

Tag with ball



RULES

- All players with a ball except one 'tagger' without a ball
- Tagger tries to tag any player with a ball
- If a person is 'tagged' they become the tagger and the previous tagger gets their soccer ball

POINTS

- Keep head up
- Look for tagger
- Find space
- Change speed and direction

Box turns



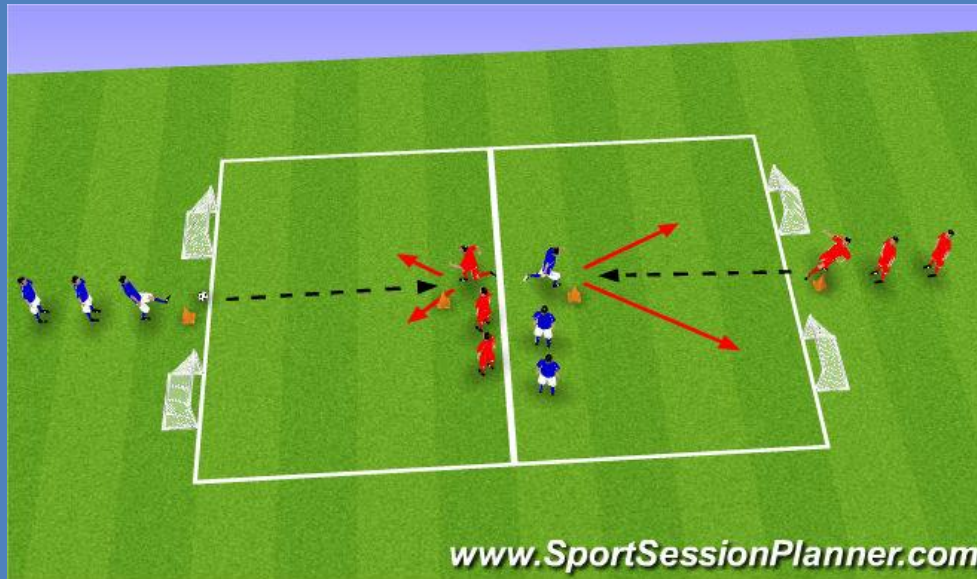
RULES

- Four groups
- First player in each line goes at the same time
- Player dribble to the middle cone, turn and come back
- Next player goes
- Repeat
- Try turning with hook, chop, drag back and Cruyff

POINTS

- Keep ball close
- Slow down when near cone
- Focus on the ball when performing turn
- Keep ball close when coming out of turn

1v1 to 2 goals



RULES

- 2 teams, one between goals and one in front of goals
- Player between goals passes to the player at cone in front of them
- Player receiving ball now has 2 goals to shot ball into
- Original passes becomes a defender
- Rotate after 2 mins
- *diagram show 2 simultaneous games

POINTS

- Soft touches of the ball
- Look what defender is doing
- Find space away from defender
- Create space by making moves

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