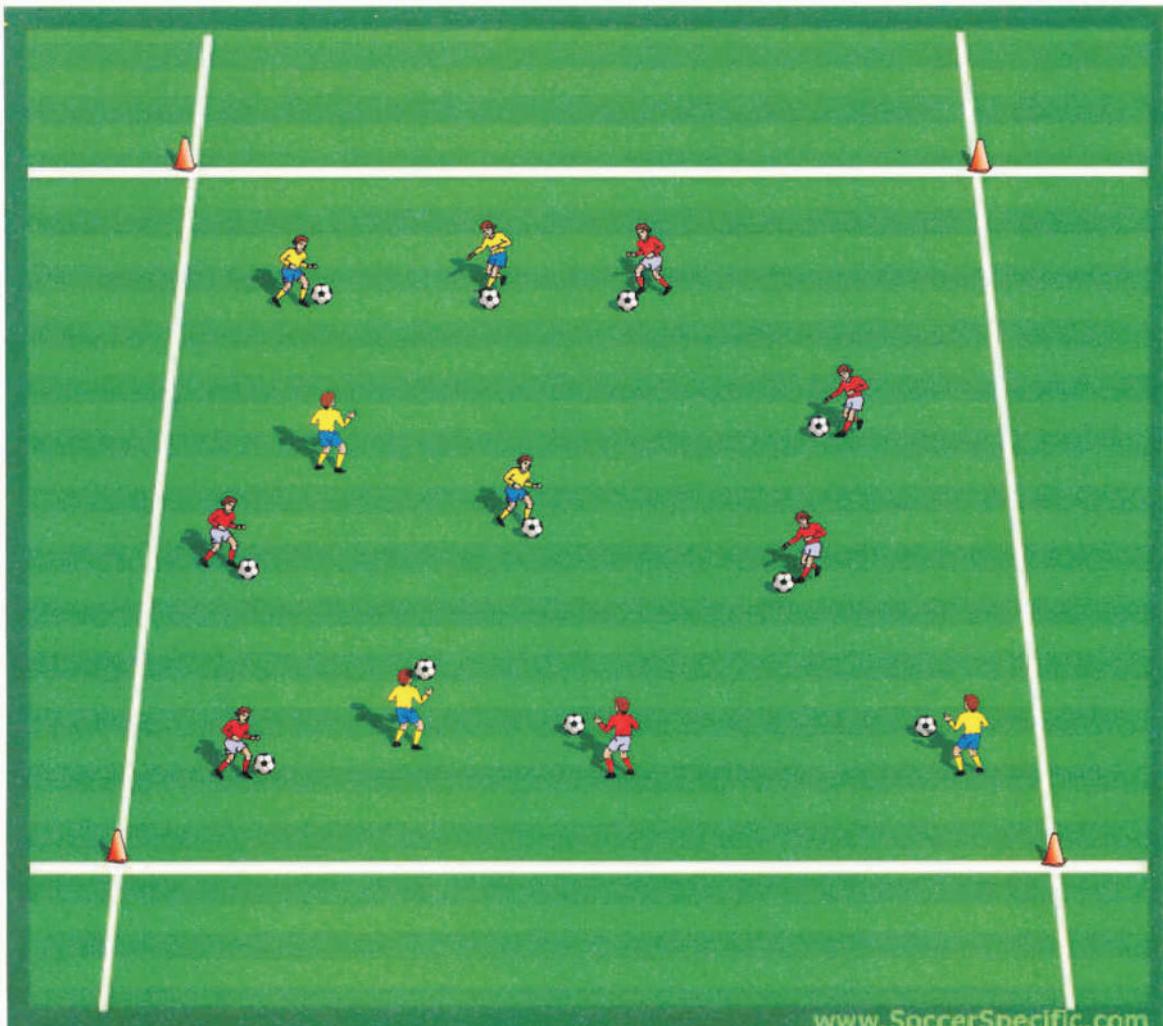


## Bombs Away



**20 x 20 grid**

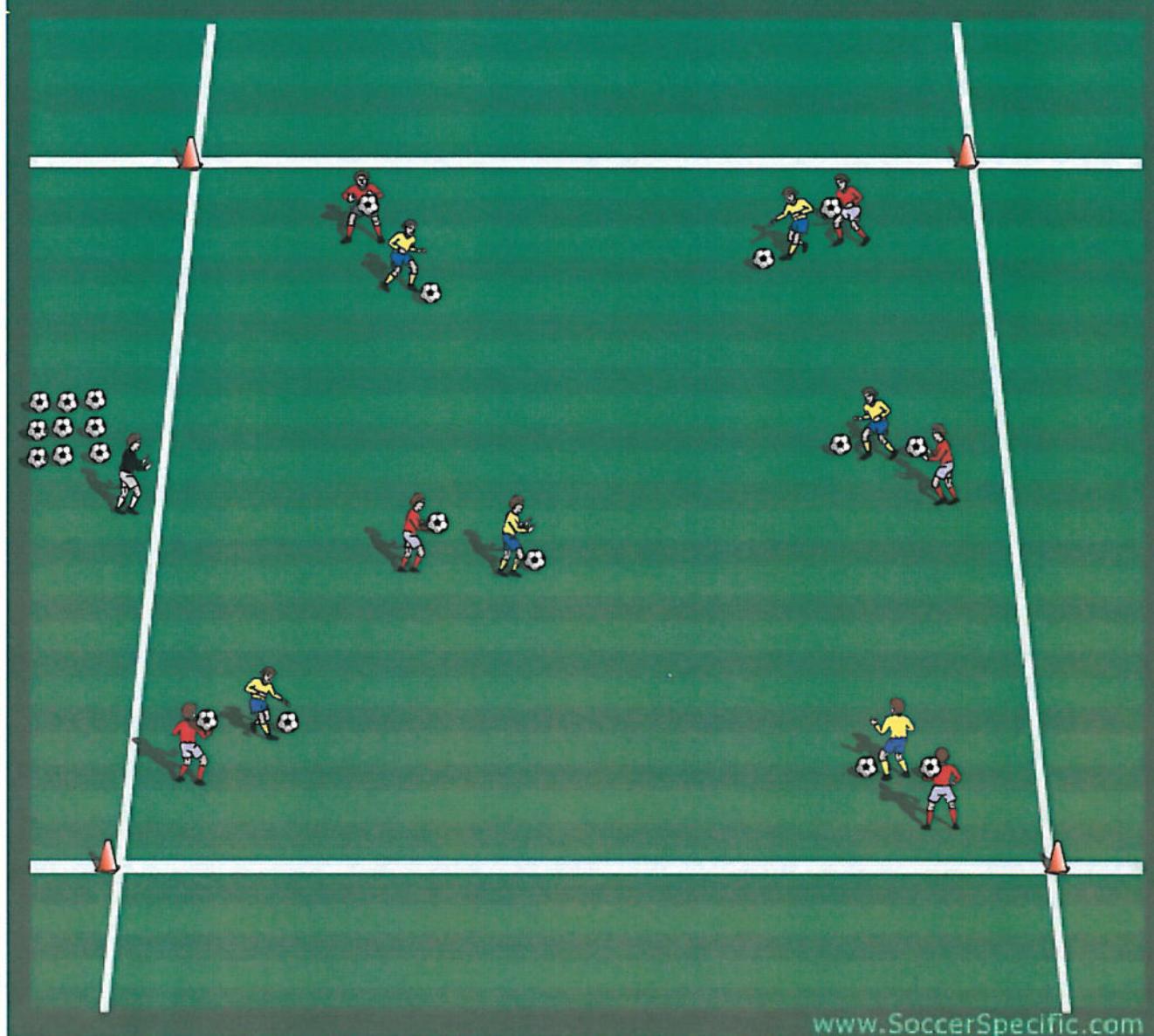
**Purpose:** Focusing on both dribbling and shielding of the soccer ball

### Organization

1. Divide teams into two. Red and Yellow as show above
2. Each player has a ball and dribbles it around the grid
3. On the coaches command “Bombs Away” the players have to try and kick their opponent’s soccer ball out of the grid, while maintaining control of their ball
4. Once your ball has been kicked out of the grid, stand by the side watching the play until the next game
5. Winning team is the team who has the last player and ball under control in the grid

### Coaching Points

1. Keep the ball close
2. Keep your head up to see opponents
3. Protect your ball by hiding (shielding) it from the opponents on the other team



## Bump the ball

Purpose- To improve dribbling and shielding

## Organization

Players partner up into two's. One player picks up a soccer ball and holds it in his/her hands. The second player places the ball at their feet.

On coaches command the player with the ball at their feet dribbles the ball anywhere in the grid.

The player behind in red throws their ball and attempts to hit their partners ball. Every time they hit their partners ball, they gain 1pt.

Players dribble for 60 seconds and then swap roles

The player who scores the most points wins.

