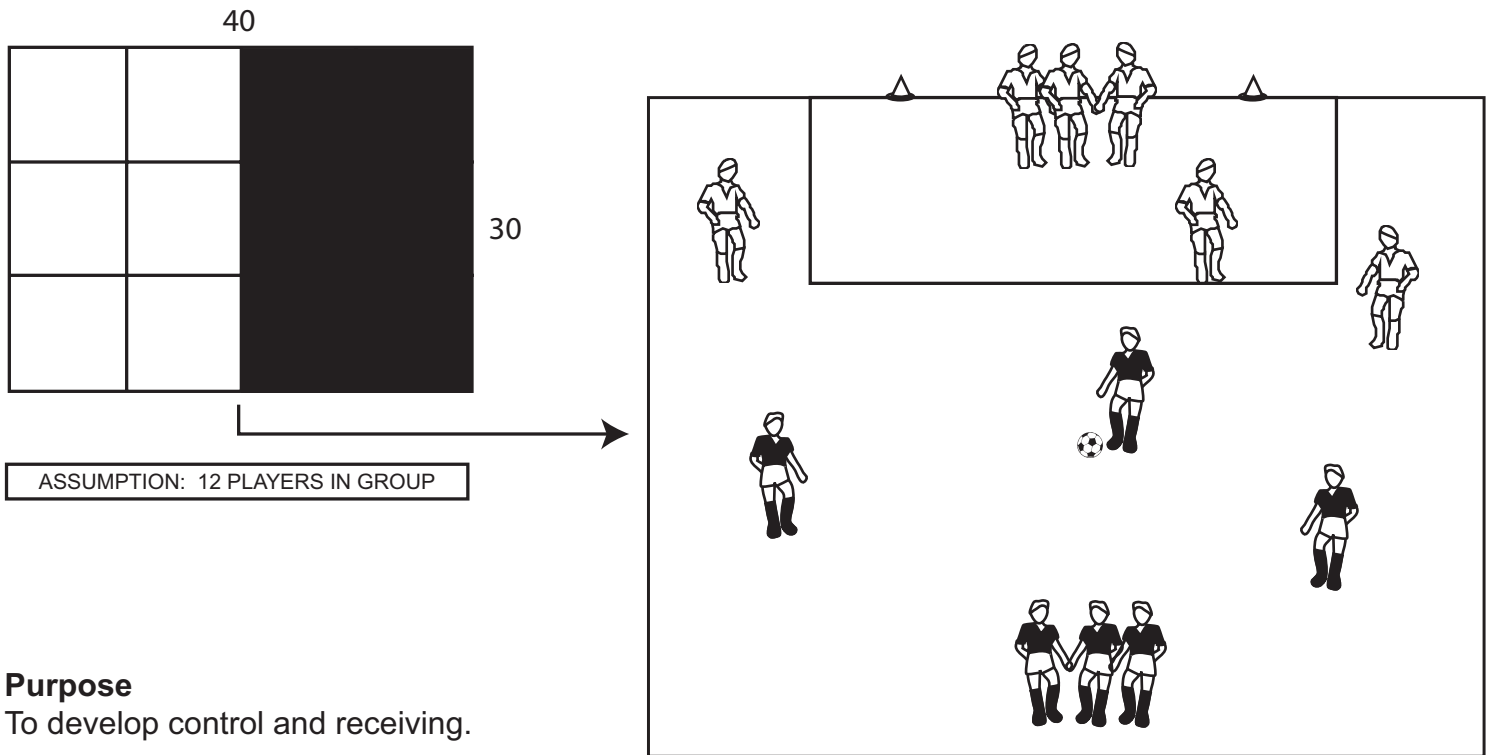


Running With The Ball

Change Soccer



Purpose

To develop control and receiving.

Organization

Set out a 20 x 30 yard area. Position 3 players who link arms or hold hands on the goal line. Make the goal 4 yards wider than the linked players. Play 3 v 3 until coach shouts, "Change!" then the chain breaks and the team previously out on the field becomes the chain in goal. The original chain players now become field players.

