

① INTRO MEET @ HOGWARTS || START: 8:00 AM 9:30 AM  
FUN WARM UP - SIMON SAYS

- RUN BY UK COACHES

② SPLIT INTO 4 GROUPS || 8:15 AM 9:45 AM  
(ROTATE EVERY 8-10 MINS)

<u>RAVENCLAW</u>	{	<u>THRU' THE LEGS</u>	{	20x20 GRID
<u>HUFFLEPUFF</u>		<u>RELAYS</u>		20x15 GRID
<u>GRYFFINDOR</u>		<u>BOWLING</u>		20x15 GRID
<u>SLYTHERIN</u>		<u>FLINTSTONES</u>		20x20 GRID (+4 POPUP GOALS)

③ RETURN TO HOGWARTS || 8:45 AM 10:15 AM

- SPLIT INTO TEAMS 3v3  
(MAKE 4v4 MAX)

MAKE SURE DURING GAMES, THERE IS HALF TIME

- WATER BREAK.

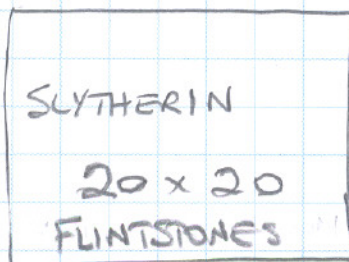
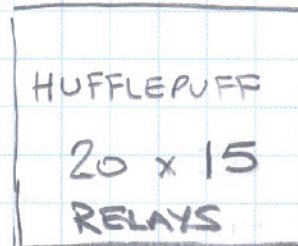
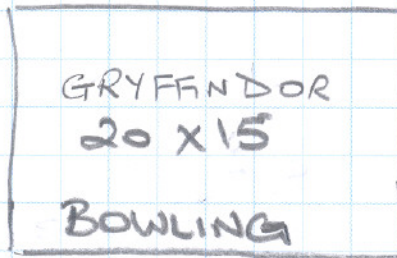
RESTART WITH A KICK OFF > DEFENDERS ONLY NEED TO BE 5-6 YARDS AWAY, GET GAME GOING QUICKLY

< NO ADDITIONAL RULES AT THIS TIME >

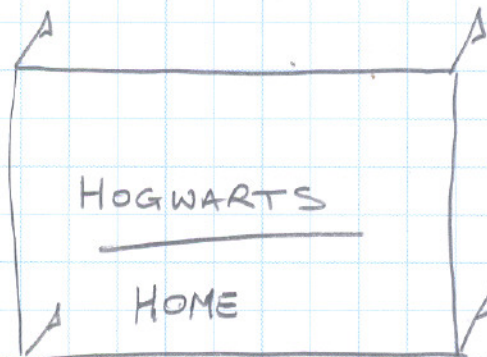
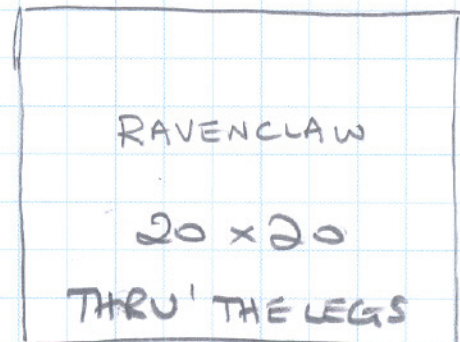
④ FINISH AT HOGWARTS || 9:20 AM 10:50 AM



LAYOUT



(NEED 4 POP-UP  
GOALS FOR SETUP)



