

Dribbling moves



RULES

- All players with a ball dribbling
- Allow players to perform moves

POINTS

- Keep head up
- Dribble into spaces
- Change direction and speed
- Try different moves
- Use different parts of the foot

Sharks and Minnow



RULES

- All players with the ball except 2 (sharks)
- 2 players try and kick balls out of area
- If ball is kicked out, that player becomes a shark

POINTS

- Keep head up
- Look for defenders and space
- Shield ball if shark gets close
- Try using a move to get away from sharks

1v1 four corners



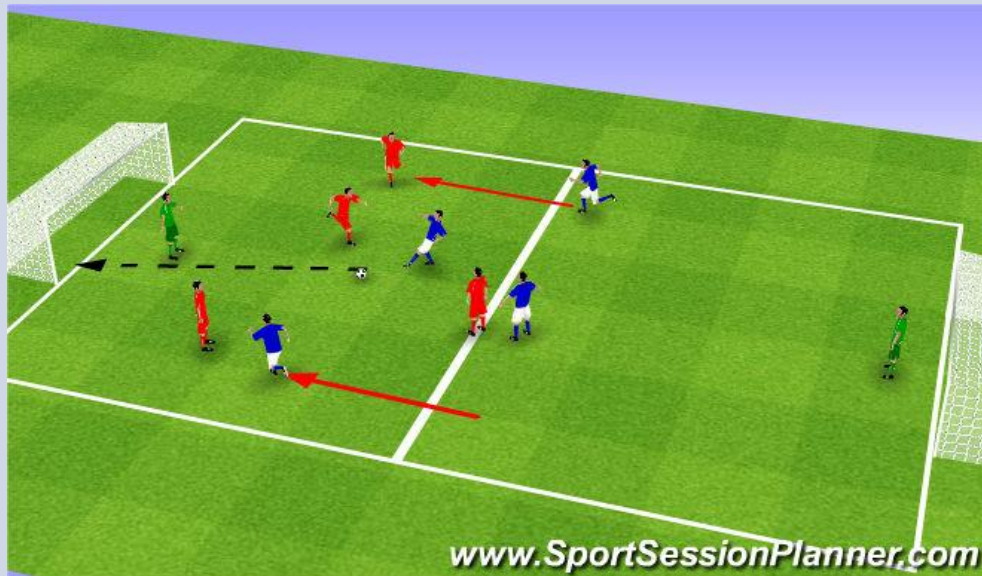
RULES

- 2 teams split on corners
- Coach plays ball in
- Opposite corners play 1v1 to goals

POINTS

- Use soccer moves to beat defender
- Keep head up
- Look for space
- Take ball away from defender
- When goal is open, shoot

5v5 GAME



RULES

- 5v5 with goalkeepers

POINTS

- Move ball into spaces
- Communicate
- Don't stand and wait
- Can you penetrate on the dribble