

Magic Academy - Ouch!



**Date:** 4-25-09  
**Time:** 9am  
**Duration:** 10 minutes

**Measurement:** 20 x 20  
**Players:** unlimited  
**Level/Age Group:** 6-8 years

**Description:** Players start with a ball each in a 20 x 20 square. The coach moves around trying to dodge the players striking a ball against their leg.

**Objective:** To get the players to constantly change direction (as the target moves) using different surfaces of the foot and observe the constant changes that are going on. Also passing a ball off the dribble to a target (the

**Coaching Points:** Coach needs to have fun with this and 'taunt' the players with some good natured movements and changes of speed. The players will see more success the closer they dribble to the target before they try to hit it.

**Progression:** Bigger square. Pass with the weaker foot.