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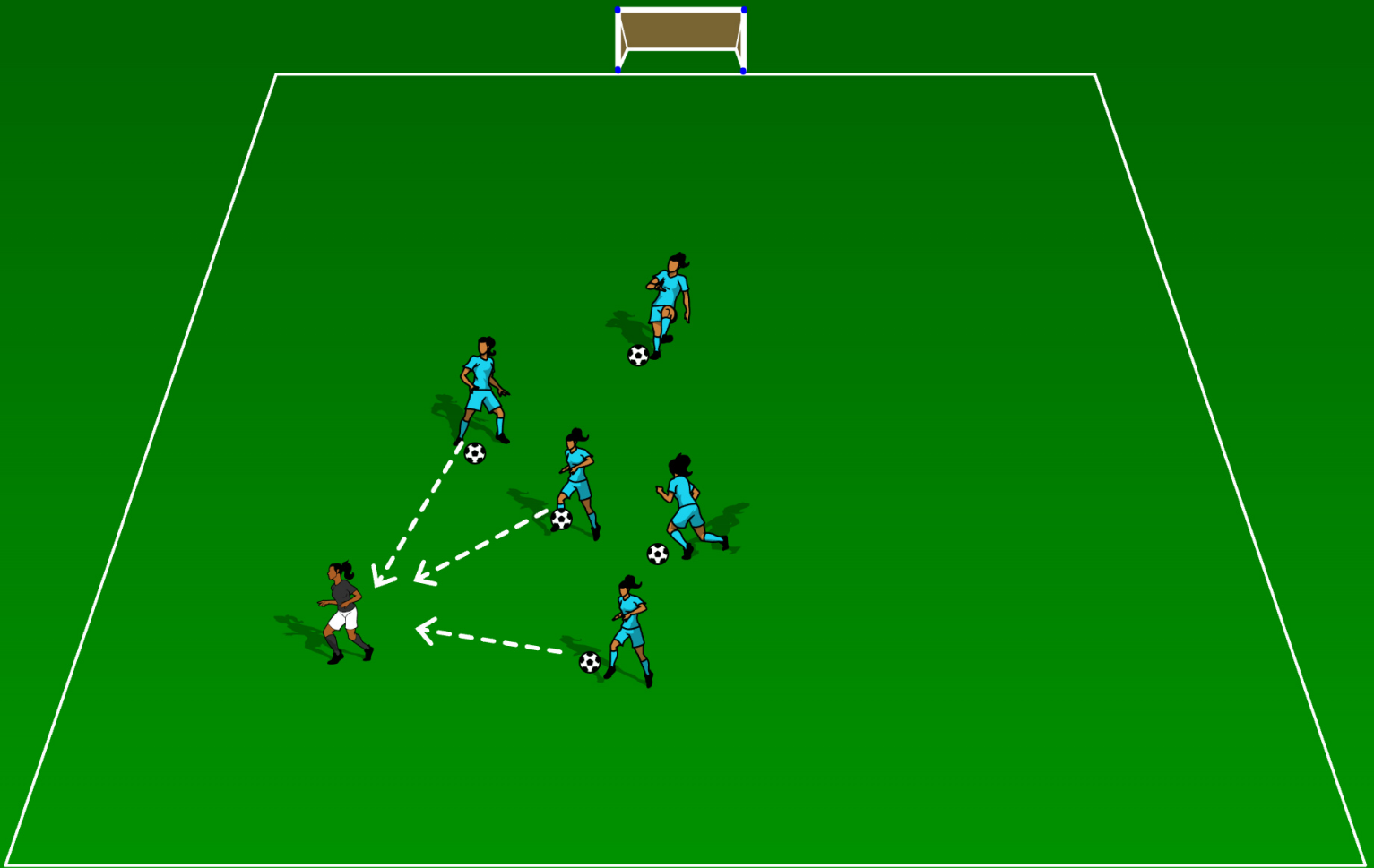
The coaches are the targets. The objective of the players is to catch the coach. Once a player catches the coach, they get a high-five. As the coach, make sure to move about the entire field making the players change direction. This can first be done without a ball.

