

Coach

Session date

Team/Age Group

Theme

Time available



### NOTES

#### Numbers on deck

- Players move around grid encouraged to explore a range of movements and directions
- Upon coaches command they attempt to put that number of body parts onto the ground
- They may need help/ideas to begin with and then encourage them to be creative in what body parts and balances they use

#### Wreck it Ralph

- Each player has a ball and play the role of 'Wreck it Ralph' while the coach and one or two others play 'Fix it Felix'.
- Ralph is wrecking all the buildings – kicking the soccer ball at the tall cones to knock them down.
- Felix should hurry around trying to fix them again – stand them back up.
- How many cones can Ralph get down in 30 seconds?
- Make sure all players who want to get to be Felix.

#### Greedy Goal Scorer!

- All soccer balls are in the center of the grid and goals are set up on each side.
- Trainers will have extra Pugg goals but you could use just 3 or just cones but that will require more running on your part.
- Players start on the corners of the grid and on the coaches command all players retrieve a ball and shoot into any goal.
- While they are doing so, the defenders (coaches) are trying to stop them and retrieving the balls from the goals to put back in the center.
- In a minute how many goals can you score??

#### What's the time Mr Wolf?

- All kids have a soccer ball at one side of the grid and, with an assistant coach, they ask "What's the time Mr Wolf?!"
- The other coach yells out a time e.g. "3 o'clock!"
- Players have 3 seconds to get as close to the wolf as possible but when the wolf turns around they must stand as still as they can, ideally the ball will be kept close to them!
- When the Wolf shouts out "dinner time!" the players should turn and dribble back to the start, away from the wolf.