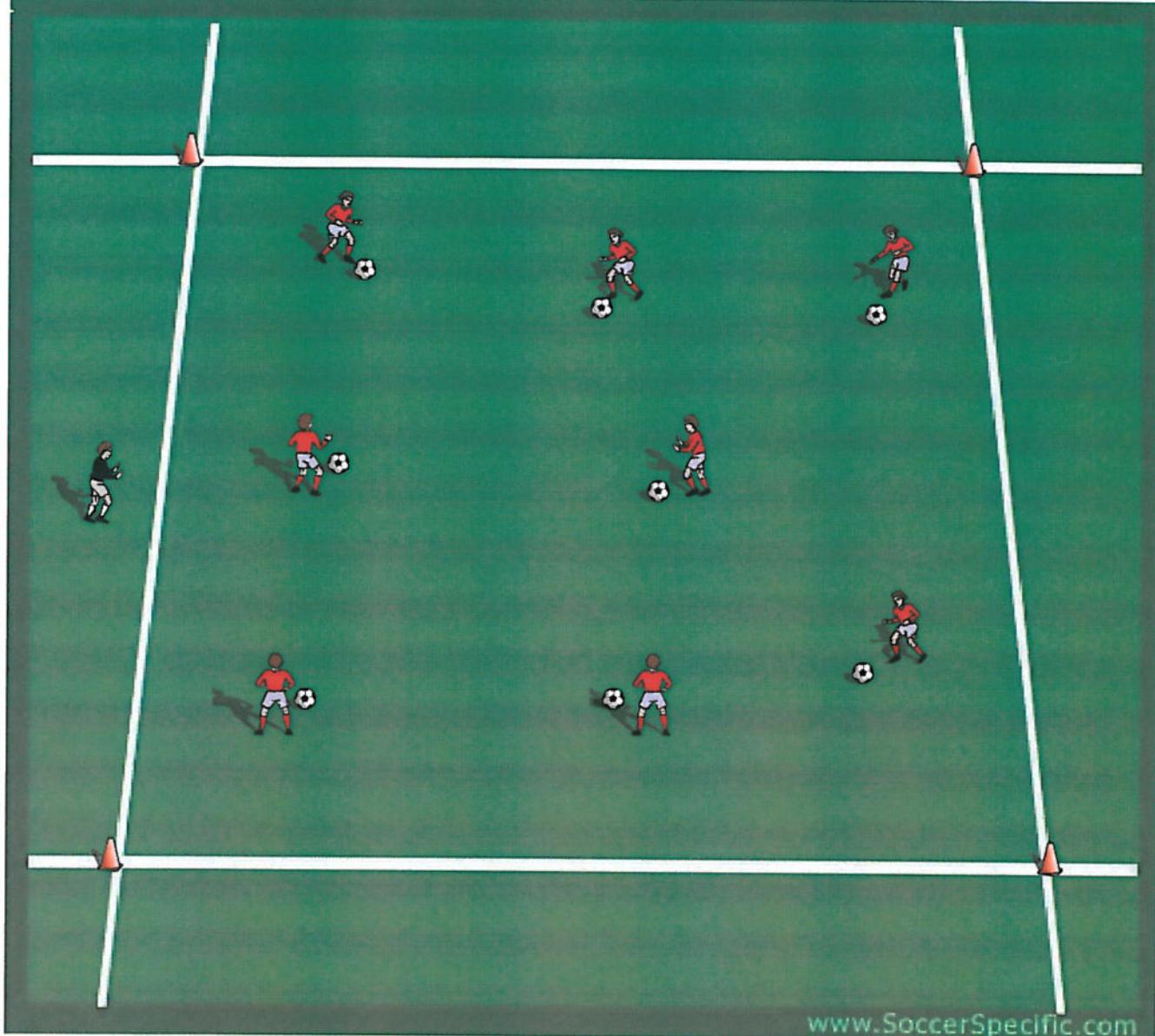
## Coaching Points

Keep the ball close

Be sideways on and knees bent for a low centre of gravity, to turn and move into space.

Be sideways on so you can see, hear and feel your opponent

As partner is throwing the ball, turn and dribble into space



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### Copy the Coach

Objective- To improve coordination and listening skills.

Each player has a soccer ball in a 20x20 area.

Coach calls out instructions and players copy the coach, but only when instructions include the phrase "Coach says"

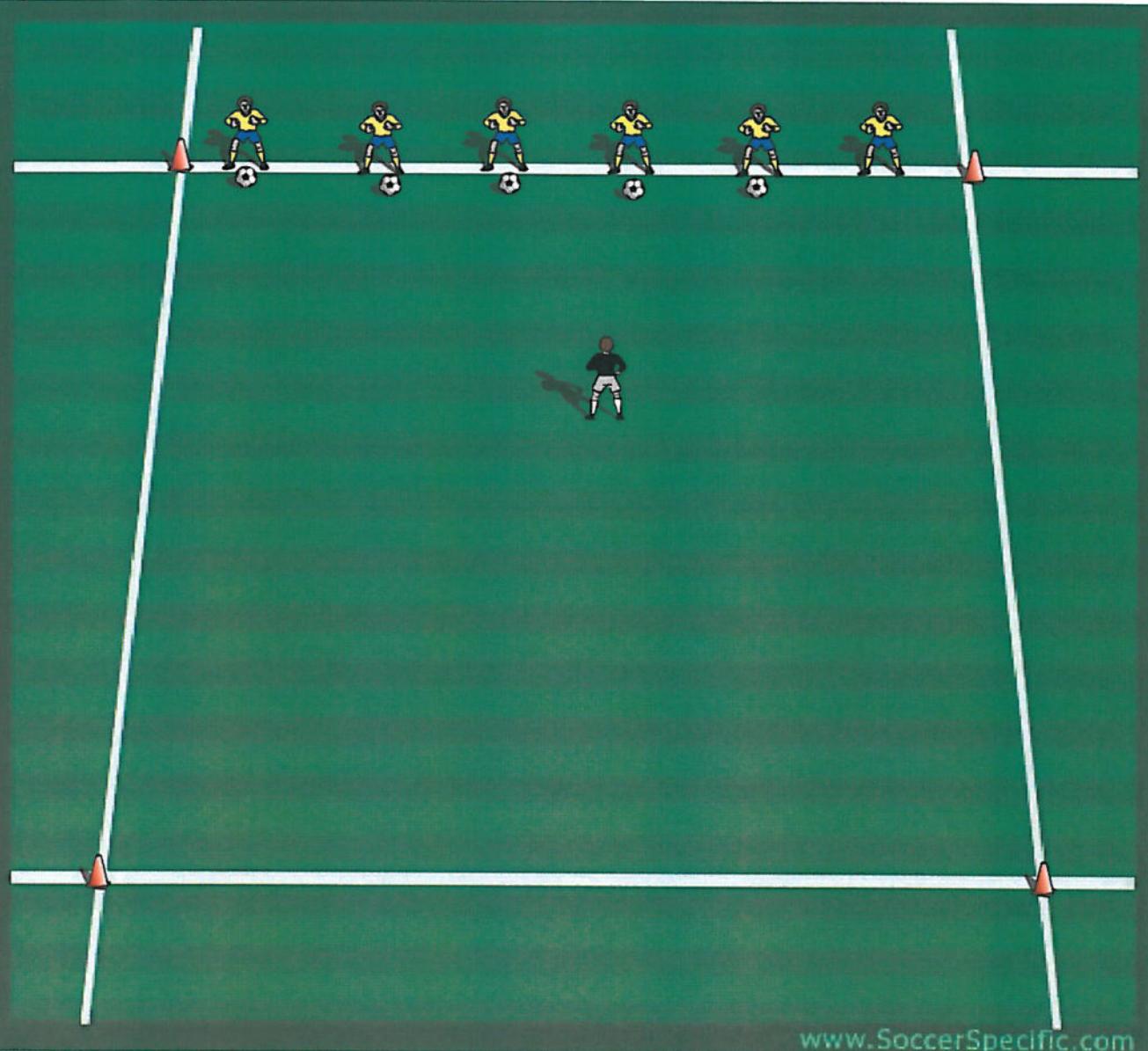
Example "Coach says dribble ball with feet" players should dribble the ball with their feet.

