

Coach Says – Says Coach

Emphasis: Fun game! All technical aspects of the game as well as listening.



Set-up:

Each player has a ball. Players are in a 20 x 20 yard grid.

Progression:

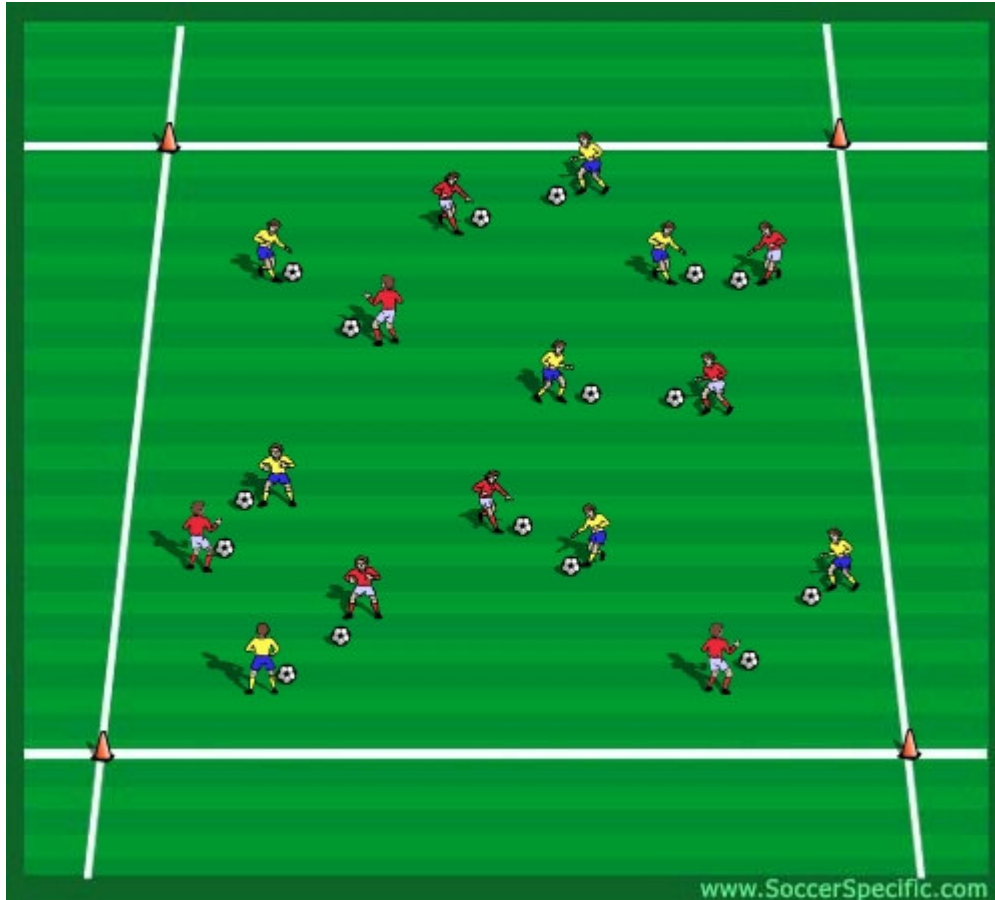
1. All players are facing the coach.
2. The coach calls out various technical moves for the players to work on.
3. Players may only do the move if they first hear the words “COACH SAYS”.
4. If a player performs the move prior to hearing “COACH SAYS” he is removed from the exercise, moving to the outside of the grid where he performs a specified amount of juggles, moves or ball taps prior to rejoining the exercise.
5. Eventually you want this exercise to move quickly forcing players to listen.

Coaching Points:

- Improve communication between teammates
- Decision making
- All aspects of skill development

Opposites Attract

Emphasis: Fun game! Dribbling, cutting, change of direction and change of pace.



Set-up:

All players have a ball in a 20 x 20 yard grid.

