



U.K.International Soccer Camps - Online Curriculum

## Treasure Hunt

**Level: Warm Up with Ball**

**Objective: Dribbling the soccer ball**

### Organisation

*Set up a grid 30 x 20 yards and place as many disc cones and pinnies on the floor inside the grid as possible.*

*On the command of the coach, all the players go into the grid.*

*While keeping control of their soccer ball, they pick up as many 'pieces of treasure' as possible.*

*When all cones and pinnies are collected, each player counts to see how many 'pieces of treasure' they have.*

*The winning player is the one with the most.*

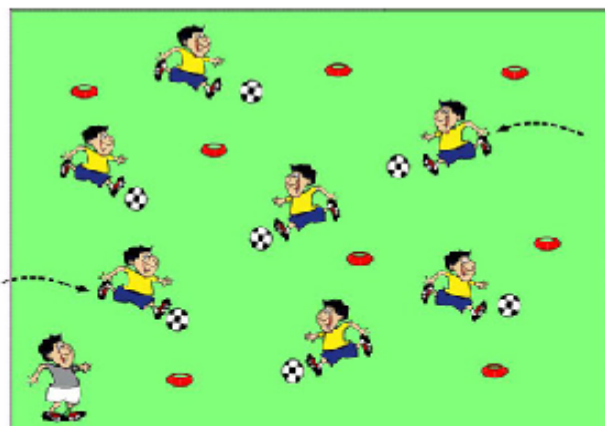
*Replace the cones all over the grid and play again.*

### Progression:

*The players must dribble around (inside foot / outside foot) the treasure to 'dig it up' before they can take*

### Coaching Points:

- 1: Let the game be the teacher*
- 2: Encourage the players to keep the ball close to them and change directions quickly*
- 3: Keep head up as often as possible*
- 4: Encourage players to use both feet and different parts of their feet*
- 5: Practice practice practice*



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## U.K.International Soccer Camps - Online Curriculum

### Follow the Leader

**Level: Warm Up with Ball**

**Objective: Dribbling, ball familiarity and close ball control.**

#### Organisation

*Set out a 40 x 40 yards playing area.*

*All players have a ball each and are organized in single file behind the coach.*

*The object of the game is to follow the coach around the area, repeating his/her movements, such as using different parts of the feet, and making turns.*

#### Progression:

*Give the players a range of moves, turns or skills to follow*

#### Coaching Points:

- 1: Let the game be the teacher*
- 2: Encourage the players to keep the ball close to them and change directions quickly*
- 3: Keep head up as often as possible*
- 4: Encourage players to use both feet and different parts of their feet*
- 5: Practice practice practice*

