

### **Body Brakes**

The players work in a rectangle approximately 20 x 30 steps. The players dribble around with a ball each. The coach calls out a body part, for example left elbow, toe, knee, heel or even nose! The first child to control the ball with the named body part gets a goal.

The coach should make the point that, if a player's ball is running away from them, which they are unable to control, they are dribbling too fast. The ball is not under control and it would be easy for a defender to get the ball.

When the players are stopped, the coach should encourage them to be in an open space. Reminding them to keep their heads up and look around.

### **Moves & Turns**

in a small grid players dribble their ball and are shown one move and two turns: Stop & Go, Pull Back, Hook, Step Over

Foundations- top taps, boxing, spinning, pulling, squeeze & push

### **Heads and Tails**

The kids dribble the ball around the square. When the coach shouts HEADS they must stop and place the ball on their head. On the command TAILS they must sit on the ball. Then the coach can reverse commands so HEADS means TAILS and vice versa.

### **Stones and Crabs**

Half the group sits on the ground inside the square as "stones" whilst the rest dribble around them. When the coach shouts "crabs" the "stones" are allowed to try to grab the soccer ball off the dribbling kids from their sitting position. Anyone caught becomes a stone.

### **Kick Out**

This time the players control and dribble their ball but, at the same time, they try to kick everyone else's ball out of the grid. Be sure to penalize the kid who cheats by leaving his or her ball and running around kicking everyone else's out.

### **Knock-Out**

2 players without soccer balls try to tackle the rest of the group and knock their soccer balls out of the grid. The Coach may time the defenders and look for the fastest pair. This game is a good introduction to shielding the ball.

### **Goofy Stop and Go**

All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.

### **1V1 with goalies**

Players play a 1v1 game attempting to score between two cones guarded by a goalkeeper. Cones should be 4 yards apart. When scoring player becomes the goalkeeper. 3pts wins.