

# Bumper Ball (using laces)



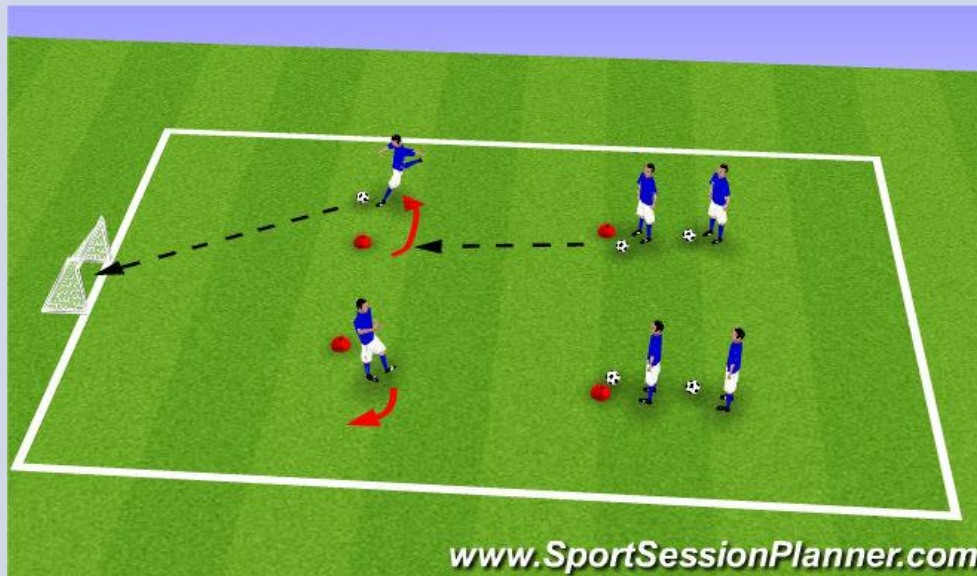
## RULES

- All Players with a ball
- Each player tries to kick their soccer ball and hit another players soccer ball
- If a player hits another ball, they get a point and shout 'bumper ball'

## POINTS

- Keep ball close
- Keep inside the area
- Use both feet
- Look at ball when kicking
- Keep ball on ground by hitting the middle of ball
- Use laces

# Turn and shot



## RULES

- In two groups
- First player passes ball to player at cone near goal
- Player touches the ball to the outside, turns and shoots
- Passer goes to shooting cone
- Next line goes
- Repeat
- Try turning inside

## POINTS

- Good pass
- Good touch out of the feet and in front so they can run onto ball
- Focus on the ball and shoot with laces

# 1v1 shooting game



## RULES

- 2 teams either side of the coach
- Coach stands behind goal with soccer balls
- Coach throws ball over the goal onto field
- First player in each line runs around cone and then tries to get the first shot at goal
- If other player gets ball, they shoot

## POINTS

- Be ready and first to ball
- Take quick shots
- Keep eye on ball when shooting
- Chest should be facing the goal when shooting

# GAME



## RULES

- 4v4 with no goalkeepers

## POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- Take quick shots