TARGET 3 GROUPS TODAY

KEEP INTEREST, KIDS DON'T NEED  
AS MUCH ORGANIZATION



### Passing Game 3:

### THRU THE LEGS

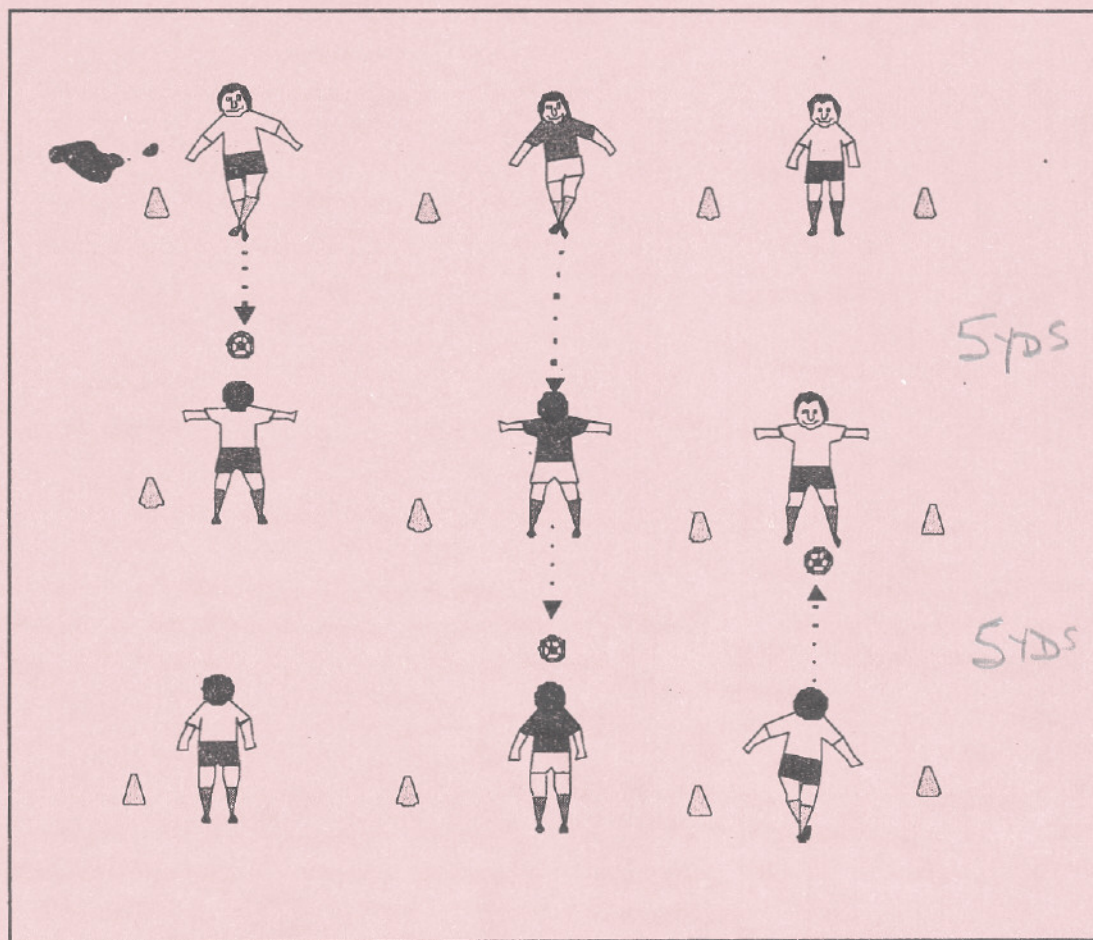
**PURPOSE:** To develop and practice passing accurately

#### ORGANISATION

- Organize teams of three players. Each player stands about 5-10 yards away from each other in a straight line. You can use cones to mark out where each person should stand. Each team has one ball.
- Players try to pass the ball between their partners legs in the middle to the player at the other end. Each time they are successful they receive a goal and they must then switch with the person in the middle.
- The winning team is the first to score 10 goals.

START BY PASSING THRU' 2  
CONES

(PLAYERS LEGS  
2ND WEEK?)



