



Warm Up: Elbow Tag (10 mins)

Elbow Tag

Organization:

Players spread out through the grid
Coach is first person to be "it"

Instructions:

Players must avoid be tagged by the coach with pinnie
When player being chased goes to 2 players then one of the players must leave on end..'it' still tries to chase

Coaching Points:

Head up to see where any of the taggers are
Change direction and changes of speed when running away
Get player to be tagger

Progressions:

Add a ball with each player and play same game



Activity 1: Coach Signal (15 mins)

Organization:

Every player with a soccer ball on the field

Instructions:

Dribble to coach who lifts soccer ball up in air. - Different moves to coach

-Dribble on with right/left foot, inside, outside, sole

-Get into groups of 2, 3, 4, 5, etc

-Go score a Goal!

-Involve parents as well if possible

Coaching Points:

Emphasize good technical habits with the ball

Players must be listening and paying attention to commands

Progressions:

In groups



Activity 2: Gate Dribbling (15 mins)

Organization:

2 Groups

Players spread out through the grid with soccer balls

Instruction:

Dribble through gates

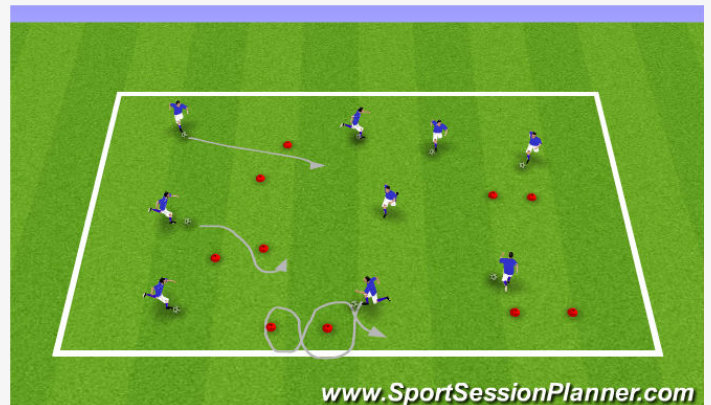
Go fast through gates and count

Figure 8's as well as run through gates

Coaching Points:

Head up

Inside and outside of foot - work to keep ball close



Final Game (15 mins)

Organization:

Free Play

Coaching Points:

Play - dribble into space

Progressions:

