

EVERYBODY'S IT

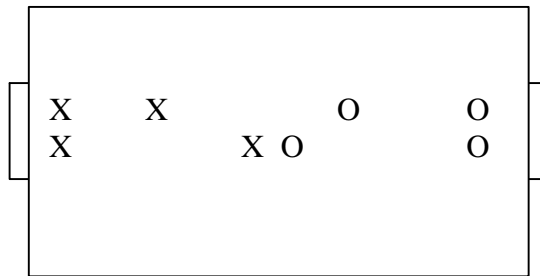
- Organization: One ball per player.
- Structure: Random formation in a confined area.
- 8 players = 15x15 yards
 - 12 players = 20x20 yards
- Procedure: Each player dribbles within the area attempting to tag anyone while maintaining control of the ball. Each time you tag someone, you receive a point.
- Coaching: Keep the ball close.
Use both feet.
Change of speed and direction.
- Analysis: Improves technical dribbling ability. Increases balance and encourages them to keep head up and see the field.
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OBSTACLE COURSE

- Organization: Players line up behind a cone.
- Structure: Set up a number of different obstacles that replicate the movement in a game of soccer. For example weaving through cones, hopping over balls, jumping and touching the cross bar, tagging the coach, summersaults.
- Procedure: Stager the starts of each player so they aren't slowed by the person in front of them.
- Analysis: Improves balance, coordination, and mobility.
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CHANGE SOCCER

2v2 with 2 goalkeepers per team on a 20x30 field with 8 yard goal.
Call switch and the two field players switch with the two goalkeepers from their team.



Variation: 4v4 with no GK and two balls on 20x30 field with 4 yard goals.
