grid size: 30 x 15 yards. Time: 10 mins.

Coaching points:

Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.)



TAKEOVER AND GO TO GOAL

Organization:

First two players perform a takeover and then go to goal to score. Time: 10 mins.

Coaching points:

Dribble at team mate. Verbal and visual communication. Takeover with same foot. Change speed after takeover.



NUMBERS GAME

Organization:

The coach will call out two numbers, the players with those numbers will play 2 v 2. Field size: 25 x 35 yards. Time: 10 min.

Coaching points:

Encourage players to get in front of the ball and take the ball away from their opponent. Stay 4:1 on the positive to instructional comment throughout the session.

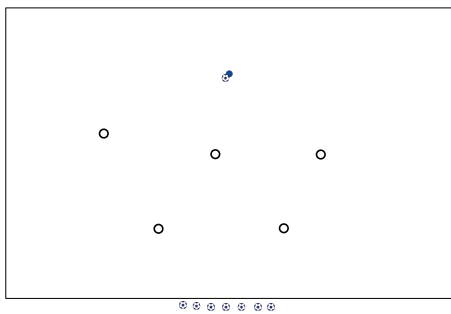
Coach:
"2 and



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PAC-MAN

Organization:

One player with a ball begins as the Pac-Man. They attempt to swallow the ghosts by hitting them with their ball below the knees. If a player is hit, they then become a Pac-Man, getting a ball from the outside of the grid. Play continues until one player is left.

Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



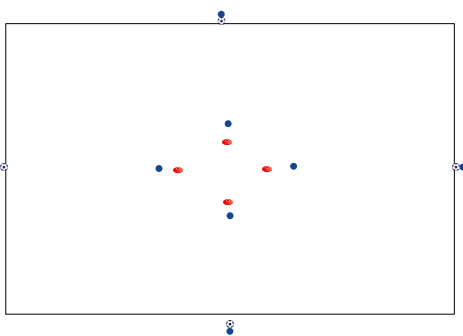
SHARKS AND MINNOWS

Organization:

The teams lines up behind the cones, each player with a ball. One player is the shark and is positioned in the middle. The shark attempts to kick the ball out of the area. A player who has his/her ball kicked away then becomes a shark. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions and speed. Players that are sharks work on taking the ball away from minnows. Field size: 20 x 30 yards. Time: 10 min.

Coaching points:

Encourage players to get in front of the ball and take the ball away from their opponent. Stay 4:1 on the positive to instructional comment throughout the session.



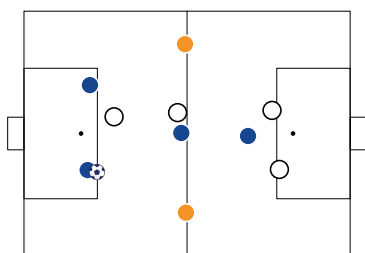
4 V 4 WINDOWS

Organization:

Four players are inside the grid checking to four players on the outside of the grid who pass to the inside player. The inside player controls the ball and passes it back. After one minute, switch roles.

Coaching points:

Move without the ball. Get in position to receive the ball. Work on passing technique.



4 V 4 + 2

Organization:

Play 4v4 with 2 neutral players who can play with the team who have possession of the ball. Field size: 30x40 yards. Time: 30 mins.

Coaching points:

Encourage players to pass, find the extra players and play the game. Become fan of the players.



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