Progressions:

1. When a player reaches the coach, instead of a high 5 the coach opens their legs and the players pass it through to the other side.
2. Reverse roles, now the coach tries to catch the players.

Coaching Points:

1. Controlled dribbling
2. Keep head up
3. Use the inside of the foot to pass between the coaches legs



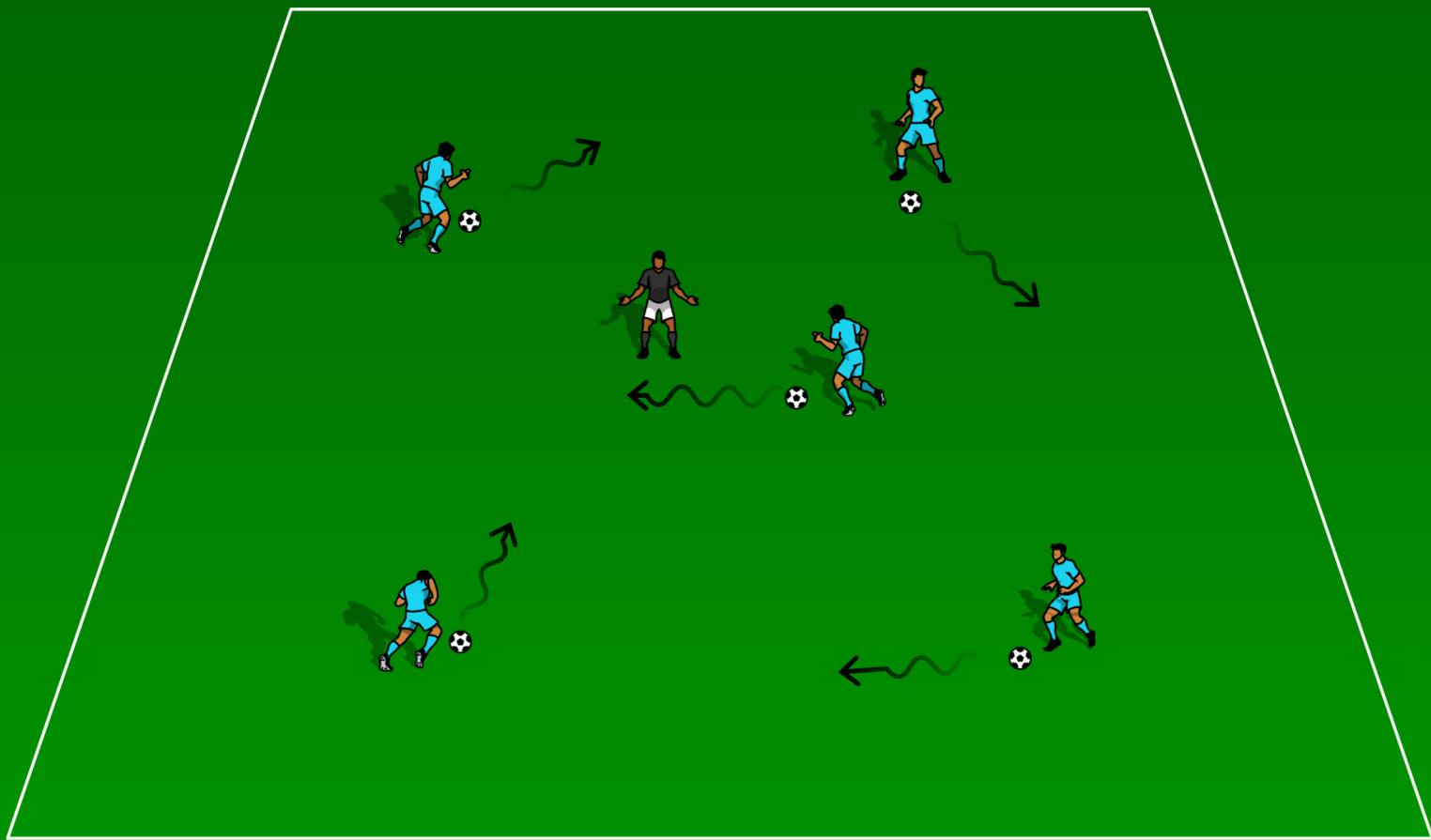
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Every player will begin with a ball. Coaches are the robots, and players are the robot hunters. Robot hunters need to save the world by shutting down the robots. They will do so by hitting the robot 4 times with a pass. Each time a robot is hit they will lose a limb (arm x2 and legs x2). Once a robot is hit 4 times, they will shut down permanently. Players should work together to shut down all robots, and save the world!