#### COACHING POINTS

- Placement of non-kicking foot as a directing arrow
- Step into the pass
- Keep inside of foot flat on impact
- Progress to weaker foot only, and longer distances between players



## Passing Game 2:

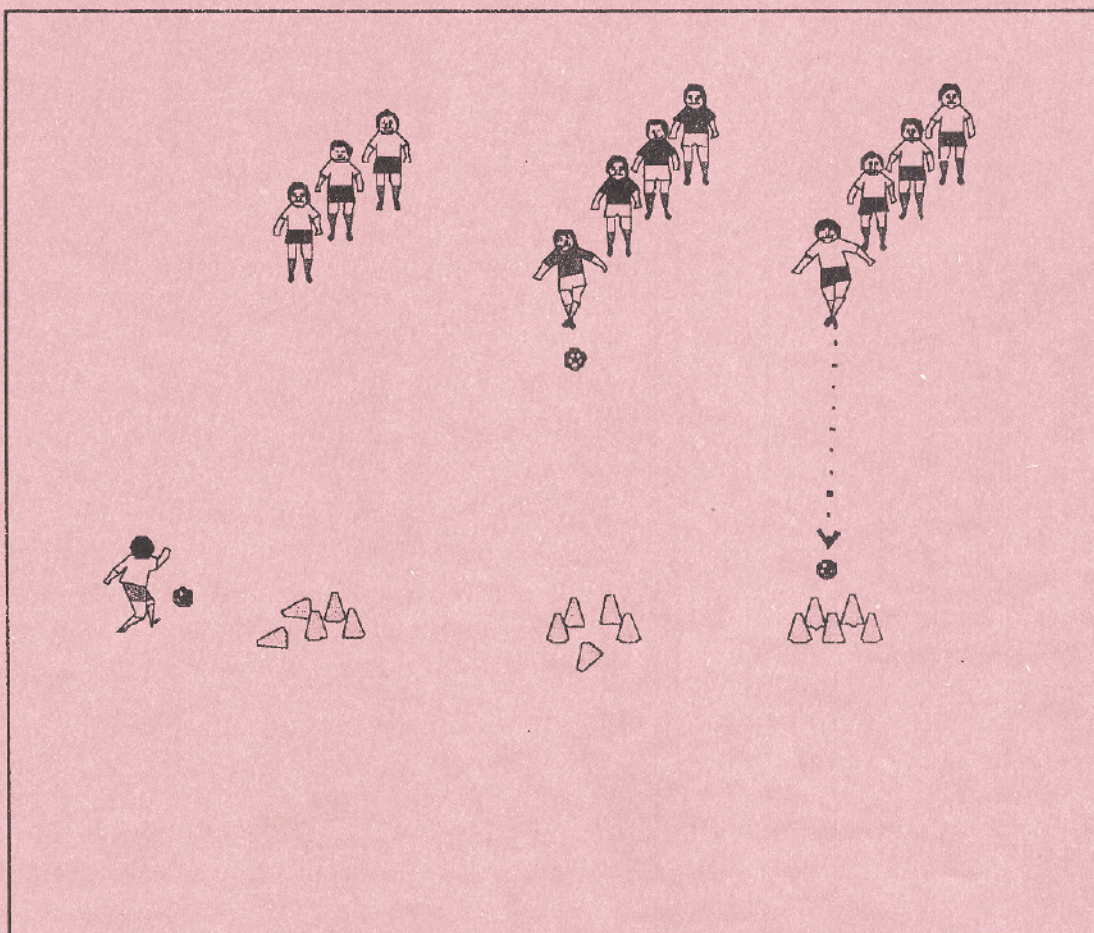
## SOCCER BOWLING/SKITTLES

**PURPOSE:** To develop and practice accuracy and weight of passes.

### ORGANISATION

- Choose teams of 2-4. Place 5 cones together, 5-15 yards (depending on ability) from each team. Put 3 cones at the back and 2 at the front.
- Each team tries to knock all their cones over by players taking turns to pass a soccer ball at the cones.
- After each pass the player must retrieve the ball and pass it back to their teammates.
- The first team to knock all the cones down is the winner.

