

2023 INSTRUCTIONAL PART C

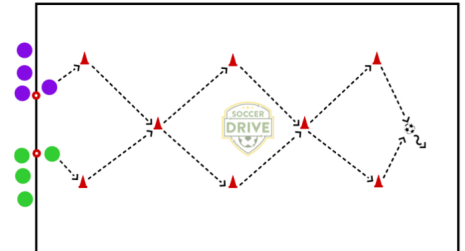
Friday, May 5th, 2023

Agility Practice

Players Required: 6-8

Set Up:

Three lines of cones are set up on the field as shown. Two players race from cone to cone to see who can get to the ball first and win it. After a player wins the ball, he sets it back up in the center for the next pair of players. Players jog back to the lines after each repetition is complete.



Ball Tag

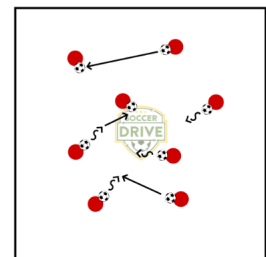
Players Required: 8

Balls Required: 8

Goals Required: 0

Set Up:

- Every player has a ball. The object is for players to hit other players' soccer balls with their own. If they can do so, they get a point.
- Keep playing for 1 minute. Ask players how many points they got, and ask them to beat their own score.
- Play several rounds. You can also play elimination rounds where players must leave the game if their ball is hit.



Coaching Points:

- To be accurate, use the inside of their foot to strike the ball.
- Stress timing of pass. Can you pass to where the other ball is going, not where it was?
- Use your peripheral vision while dribbling to see where you want to go next.
- Can players dribble the ball to better set up their next pass?

1 v 1 Kids vs Parent GK

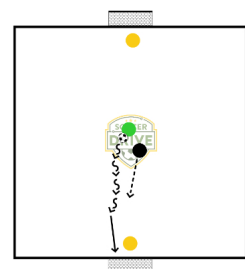
Players Required: 2

Set Up:

This is an exercise for four and five year olds. Parents play goal during games of 1 v 1 or 2 v 0, looking to have fun and put on a good show.

Coaching Points:

- Have fun
- Score Goals!

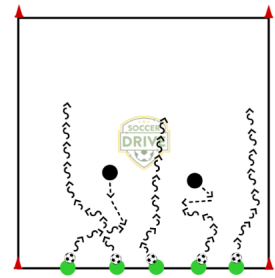


Bruce the Shark and Nemo

Players Required: 8

Set Up:

- In your 15x20yd grid, select 1-3 players to be Bruce the Sharks without soccer balls (coaches can start as sharks too).
- The rest of the players are Nemo or Dori and start each with a ball on one end of the grid.
- Nemo/Dori's have to dribble their ball to the other side of the ocean without losing their soccer ball (food) to Bruce the shark.
- Sharks do not kick balls away, they just need to touch it with their foot to catch the Nemo/Dori.
- If a Nemo/Dori gets their ball stolen, have them do 4 toe taps (touch top of ball with the bottom of your feet), and then continue to swim the ocean.
- Nemo/Dori's can start crossing when the sharks yell "Try and cross my ocean little fish!"
- Switch sharks after two fish crossings.



Coaching Points:

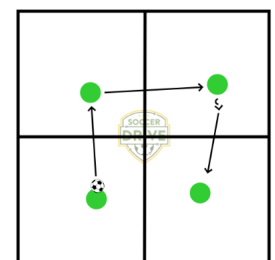
- Look for moments to swim into space! If you just swim without a plan, you'll be eaten up!
- Encourage changes of speed and direction.
- Look for players who are using both feet to dribble, and make a positive example out of them.
- Have fun!

Hot Potato

Players Required: 4

Set Up:

Divide a 15 x 15 yard grid into four areas with one player in each area. Coach yells "hot potato!" to start the game and the players have to pass clockwise around grid. Each successful pass of the potato gets a point. If the ball goes outside the intended area on a pass, then the score resets to zero. Try to see how high of a score each group can get. Repeat game and ask groups to beat their high score



Progression:

- Have players go counter-clockwise.
- Have players create a figure 8 with the passing.

Coaching Points:

- Encourage the use of the inside of the foot while passing to the next grid (Toe up, heel down)
- Encourage players to open up their body when receiving. Receive the ball with the inside of the foot in the direction you want to do next.

3v3 Game

Players Required: 12

Balls Required: 2

Create 2 grids of 20 X 20 feet with the pylons as shown on the diagram. Have 4 teams of 3 players playing a 3v3 game.

First team to knock out all 4 pylons on the opponents goal line wins. Swap teams after 10 minutes

