

Practice -- Warm up

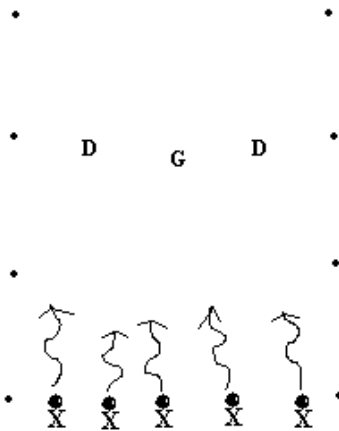
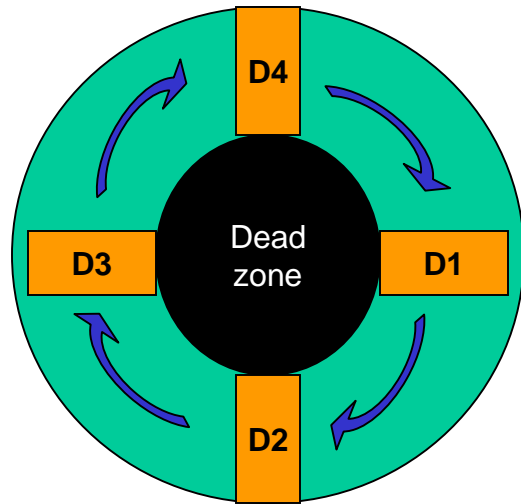
Quick jog as a team
Moving the ball - dribbling
Touches

Tackling - review tackling (block tackle), poke tackle

TRY THE CIRCLE TO THE RIGHT -
GET KIDS MOVING CHANGE DIRECTIONS

May need to do 2 - can also have more squares
and less defenders

Do boxes if this doesn't work



Place 4 cones in a rectangular shape about 20m wide by 30-40m long. Set the goalkeeper in the center and 2 defenders to start. Goalkeeper is allowed to use his hands. Take all remaining players to the base of the 30-40 m line with a ball each. (for a variation 1 ball between 2-3 players). The start of the game requires that all players must dribble to the other end of the 30-40m line at the same time, beating the goalkeeper and 2 defenders. If the ball is kicked out by the defenders or goalkeeper disowns the player of the ball they must join in the center and become defenders. If the players manage to pass the defenders and keeper they continue to the other end. Wait until all players have completed the 30 - 40 m dash with the ball and continue from the other end. This continues from end to end until there is one player left and he/she is declared the winner.

Work on possession skills and teach players the value of space.

Description:

SETUP

Mark a rectangle area about 20x10 and divide players into 3 teams of 3 players with each team in a different color (skins, whites and colors work also).

PROCEDURE

1. One team defends and the other two teams work together to possess the ball.
2. If the defenders win the ball the team responsible for losing possession switches places with the defending team.
3. Play like this for 5-10 minutes and make the rectangle 10 yards wider and longer (30x20).
4. Play another 5-10 minutes and add another 10 yards to the width and length (40x30).

