



Game Day #1

Category: Small-Sided Games

Difficulty: Beginner

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Screen 1

5 v 5 Games

Coach at side with large amount of balls, every time a ball goes out of play coach rolls another ball into the game.

Play 8 min games

Progression - Teach them the rules of the game for at least two games. Throw ins, Kick offs, Free Kicks, Goal Kicks, Corners.