Progression:

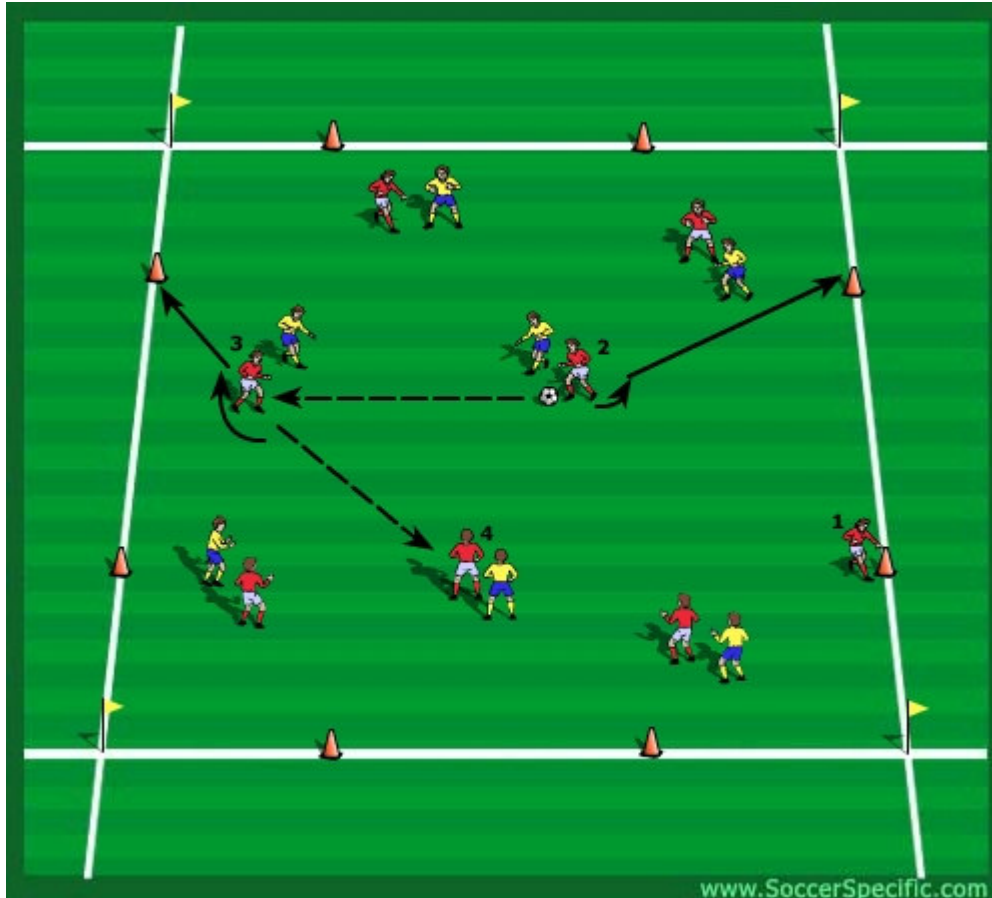
1. Coach has players dribbling randomly in a grided space.
2. As players come within a yard of another player they must put on a move cutting the ball in the opposite direction.
3. Player must turn and explode away from the opposing player while in control of their ball.

Coaching Points:

- Improve vision and field awareness
- Decision making with the ball
- Cutting
- Moves
- Speed dribbling
- Body control
- Quick acceleration

Beehive Soccer

Emphasis: Fun game! Teaches players to open up after they make a play on the ball.



Set-up:

Divide players into two equal teams. One ball is needed. Create a 20 x 20 yard grid with several cones.

Progression:

1. After players have made a play on the ball they must immediately turn and find the nearest cone and touch it before getting involved in the next play.
2. Example- Player #1 has already passed the ball and is bending down to touch a cone. Player #2 is playing the ball to player #3. As he passes the ball to player number #3 he must turn and sprint to find a cone. Player #3 then finds the next open player and so on.
3. This exercise can be played as a possession exercise in a grided area or played as a scrimmage with goals. Open the area up to accommodate the numbers.

Coaching Points:

- Improve communication between teammates
- Accuracy of passing
- Decision making
- Recognition to create space for other teammates
- Possess the ball
- Defend
- Angles of support
- Movement on and off the ball

Goals-Goals-Goals-Galore

Emphasis: Fun game! Passing for accuracy, composure on the ball, decision making, movement on and off the ball, defending and attacking play.



Set-up: Divide players into equal teams. Using the entire half of the field set up multiple goals facing various directions.

Progression:

1. Start off with one ball.
2. Players may not score on the same goal twice in the same sequence.
3. Players can score by dribbling the ball through the goals.
4. As the players feel comfortable with the exercise then add one or two more balls. This will spread out the game, allowing more touches on the ball as well as more decisions.
5. A variation to this exercise is counting a goal when the ball is passed through one side of the goal and collected by a teammate on the other side.
6. Lift all restrictions and allow any type of scoring to take place (dribble or pass).

Coaching Points:

- Improve communication between teammates
- Accuracy of passing
- Decision making
- Changing the point off attack
- Ability to take players on
- Possession of the ball
- Defending
- Dribbling to evade and beat an opponent