Kangaroo Jack (10 mins)

Objective: Ignition game - burn excess energy for some, raise energy level for others

Duration: 10 minutes (3-4 mins without a ball, 6-7 w/a ball)

Description (rules, number of players, grid size, etc.):

2-3 players are Kangaroo Jack (it) and must hop like kangaroos to tag others.

If tagged: you become a kangaroo and attempt to tag others.

Play until all players are tagged or time is up (1-2 minutes).

Play multiple rounds, rotating Kangaroos.

Ratio of taggers to runners: 1:3 or 1:4

Play 1-2 rounds without a ball, then remaining rounds with a ball (Kangaroos without a ball)

With a ball: if tagged or ball stolen, dribble ball to goal, then become a kangaroo

Key Points: not many since it's an ignition game but if needed....

head up to find space and avoid Kangaroos

change of pace - big steps into space

change of direction - check shoulder before turning

With ball - little touches to keep it under control

Moving Goal (10 mins)

Objective: emphasize concepts of "going to goal" and generate ball striking reps

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

* Coaches pair up and hold vest or cone to form goal (coach = post, vest/cone = crossbar).

* "Goals" move around the field, while players try to score on the front of the goal (otherwise coaches may get a ball to the back).

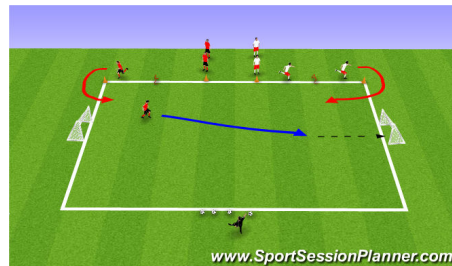TIP: demonstrate how to score in this game

Key Points:

* Little touches – to get to the front of the goal

* Inside foot (push pass) to score

* Run quickly to get any balls played (scored or missed)

Get Out of There! (10 mins)

Objective: apply basic dribbling concepts against pressure

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

* Coach plays ball into space and calls a number ("Two" means 2v2) and players enter field. Add obstacles before entry if desired.

* Objective: teams attempt to score goal.

* Play until ball is out of bounds, goal is scored, or coach yells "Get Outta There!"

* Players return to lines for next play.

Key Points:

* Dribble fast (cheetah with a jetpack on!) past your opponent.

* Attack through windows - burst thru them to goal.

Boss of the Balls (20 mins)

Objective: introduce game/scrimmage format

Duration: 15 mins

Description (rules, number of players, grid size, etc.):

* One or two small sided fields of 2v2, 3v3, or 4v4 game play. OK to be numbers up or down - balance teams by ability accordingly.

* If you only have one coach and more than 8 players - rotate players in and out of play every 2-3 minutes. You can have the players sitting out collect balls out of bounds to keep the game going.

* When the ball exits the field or goal is scored - coach plays a new ball in.

* When all balls are out - collect them and return them to coach to play a new round.

Key Points:

* Coaches: play new ball into open space to spread out players, and play new ball into a different player to give them opportunities.

* Not much coaching is needed - be positive and encouraging is more important than any coaching point you can provide them (the game is already complicated enough!)

Stuck in the Mud (10 mins)

Objective: Ignition game - burn excess energy for some, raise energy level for others
Duration: 10 minutes (5 mins without a ball, 5 w/a ball)
Description (rules, number of players, grid size, etc.):
2-3 players are "Mud Monsters" (it)
Once tagged, players are "stuck in the mud" until a teammate high-fives (they're unstuck)
Play 1-2 minute rounds, then rotate "Mud Monsters"
Progression: all players with a ball. If "Mud Monsters" steal their ball or if they're tagged: ball picked up, and legs spread. Player is "unstuck" if teammate megs them.
Key Points: not many since it's an ignition game but if needed....
head up to find space and avoid collisions, and to find teammates to help
change of pace - big steps into space
change of direction - check shoulder before turning
With ball - little touches to keep it under control

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Squirrels (15 mins)

Objective: emphasize basic dribbling concepts
Duration: 10-15 mins
Description (rules, number of players, grid size, etc.):
Spread out different colored cones, towels, bags, etc. inside a playing area
Players start in common designated area (their "tree")
When coach says "Feeding Time," players run from cone to cone, touching with their feet as many times as possible. When coach says "Back to the Tree" players return to starting position. Each round is 30-45 seconds, play 1 round without a ball for players to better understand the game.
Progression:
1. have each players dribble their ball from cone to cone (play multiple rounds)
2. Avoid the "hawk" - hawk = coach and/or players who tries to steal the ball. If "hawk" steals ball, players perform 3 toe taps and then resume play.
Key Points:
Head up to find open acorns - avoid the crowds
Burst of speed to open acorns
small, quick touches to keep ball under control

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3v3 games (25 mins)

Objective: experience game/playing format
Duration: 20-25 mins
Description (rules, number of players, grid size, etc.):
* Each Mini team organized as two separate "squads"
* Each team's "squads" play against another team's "squads" (Team 1 A vs. Team 2 A, Team 1 B vs. Team 2 B)
* Play 3v3
* Coaches manage restarts (roll new ball onto field after goal is scored or ball out of play), and rotate players sitting out.
Key Points:
* Not much coaching is needed - be positive and encouraging is more important than any coaching point you can provide them (the game is already complicated enough!)
* take a brief half-time if needed.
* rotate players every 2-3 minutes to keep them focused. When players sit out, have them rehydrate so they can reenter the game.

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