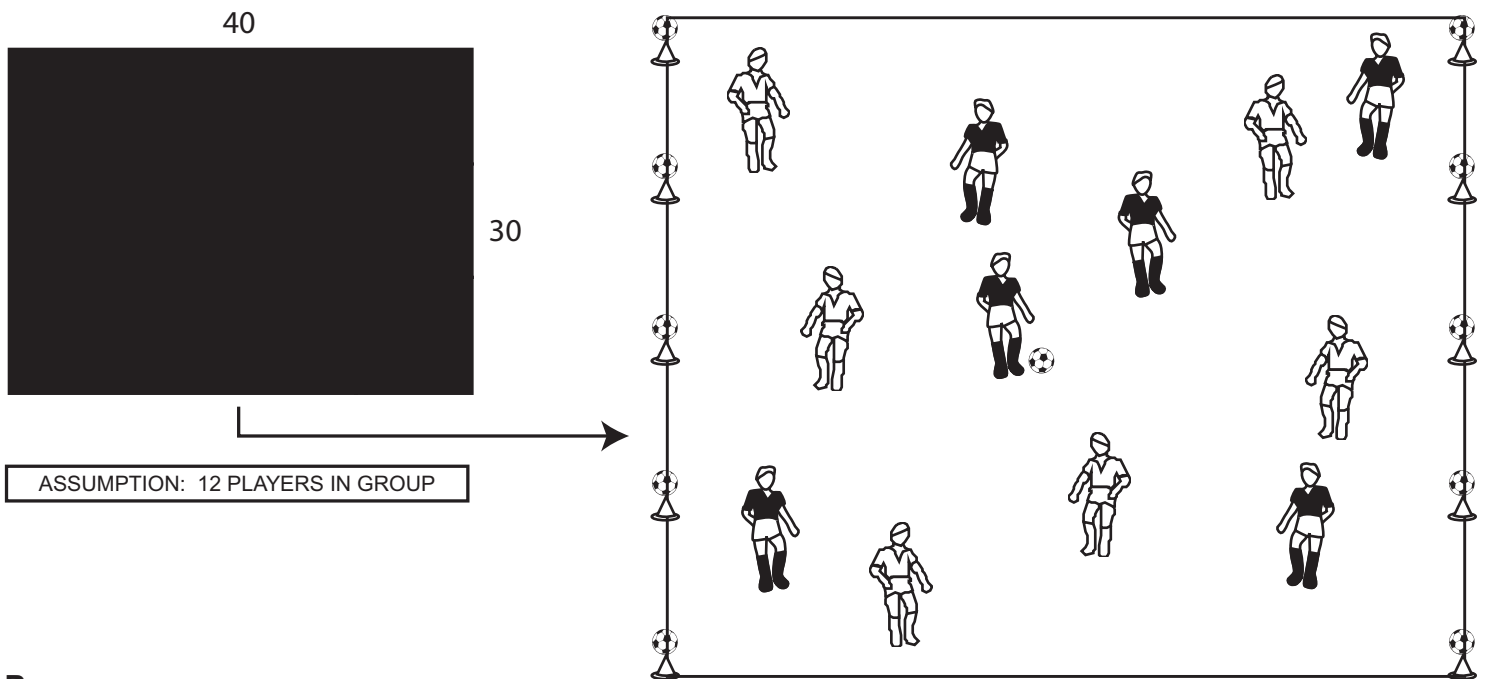
Game Objective

3 players from each team form a human chain by linking arms or holding hands. These players are stationed on the goal line in front of goal approximately 8 yards wide. The team in possession must attempt to score past the human chain defending the opposing goal. Goals and saves are each worth 1 point (players in the chain are not allowed to use their hands to defend the goal and must control the ball within 5 yards to score).

Key Coaching Points

1. Cut off the path to goal.
2. Try to keep possession of the ball.
3. Shoot at every opportunity.
4. Go to the ball, don't back away from it.
5. Help the player with the ball by getting into a supporting position.
6. Get ready to change.

Minesweeper



Purpose

To develop passing accuracy in a small sided game.

Organization

Set out a 40 x 30 yard area. Play 6 v 6. Place 5 discs with soccer balls on them on each endline.

Game Objective

Play 6 v 6 in the area. When the ball rolls out of bounds, it should be rolled in underhand by a player. The object of the game is to score by knocking down 1 of the balls off a disc on your team's attacking endline. If a player knocks a ball off, he scores 5 points. If he passes through the middle of the balls on the ground, he scores 3 points.

Key Coaching Points

1. Encourage the players to shoot at the target whenever possible.
2. Pass the ball, then move into space.
3. Try to pass the ball forwards and between the defenders.
4. Remember, "A good pass follows the grass."