

Warm Up: Cars

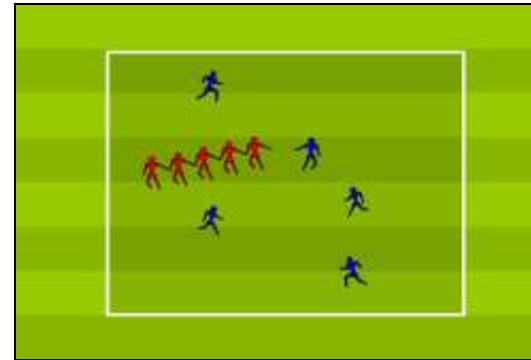


Coaching Points:

- Use inside & outside of feet. - Small touches.
- Keep head up. - Introduce 1 quote at a time.

- 1 soccer ball per player.
- Coach will call out characters from Disney film 'Cars.
- "Lightning McQueen" Players will dribble fast.
- "Mater" Players dribble backwards.
- "Pump the gas" Players perform toe taps.
- "Windshield wipers" Players perform side to side.

Technique (Without Ball): The Blob



Coaching Points:

- Keep head up. - Change of direction.
- Communication. - Run on toes.

- Players run around trying to avoid been tagged by 'The Blob'.
 - 1 player starts as 'The Blob'.
 - If tagged you join hands to expand the size of 'The Blob'.
- Progressions:**
- Players cannot stand still at any time.

Technique (With Ball): The Blob



Coaching Points:

- Keep head up. - Use inside & outside.
- Communication. - Inside to pass ball.
- Small touches. - Keep ball close to feet.

- Each attacker has a soccer ball.
 - Once tagged a player must kick their ball outside the square & join 'The Blob'.
 - Player must keep ball within the square.
- Progressions:**
- Player uses weaker foot.
 - Players cannot stand still at any time.

Scrimmage (3v3 or 4v4)



Coaching Points:

- DO NOT OVER COACH!
- Lots of encouragement.
- Give freedom for player to learn.

- Always end with a game, do not over coach, simply let them play.
- Keep it small 3v3 or 4v4 to maximize touches on the ball.
- 2 teams, 1 soccer ball playing to 2 pug nets.