

Sharks and Minnows



RULES

- All players with a ball except two 'tagger' without a ball
- Taggers try to kick ball out of area
- If a player gets their ball kicked out. They must perform 5 toe taps before reentering

POINTS

- Keep head up
- Look for taggers
- Find space
- Change speed and direction to keep ball away from taggers

Show and tell



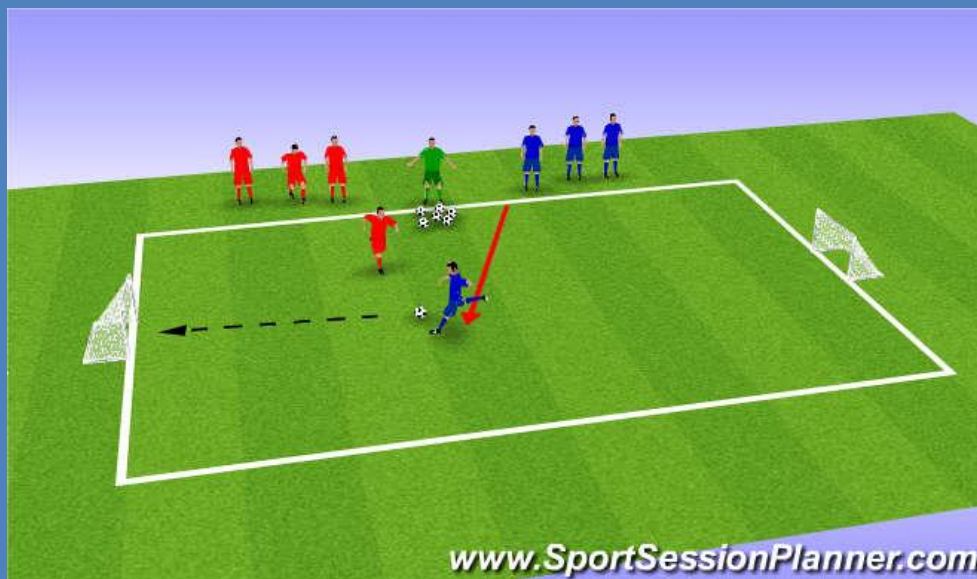
RULES

- All players with a ball
- Allow all players to dribble with ball
- Encourage players to show a move/change of direction

POINTS

- Emphasize change of speed
- If you see a good move- show the move and get all players to try

Gates



RULES

- 2 teams on each side of the coach
- Each player has a number that matches with a player from the other team
- Coach plays ball onto field and calls a number ie #1, the #1 from each team comes out and tries to score

POINTS

- Focus when not playing
- Try and be first to the ball
- Beat players with moves
- Get body facing the goal when shooting
- Strong shots at goal

GAME



RULES

- 4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- If a team mate is open look to make a pass
- Take early shots