Coaching Points:

1. Keep your ball close and controlled. The more in control, the slower robots become.
2. Keep your head up to locate where robots are moving to.
3. When robots change directions turn your ball with the inside or sole of your foot.
4. Dribble close enough to the robot to be able to hit a hard - accurate pass at them.



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Free Dribble: Players are to begin dribbling freely with both feet and listen to coaches commands.

Call out the following:

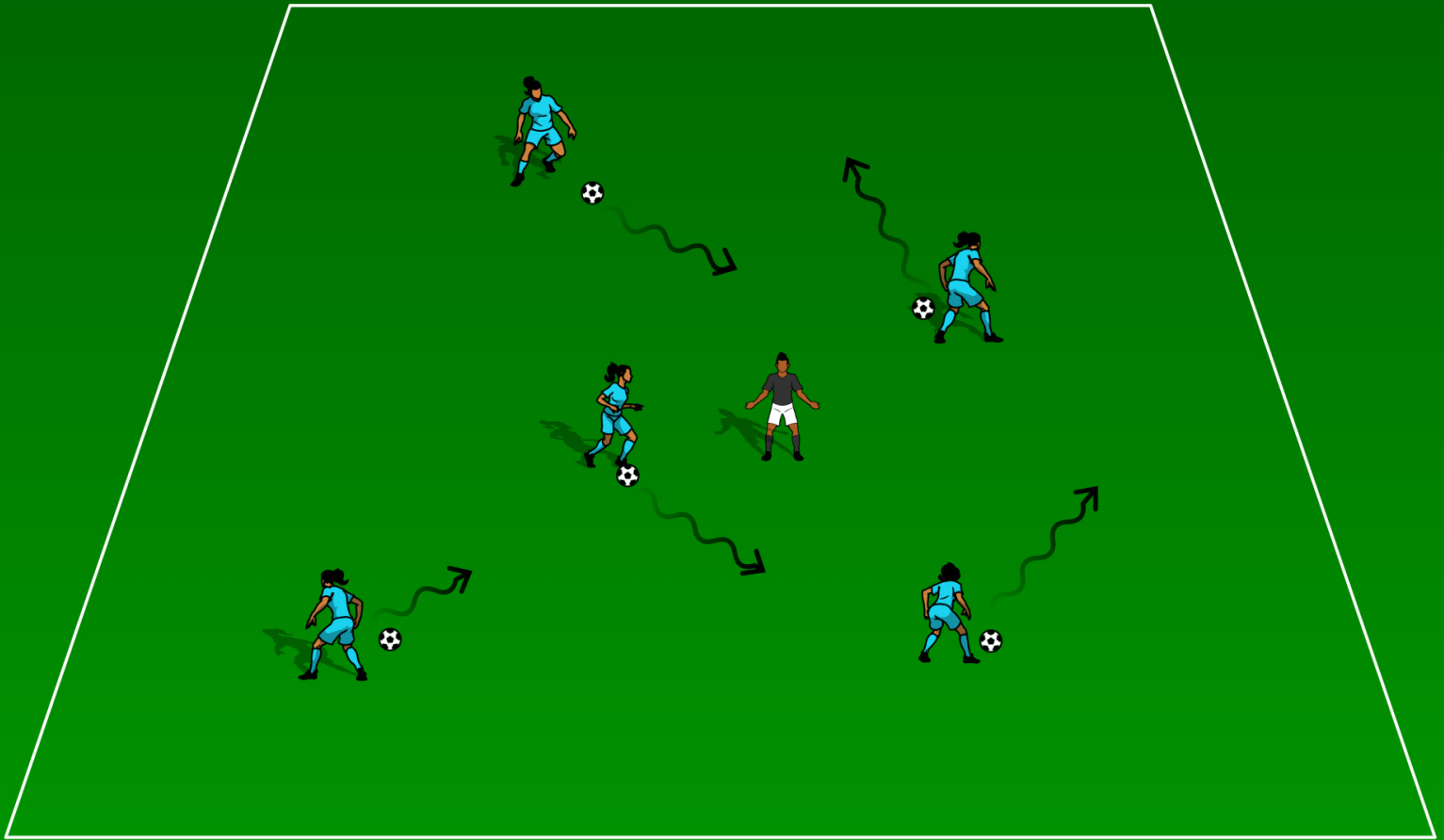
1. Right foot only (emphasize using all surfaces)
2. Left foot only (emphasize using all surfaces)
3. Tik-Toks (Insides)
4. Toe Taps
5. L Turns
6. Sole Roles

