



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.

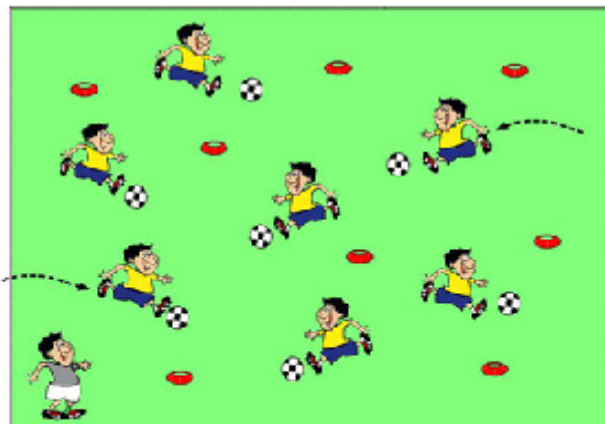
Replace the cones all over the grid and play again.

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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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:

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- 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

