



Ball Retrieval / Warm up (5 mins)



Ball Retrieval Warm .

Each player has a ball and by taking turns hands the ball to coach.

Coach tosses ball out for player to retrieve any way they want. Be creative, have them pretend to be different animals or vehicals (race car, dump truck, airplane)

Pick up and Run back,

Pick up and skip back

Pick up and Hop back

Dribble with the inside of foot/outside of foot/ sole of foot/ inside of both. outside and inside of one foot

Animal Dribble (15 mins)



Players pretend to be different animals while Dribbling.

The coach must be willing to pretend to be the animal as well. We silly have fun with the kids

Slow like a turtle

Fast like a cheetah

Monkey

chicken

snake

Stuck in The Mud (10 mins)



Layout a square with cones (size should be appropriate for the number of players)

Players Start without soccer balls. For the first round have the coach play the mud monster. If the players get tagged by the mud monster they are "Stuck in the mud" if they are stuck in the mud they must stand still with their legs open. To become unstuck another players must crawl thru the stuck players legs. The players should be encouraged to shout for help when stuck in the mud. After a few games have every player except the freeze mud monster get a ball.

The mud monster then has to tag the player or touch the soccer ball of the other players. If the mud monster touches your or your soccer ball you have to hold your soccer ball above your head and shout for help. To get unstuck one of the other players must put their ball through your legs.

If game is too easy you can add another mud monster.

3v3 Game (15 mins)



Duration: 24 Minutes

Organization:

30 x 25 yard box.

Teams play 3 v 3 inside the box with no goalkeepers.

Sit back and watch them play...**NO COACHING!**

Let the kids play and learn to love the game. 4 x 5 minute games with one minute water breaks in between games