Progression:

1. Call out combinations (e.g., Inside, Outside)

Coaching Points:

1. Close control to reach ball right away
2. Quick touches to ball
3. Keep head up to find space to dribble into



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All players are steering a ship (their soccer ball) and the coach is the captain of all the ships. The players dribble about the open sea and change speed or direction depending on the weather. High winds - dribble faster, no wind - go slow, hurricane - dribble in a circle, rogue wave- change direction.

Progressions:

1. Coach now becomes a pirate, players need to protect their ball from the coach.

Coaching Points:

1. Keep your ball close and controlled
2. Move your ball into open space in the sea
3. When the pirate enters protect your ball by using your body



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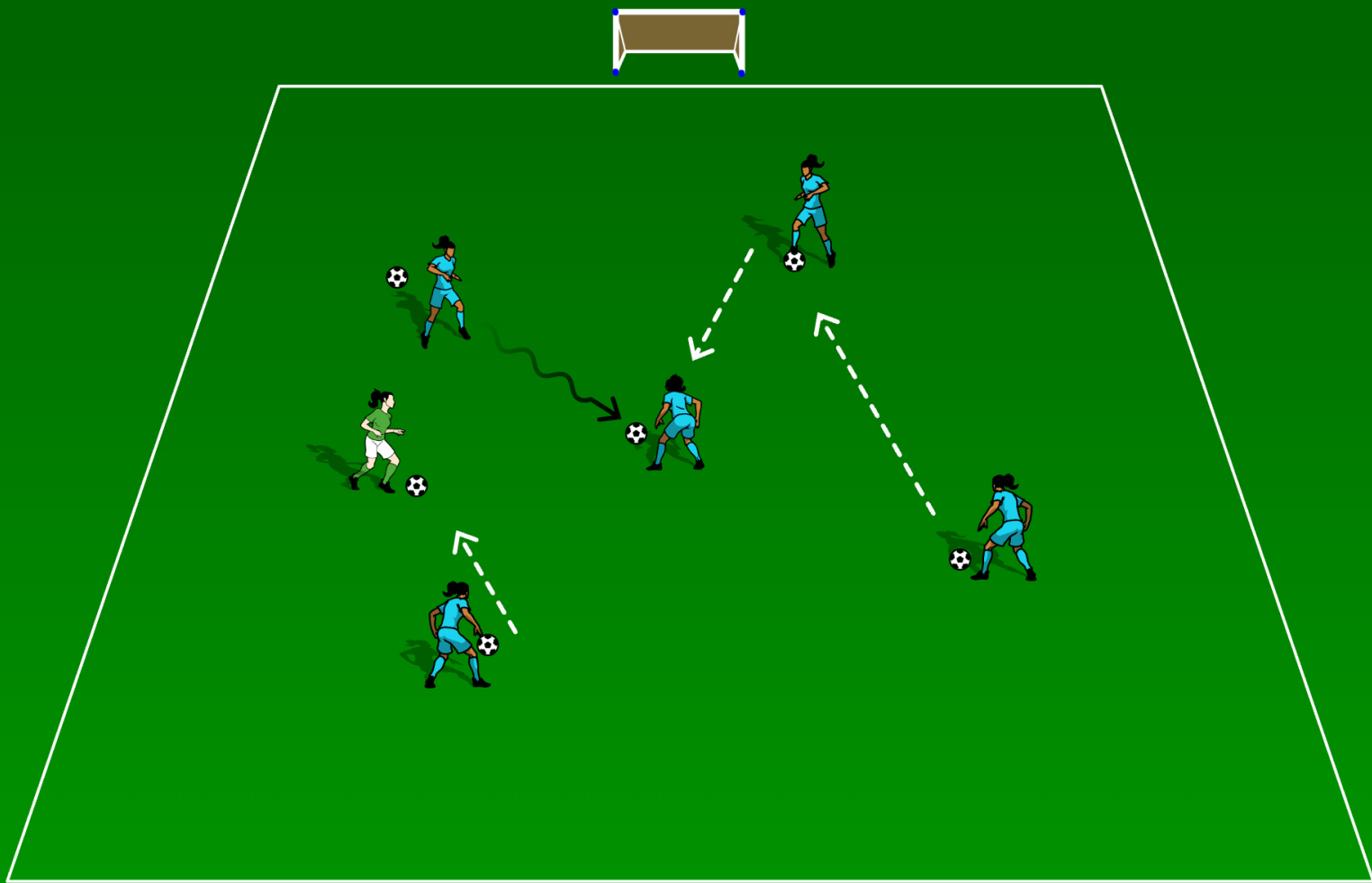
Split your group into two teams. Assign each player a number 1-3. Players are to begin dribbling around the pitch freely. When coach calls a number, the players that represent that number are to try and score a goal. Encourage players not to just hover closely around the goal.

