



U.K.International Soccer Camps - Online Curriculum

Pirates of the Caribbean

Level: Warm Up with Ball

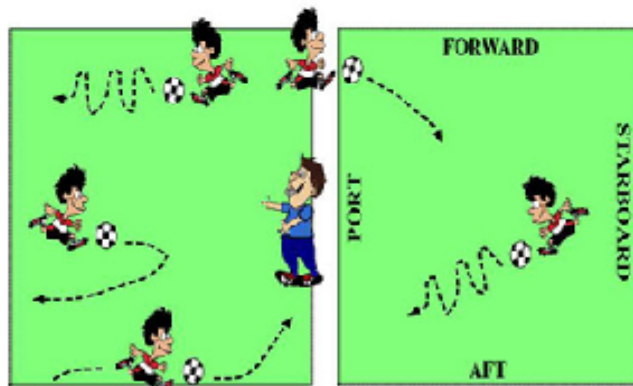
Objective: Dribbling and running with the ball.

Organisation

Set up two 20 x 20 yard playing area, and have 5/10 yards between the grids. Split players into two groups and ask them to dribble around their grid awaiting a command from the coach. Calm Ocean Player dribbles slowly. Choppy Ocean Players change direction because sea is getting rough. Save Yourself Dribble to the other grid to sail away from the storm. Winch The Sails on the - Players run to either Port, Starboard, Forward or Aft side of boat. The coach in the middle of the two grids is the pirate to steal the treasure. Their ball is the treasure and they must dribble it safely to the other boat. Once a player has lost their ball they can become a pirate to steal other players treasure.

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





U.K.International Soccer Camps - Online Curriculum

Mr Wolf

Level: Warm Up with Ball

Objective: Ball familiarity, dribbling and quick turns

Organisation

Make a circle about 20 yards in diameter.

Players spread around the edge with a ball each.

The coach stands in the middle and is Mr. Wolf.

Every child is a sheep and must ask the question very loudly, What time is it Mr. Wolf?.

The Wolf must then say a time e.g. 2 o'clock. Each player must then dribble the ball forward, e.g. two steps for 2 o'clock and six steps for 6 o'clock. When the players get close enough to the center the coach may announce, Dinner Time.

The coach then attempts to tackle and steal the soccer balls from the sheep.

The players must turn and get outside the circle before being captured.

When a sheep is caught they become an assistant wolf in the middle.

The winner is the last remaining sheep.

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



UK International Soccer Camps, Inc., P.O. Box 1838, Redlands, Ca. 92373. Tel: 909-793 7759
Copyright UK International Soccer Camps / All rights reserved