If an instruction is called out such as "toe taps on the ball" the player must not perform the task, as it must always be prefaced by "coach says"

### Coaching Points

Keep the ball close and nose in front of the ball to see what is in front of you

Helps improve both co-ordination and listening skills in the young player.



## Crab Attack

### Objective- Opposed dribbling

Each player has a ball and attempts to dribble from one side of the grid, past the crab in the middle of the field and to the other side. To give the players more chance of success the crab must be down on all fours.

Before you get to the other side, the players who are dribbling must touch the ball at least five times.

If the player is touched or his/her ball is touched on the way to the other side they become a crab (the crab must go down on all fours and shout 'crab attack'

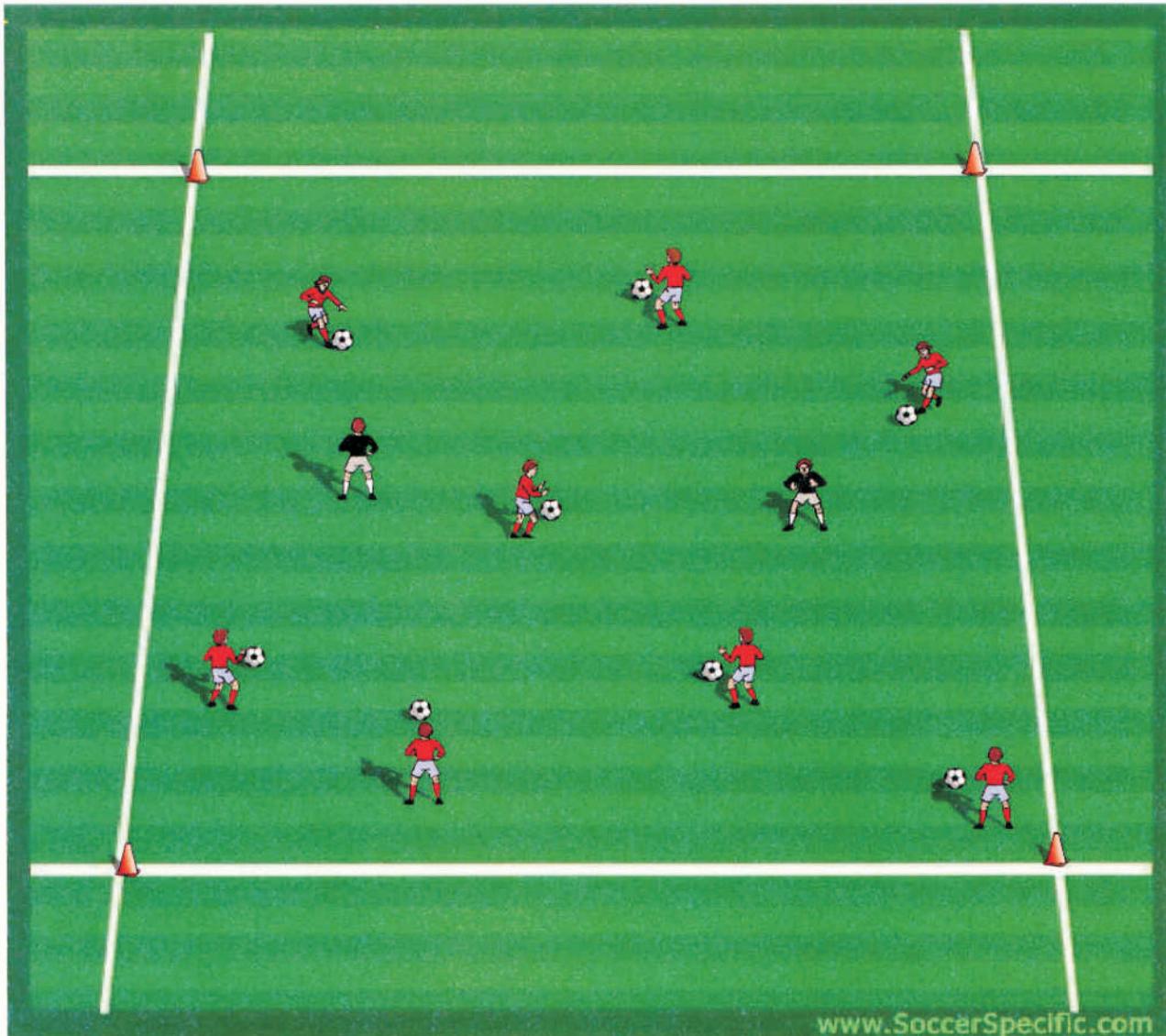
### Coaching Points

Try to use both inside and outside of the foot to take you into the space and past the crab.

Keep nose in front of the ball to see where the space is and the crabs are.

Work on change of pace, keep the ball close in tight spaces, then explode into the open spaces when past the crabs.

# Motor Racing



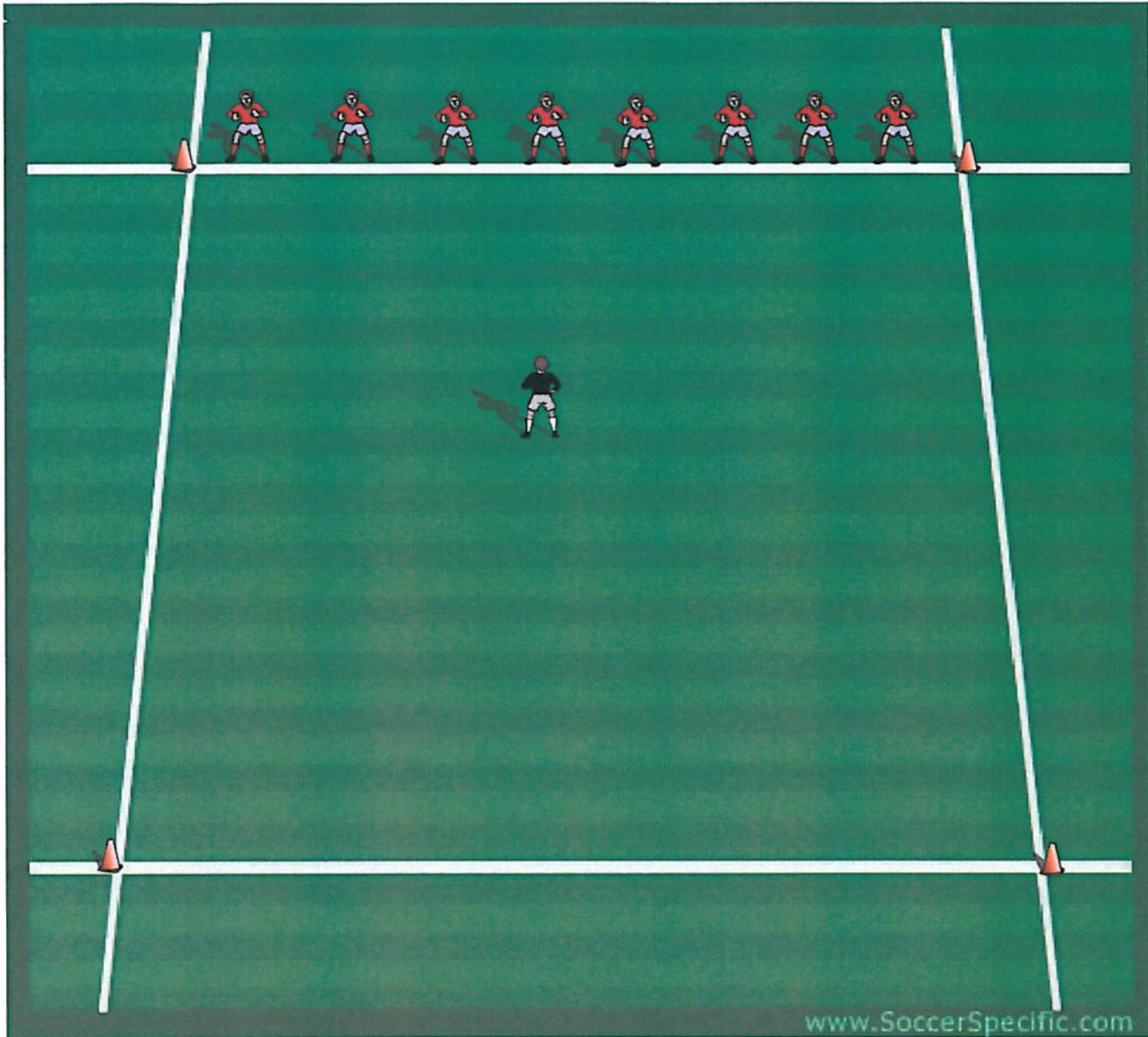
**Purpose:** To encourage the technique of dribbling