Progressions:

1. Have players speed dribble around a cone before going to score
2. Give a 10 second countdown to score
3. Have #s not called be defenders

Coaching Points:

1. Keep ball close and controlled
2. Head up and dribble into open space
3. Locked ankle when shooting



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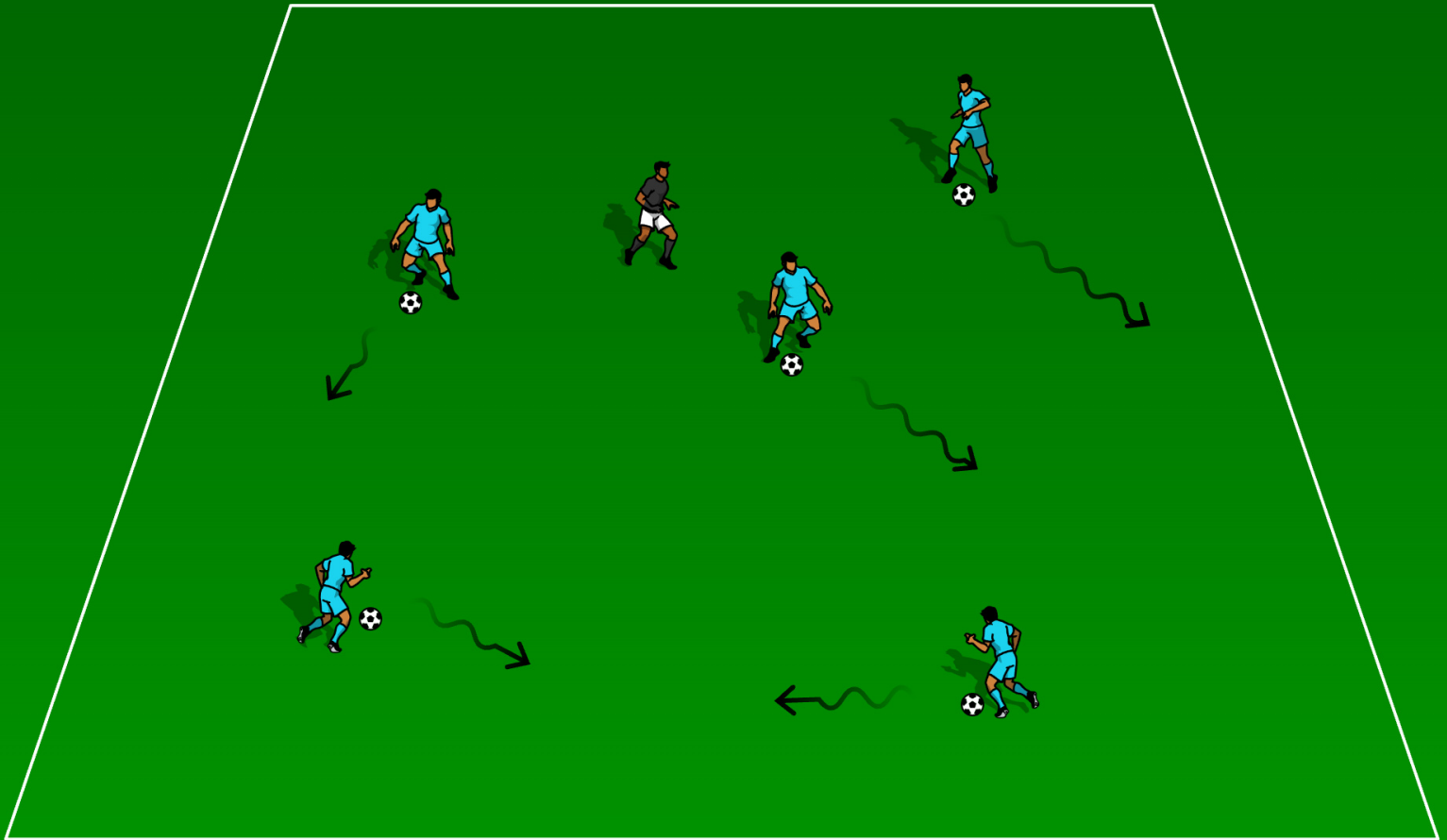
Players are to dribble around and attempt to bump the coaches ball away while protecting their own. Every player will begin with a ball. Players want to bump the coaches ball away in one of two ways. Either with their foot as a defender, or by passing their own ball towards the coaches. If they bump the coaches ball with their foot, they are rewarded 1 point, but if they do so with a pass, they are awarded 3 points. Players want to get as many points as possible in 2 minutes.

Progressions:

1. Players now try to bump each others balls instead of the coaches
2. Players are to perform 5 toe taps or tik tok dribbles if their ball is to get bumped by an opposing player.

Coaching Points:

1. Use your body to protect your ball from other bumper cars.
2. Accelerate away from other players into open space.
3. Be aggressive, and go after other players in order to receive points for yourself.
4. Players should understand that when they go to attack as a defender that they may be leaving their ball open for other players to bump.



