



Description

TRIANGLES SQUARES DIAMONDS

Triangles, Squares & Diamonds:

SET UP

In a 20Wx25L yard grid, make 3 shapes with cones a triangle, a square and a diamond.

On Coaches command "Red Square" the players dribble their ball to the shape called out by the coach.

Add different directions: "Around the triangle, through the square, and into the diamond."

ADD BALL.

Demonstrate how to stop ball in the shaped areas, using inside cut or stopping ball with sole of foot.

Demonstrate how to accelerate away using the little toe and laces to push ball away and continue to take steps towards the ball.



SHARKS A

SET UP:

Create three to 4 islands in the playing area.

These are safe zones.

Two players are nominated as sharks. The rest are minnows who are going to be eaten by the sharks.

If the minnows make it to the islands they are safe but only one minnow is allowed on the island at one time. If a new minnow arrives the first minnow must leave and go back into the sea.

Instructions

Play game with out ball if you feel children don't understand the game and then introduce the ball.

Coaching Points

Look over your shoulder for "danger" accelerate /"swim" really fast to get away fro danger.

Look for islands to relieve pressure. 'escape sharks.

Can you stop ball in or on the island?



OUCH

SET UP

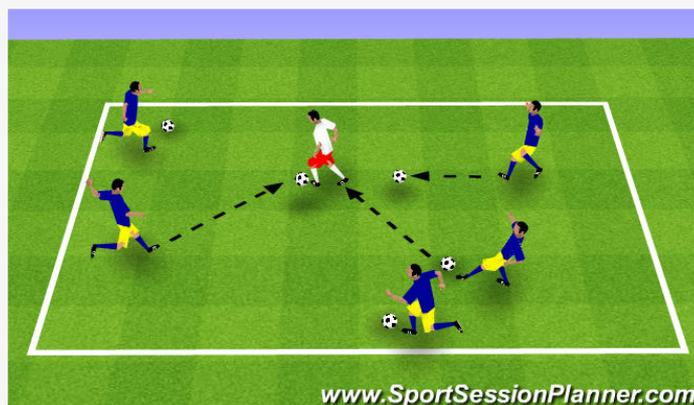
In Playing area eg. 20x20

All players are trying to hit the coach below the knee with their ball.

If successful the coach must yell "OUCH" and also hop around on one leg.

If ground is dry the coach can fall down and have multiple shots on him.

Players need success at first so begin by moving at a very slow pace and then add more changes of direction.



3v3 Game

SET UP:

Play 3v3 to small Pugg Goals or to small Cone goals if no puggs available

Let kids play and enjoy themselves with little to no coaching. Be a facilitator rather than a coach.

Observe players to notice positives and also to make observations for areas that may be improved.

At this stage of their development players are looking to keep the ball and impress not to look to find a partner or teammate.

Other players are asking for the ballpass pass however this is usually not because they are in a better position but because they too want the ball. At times this game is swamy and can look more like 5 v 1 rather than 3v3, hence reason for smaller sided games.

