

Numbers Game



RULES

- All players with a ball
- Coach calls out a number and players perform task
- ie #1 put foot on ball, #2 put knee on ball, #3 sit on ball

POINTS

- Keep ball close
- Look for spaces
- Keep head up
- Listen
- Change direction if someone is in front

Sharks and Minnows



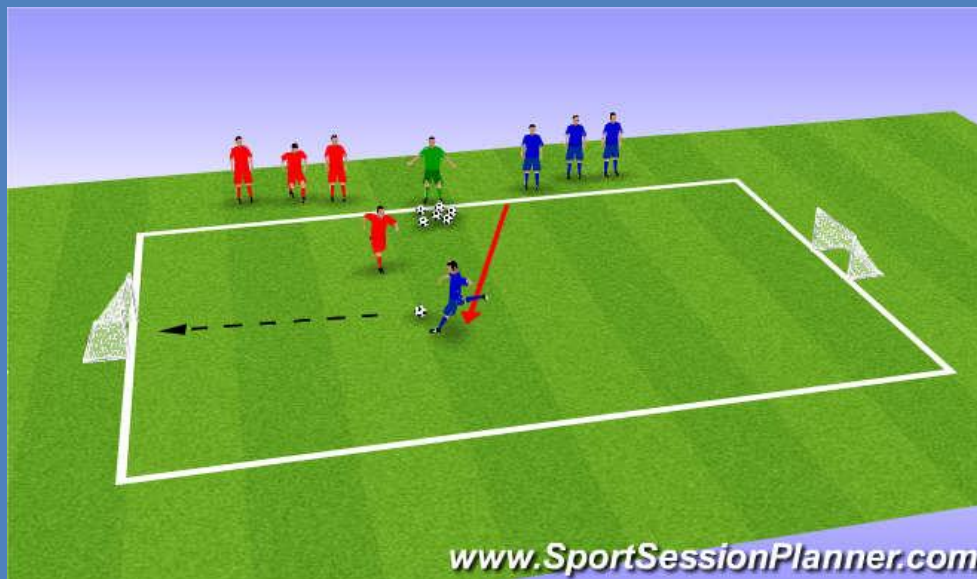
RULES

- 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

1v1



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