START BY  
DRIBBLING BACK



### COACHING POINTS

- Correct passing technique
- Make sure the players do not pass the ball too hard otherwise they will lose time if they miss
- If they pass the ball too softly the cones will not fall over
- Progress to weaker foot

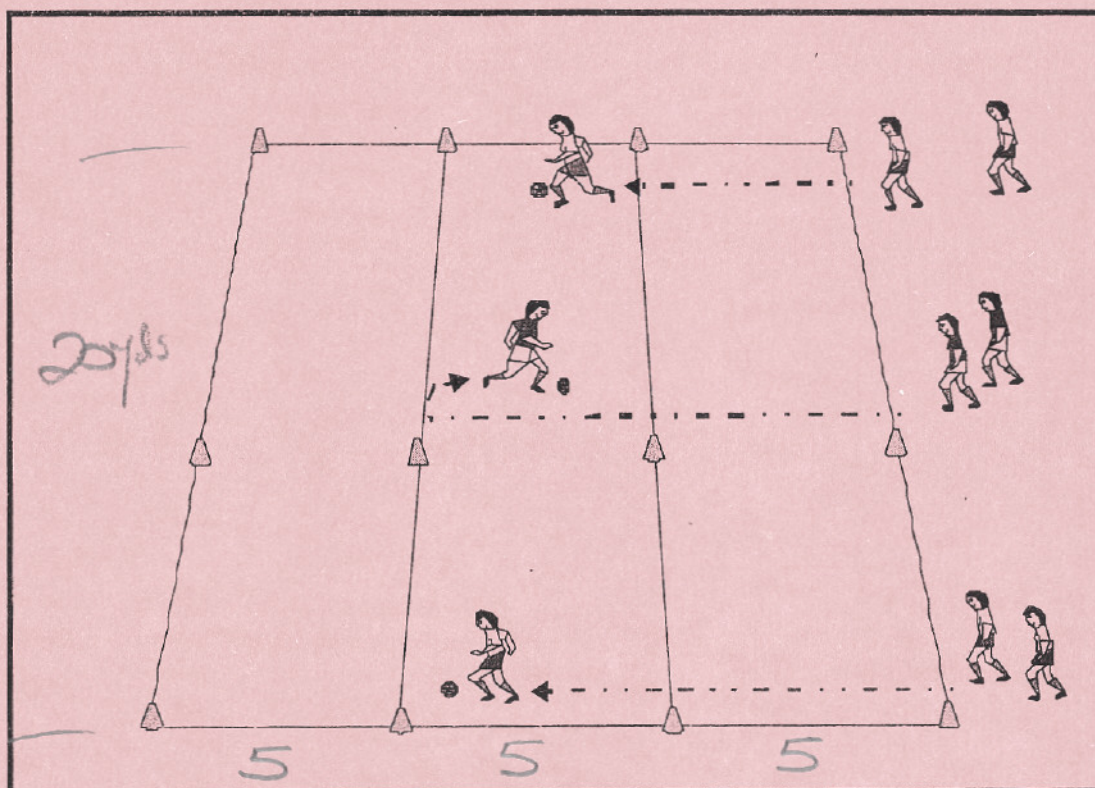


## Control/Turning Game 5: RELAYS

**PURPOSE:** To develop close control and turning with speed

### ORGANISATION

- Split the group into 2-3 teams. Set out 3 cones about 5 yards apart opposite each team. Each team has a ball and should be stood in single file.
- Players from each team go one at a time to dribble to the first cone, turn and dribble back to the start, then the next player goes to the first cone. When all the team has gone to the first cone they then all go, one at a time, to the second cone and then finally the third cone.
- The winners are the first team to finish the race.



