

Warm Up: Numbers



Coaching Points:

- Use inside & outside of feet. - Small touches.
- Keep head up. - Perform actions correctly.

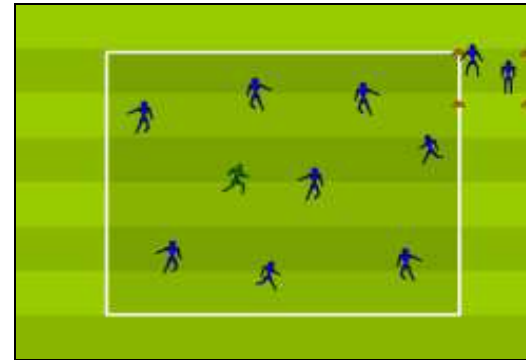
- Coach shouts numbers for players to respond.

- "1" Toe Taps.
- "2" Side to side.
- "3" Knee taps.
- Players dribble ball around area until command is heard.

Progressions:

- Balls remain stationary, players now move from ball to ball performing soccer movements.

Technique (Without Ball): Shrek



Coaching Points:

- Be aware of space. - Change of direction.
- Communication. - Run on toes.

- A player/coach takes the role of 'Shrek'.

- Shrek is trying to tag as many people as possible.
- If tagged a player must return to the swamp.
- The only way to escape the swamp is if somebody tags you out.

Progressions:

- Add more 'Shrek's'.
- Introduce 'Donkey' who can free all kids in swamp.

Technique (With Ball): Shrek



Coaching Points:

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

- All players have soccer ball including 'Shrek'.

- If players are tagged they must perform a soccer related exercise in the swamp before they can leave i.e. toe taps, side to side etc.

Progressions:

- Add more 'Shrek's'.
- Soccer action in swamp must be competed in pairs i.e. pass the ball 5 times etc.

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.