## Organization

1. Players dribble around the grid using all surface of the foot. The challenge is to dribble around the grid without touching any other players
2. Players are encouraged to make the noises that a car makes and coach calls at what speed they should play at. For example, first gear is slow and fourth gear is very fast
3. The coach adds two players in a color jersey. The players need to avoid these men in the middle
4. When the coach calls change cars, the players stop the ball with their foot and go and find another ball

## Coaching Points

1. Keep your head up
2. Use all parts of the foot
3. Look at change of pace
4. Look to dribble in different directions and not in circles



### Mr Freeze

#### Objective

Players need to get to the other side.

The players can only move when the coach looks away

When the coach turns back and looks at the players, they must balance on one leg and freeze.

If players move when the coach looks at them they must take five steps backwards.

#### Progression

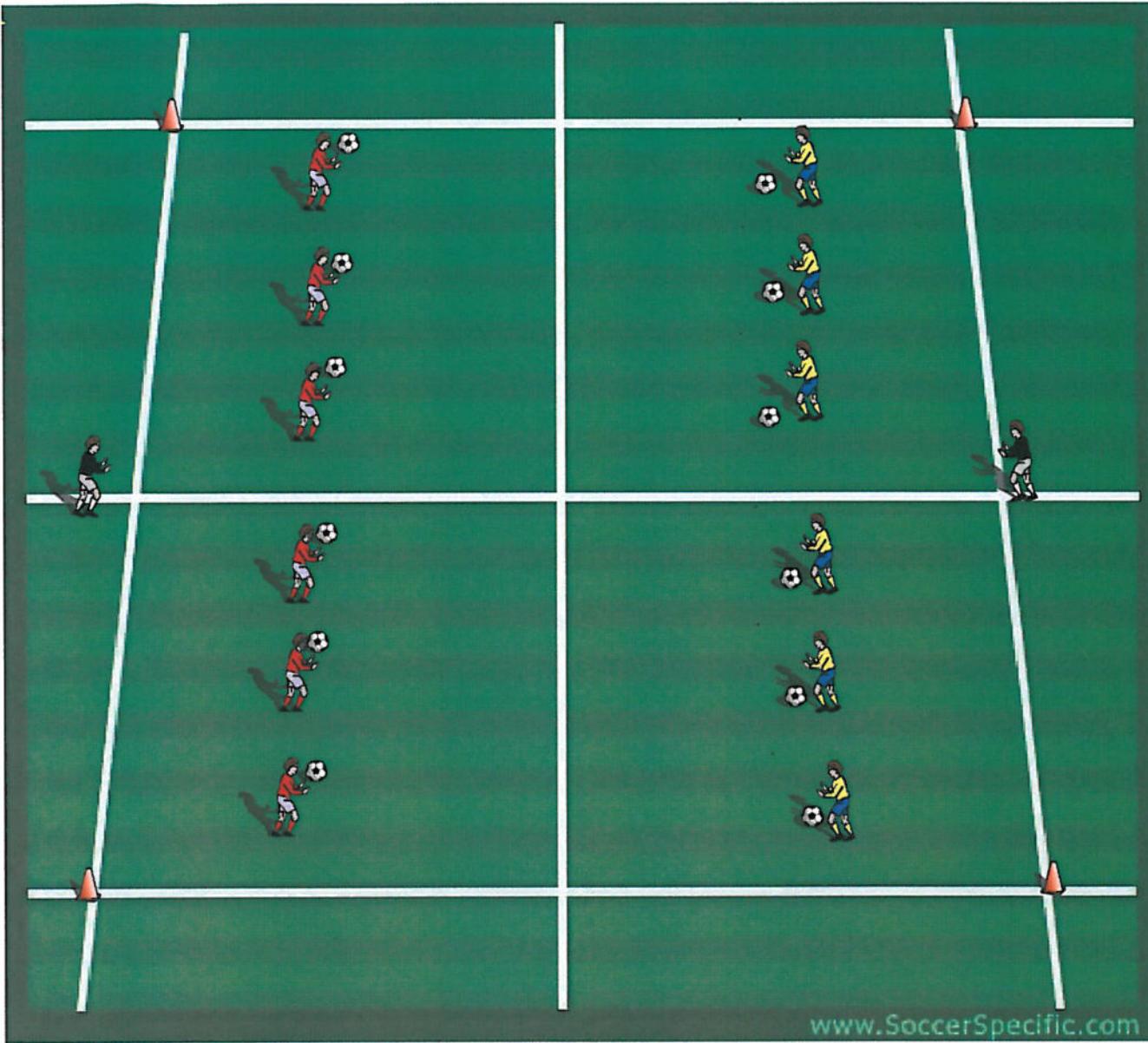
Play the game with a soccer ball

#### Coaching Points

Players need to keep their head up to see what the coach is doing.

