

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.

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.

-introduce foundations - top taps, boxing, spinning, pulling

Pinny-Tails

Each player in the group tucks a pinny into the back of their shorts so they hang as a tail. As they dribble the ball around, they try to keep control of the ball whilst attempting to remove the others' 'tails'.

Animal Walk - Stretching 5-8 min

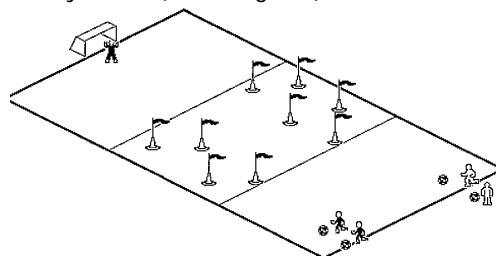
Monkey, Lizard, Elephant, Jaguar, Rabbit, Seal

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.

MLS Shootout

Each camper is given 10 seconds from a designated area to dribble towards goal and score against a chosen coach in MLS Shootout fashion. The coach GK can be restricted based on the director's discretion. Campers will win the challenge if they can score more than they miss. (See Diagram)



Get'em

Collective dodge ball game. Players all start with a pinny in hand and without a ball. Balls are placed on the perimeter. One or two players start with a ball inside the grid. Once a player is tagged they lose the pinny then they help tag the other players. For every player they tag they get a point.

- Play stops when the last player gets tagged (the winner)
- Players announce their scores highest score (also the winner)
- The two winners start the next round

1. Dribble across the field.

2. Dribble through some pylons.

3. Play "Pirate", all the kids dribble the ball in a marked area and the coach tries to kick a ball out.

Skills should be broken down into smaller components. For example, passing may be learned by one kid rolling the ball to a passer, who tries to pass it back. Then have the kids slowly push the balls with the inside of their feet and finally have them pass it back and forth at regular speed.

Robin Hood

Area: 15x15 with a small square in the middle Equipment: As many balls as possible Game objective:

Divide the team into four groups. On your signal the players each team sends one player at a time into the center square and to take a ball back to their group. Once they are back a new player races to the center. After all the balls are gone the players are released to steal balls from the other groups for 15 seconds. The team that has the most balls at the end wins the game. Play several rounds.

Teaches: Head up RWTB Ball Control Turns Creative thinking