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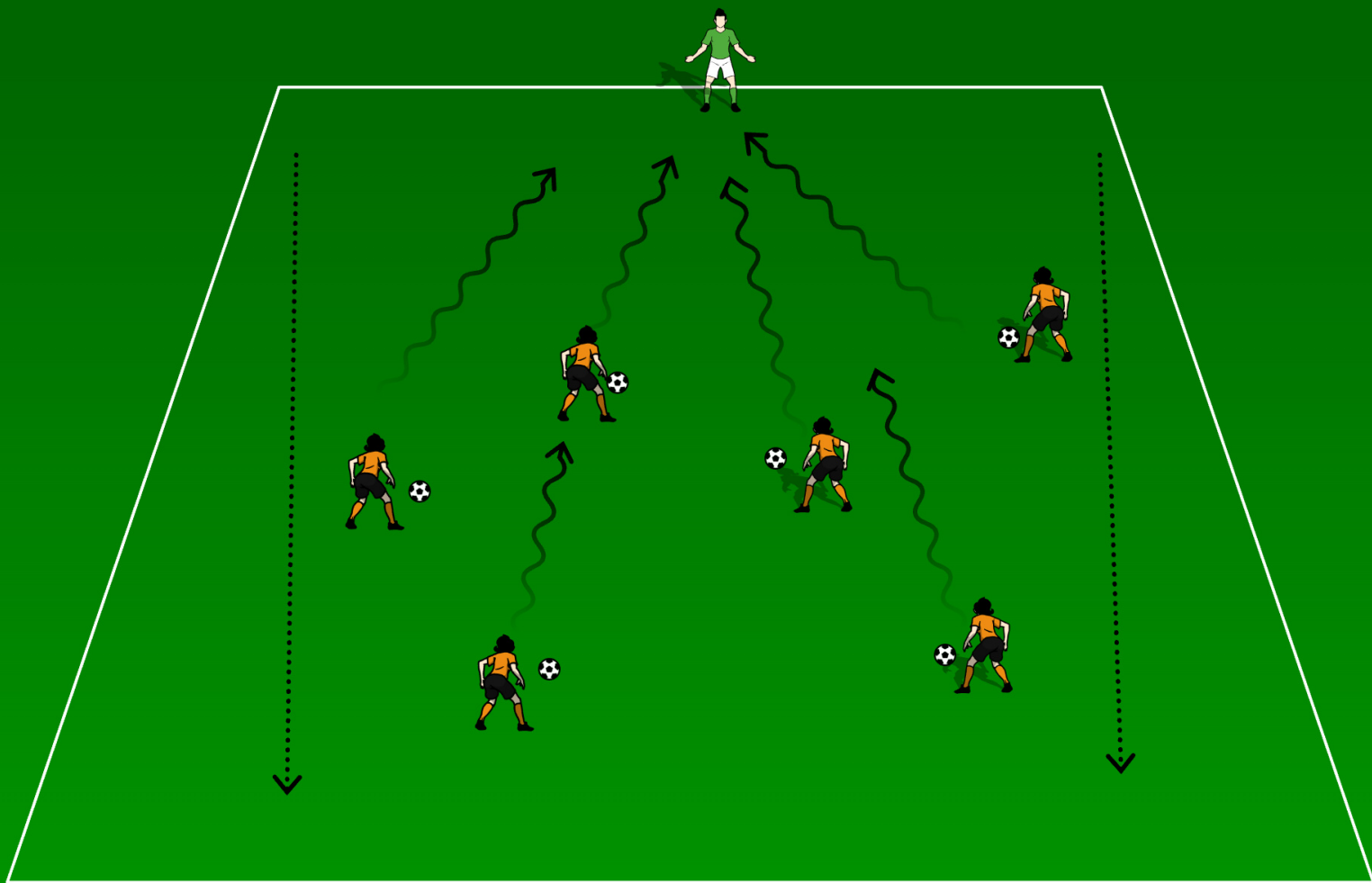
Classic game of freeze tag. Coach begins as the tagger. Players begin by dribbling around the space attempting to avoid being tagged. If tagged, the player freezes and holds their ball over their head. Teammates can un-tag them, and they may begin dribbling again.

Progressions:

1. Change the activity players must do if tagged (i.e tik-toks, a dance move)

Coaching Points:

1. Encourage players to take small touches when tagger is close (so they can change direction more quickly) and bigger touches to get away from the tagger
2. Head up to know where tagger is and to find open space



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Every player starts without a ball, and will align on one side of the field, shoulder to shoulder. Coach is referred to as Mr./Mrs. Fox, and will stand at the opposite side of the field from the players. Players will begin the game by calling out "What time is it Mr./Mrs. Fox"? Coach will answer back a time between 1:00 – 12:00 (hours only). The players will then perform a dynamic movement (Skips, high knees, bunny hops) equal to the number that the coach called out. Once players stop their movement, they will once again call out "What time is it..." and coach will respond with a time. As players get closer to the coach, eventually he/she will answer back with "Lunchtime"! In doing so, the coach will chase players back to the starting point, attempting to tag them before they get back. Players want to move quickly so they do not get tagged by the fox!

Progressions:

1. Introduce a ball to the game. Players will now perform X dribbles based on what time the coach calls out. They will then speed dribble back to the starting line when "Lunchtime" is called.

Coaching Points:

1. Keep your ball close and controlled when approaching the Fox.
2. Speed dribble away from the Fox, but keep control. The Fox will go after players who are out of control.
3. Head should be up to see where you are going.