

## Warm Up (15 minutes)

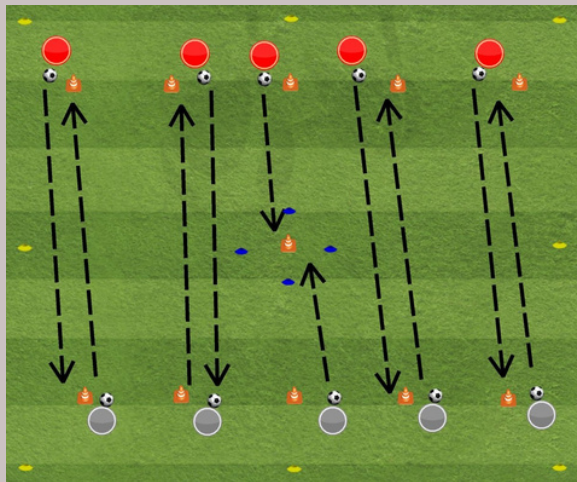
Set Up: 20 X 20 area.

Equipment: Cones, Balls, tall cones.

Always play something fun that players can enjoy, the example here is King Cone. 2 even teams on opposite sides of the areas. Every player has a tall cone and a ball. Players must strike the ball to try and knock over all of the other teams cones. Once a teams cones have been knocked over the team then move onto trying to knock over the central king cone in the middle. First team to knock over the king cone, wins.

Progressions: Make the distance between teams bigger. Have less soccer balls to try and encourage players to take there time.

Regressions: Remove blocker cones from the king cone. Reduce the distance from team to team and to the central king cone.



## Technical (15 minutes)

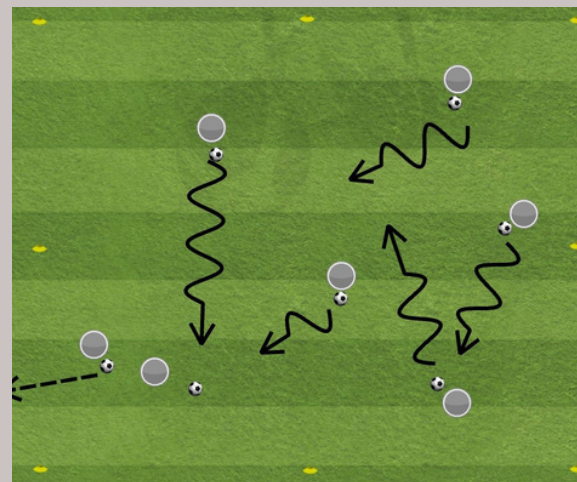
Set Up: 20 X 20 area.

Equipment: Cones, Balls.

King of the ring - every player has a ball and the must dribble around inside the area. When coach calls "king of the ring" players must attempt to kick other players ball out of the ring while they protect their own and keep theirs inside the area. Once your ball has been put out you are eliminated.

Progressions: Eliminated players can go back into the area to try and knock a ball out - they don't need to use a ball for this part.

Regressions: Instead of being eliminated from the game, if a ball goes out the player must perform a ball mastery move and can then return into the ring, they player that eliminated them gets 1 point.



## Game (30 minutes)

Set Up: 20 X 20 area.

Equipment: Cones, Balls, Goals, Bibs.

Set up as many small sided fields as you can. You ideally want to have 3v3, 4,4 or 5v5 at most. Once teams are set up, let them decide on a team name (country or club). Let the players enjoy the games and be as interactive as possible, this is an opportunity to sell camp.

Progressions: No progressions needed, teams should be well balanced when made.

Regressions: Remove the conditions that have been set and allow the players to play freely.