Players are working on co-ordination and balance

When game is played with a soccer ball, keep the ball close.



### Take out the Trash

**Objective-** To work on both passing and throw -Ins

Mark a line as shown in the diagram and place players opposite each other approx 5 yards away from the line

The game is played for two minutues and roles are then reversed. For the first two minutes, the red team work on the tecniqe of throwing the ball to the yellow team and the yellow team work on passing the ball to the red team.

After the two minutes has ended, the yellow team count how many balls (the trash are on one side and the red team count how many balls (the trash are on their side) The winning team is the team with the least amount of soccer balls on their side of the line.

### Coaching Points

Throw In's -

Keep both feet on the floor

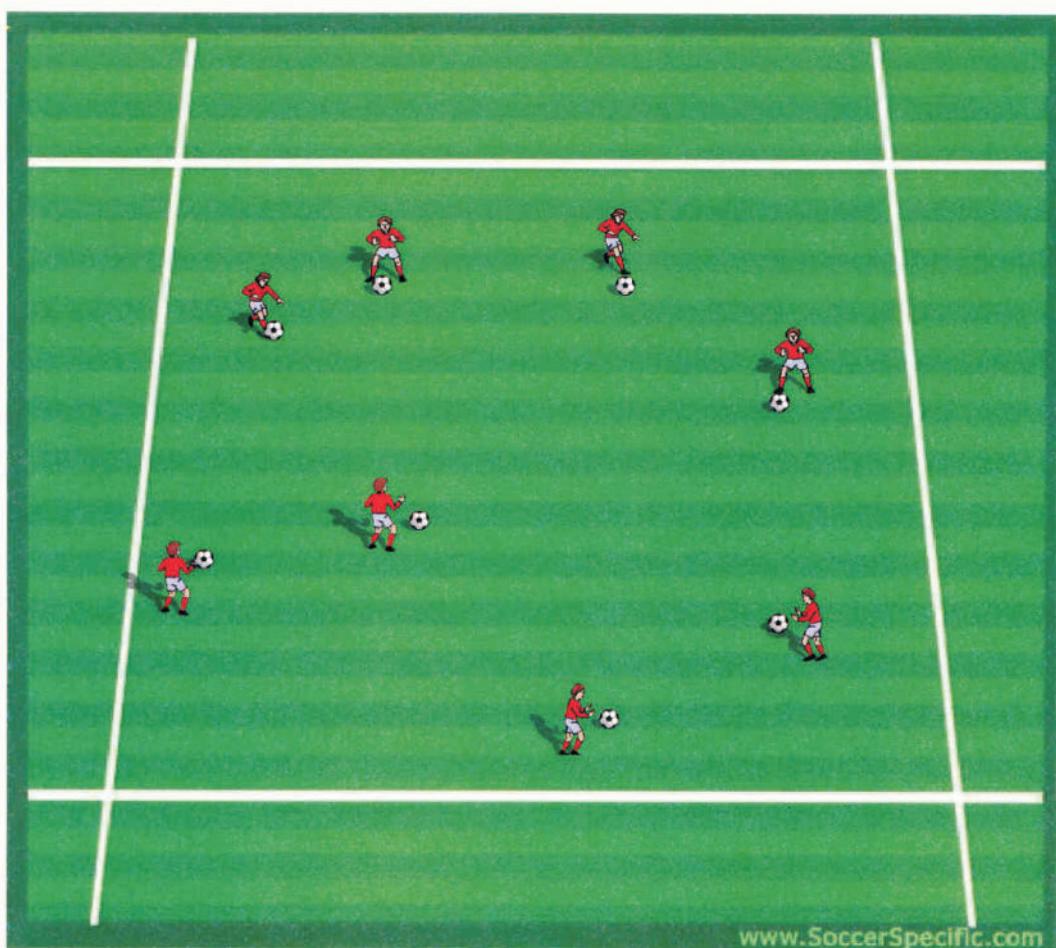
Ensure both hands are on the ball, take back behind head, bring ball forward over head and release.

Passing

Body in line with the ball

Move ball to slight angle on side of body, keep ankle locked, head still and push foot all the way through using inside of foot.

# Ten Step to the Clouds



**Purpose:** Incorporate all technical aspects of soccer in warmup. Coach calls instructional, players listen and carry out instruction. (Taken from Challenger Sports 2002)

