



Pickle Tag (10 mins)



To start of you will need to create three or four squares as safe zones.

Have two players start of as the defenders, in the diagram these players are blue. In your session have them hold a pinnie or a cone.

To start the game the coach shouts "Go". The players have to leave their safe zone and try to get to another without being tagged by the defenders. If they get tagged the defender must drop the cone or pinnie in their hand and quickly get to one of the safe zones. The person who was tagged now assumes the role of the tagger.

Warm up (10 mins)



Character word is Team work

Play paint the field-Use the ball as a "paint brush" They should "paint" the entire canvas/field

Fetch-Players dribble to the coach completing different tasks:dribble laces, dribble sole of the foot, dribble outside or inside of foot. etc

1. Review control position.(arms like an airplane).Remind them "freeze" to stop and listen.
2. Review the pull back turn-sole of the foot on the ball then roll the ball behind you as you pivot to dribble the other way
3. Intro the chop turn- cut the ball to change directions using either the inside or outside of the foot

volcanoes (10 mins)



The cones are like volcanoes "hot" . Have them dribble from one side to the other w/o hitting a volcano

after several rounds have them hit volcanoes. Then have them hit volcanoes while you set them back up.

King of the Ring (15 mins)



King of the Ring

In a 20x20 grid:

- Have each player with a ball
- Players must dribble around the square while attempting to knock opponent's balls out.
- Once a player's ball is out, they must go to the outside and practice a ball control skill (toe taps, foundations etc) 10 times before reentering the game

Coaching Points:

- Shielding the ball correctly
- Knowing when to take chances to be aggressive
- Control and Dribbling

Progression #1

- Players must only dribble with a specific surface (Inside, outside, laces)

Scrimmage (10 mins)



Only coach participation, correct direction, and boundaries

Put all balls away but two. One for the game and one for the coach to restart game when the ball goes out. Have players "freeze" when ball goes out. Restart game from anywhere and have parents/spectators retrieve ball.

Collect equipment and review . Teamwork