### COACHING POINTS

- Take small frequent touches on the ball
- Turn quickly with the ball
- Do not run around it in order to stop and turn

USE SOLE OF  
FOOT ON TURN TO  
CHANGE DIRECTION



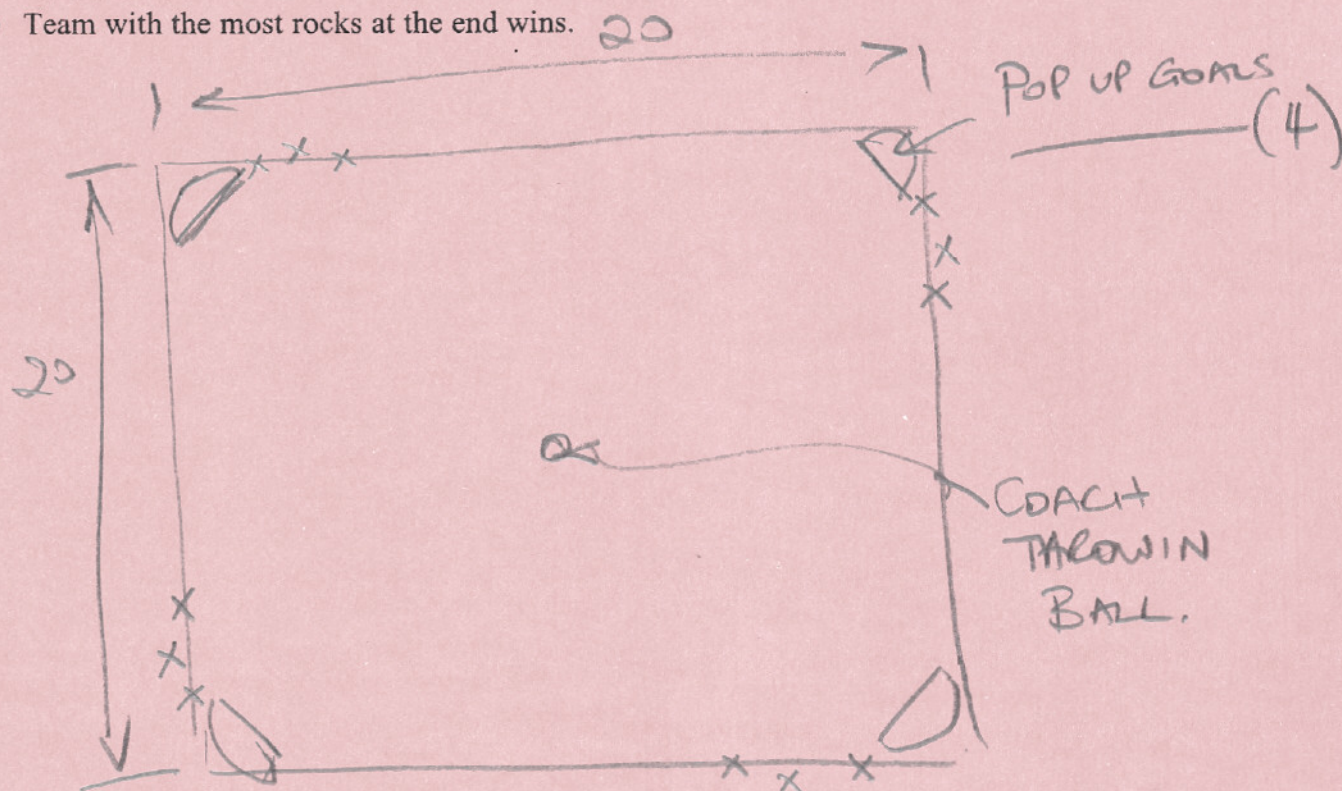
## Dribbling Game 10: Flintstones

SPONGE BOB

**PURPOSE:** To work on dribbling and shooting.

### ORGANISATION

- Set out 4 small goals 3 yards wide, with a small coned area to the side of the goal. Put players in teams with a goal each and they must stand inside the coned area.
- Give each member of the team a name of a flintstone character, i.e. Fred, Barney, Wilma, Betty, Pebbles, Bam Bam, Dino.
- You throw a ball in and call it a rock, each player is trying to get the rock back to their cave.
- Coach calls "Fred", 4 "Freds" run out and try to get the rock back to their goal which is their cave.
- Team with the most rocks at the end wins.



NEED 12 PLAYERS

4 TEAMS - 3.

### COACHING POINTS

- Encourage players to use both feet and the inside and outside of the foot