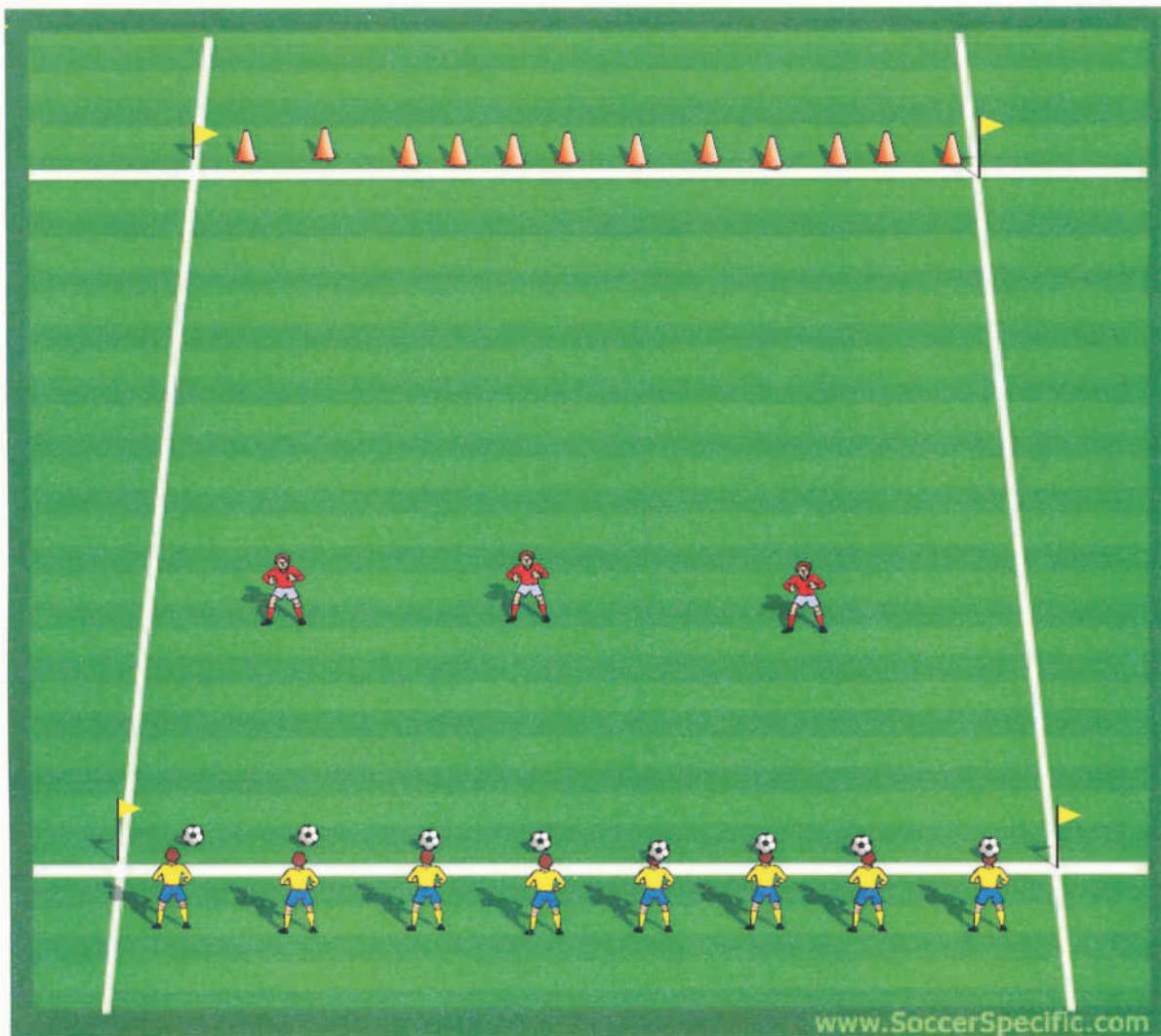
## Organization

1. Each player has a ball.
2. Coach calls out a command

## Coaching Points

1. *On the Run* - dribble around grid, change of pace, change of direction, left foot only, right foot only etc..
2. *Sole of the Shoe* - On command player stops the ball. Encourage use of right foot, then left. (Make fun turning into Buzz Lightyear- hands out in front)
3. *Let's Bend the Knee* - on command player stops ball and place knee on ball (have fun and change to left knee, right knee. Make a little song “oops I did it again” while changing knees)
4. *Head to Ball* - On command player stops ball and puts head on it (dribble with head)
5. *Staying Alive* - Toe taps on the ball (tell players they need happy feet) singing “Staying Alive”
6. *Do a Trick* - Can you do a little turn with the ball, change of speed, change of direction, etc.
7. *Ball to the Clouds* - Throw ball in the air and control with feet. Emphasize communication with partner and part of the foot which is most accurate (side of foot)
8. *Change with a Mate* - Swap balls with a partner. In warm up emphasize communication with partner and part of the foot which is most accurate (side of foot)
9. *It's all Mine* - Keep your ball in grid, while trying to kick someone else's out. No winners, no losers. Just bring ball back into grid and start again. Emphasize moving to the open spaces and keeping body between ball and opponent.
10. *Let's do it again!-* Do not attempt to bring all ten steps in at your first practice. First practice do the first 3 steps, then bring in the additional steps of 4-6. Then the next practice try to do all 10 steps.

# Treasure Trail



**Purpose:** Encourage dribbling technique, focusing on head up and accelerating away from the defenders

## Organization

1. One team lines up across the bottom
2. Three players then line up as pirates and face opposite them
3. The three players try to defend the treasure, while the players with the soccer balls try to dribble past them and get the treasure
4. Once they have dribbled past they must knock the cone over with the ball and bring the treasure back
5. If they are tackled on the way up, they must dribble back to the line and start again

## Coaching Points

1. Keep your ball close and under control
2. Dribble around the defenders by keeping your head up and looking for the space
3. Look to accelerate away and attack the cones as soon as you are past the defender (change of speed)