

Bumper Ball



RULES

- All Players with a ball
- Each player tries to kick their soccer ball and hit another players soccer ball
- If a player hits another ball, they get a point and shout 'bumper ball'

POINTS

- Keep ball close
- Keep inside the area
- Use both feet
- Look at ball when kicking
- Keep ball on ground by hitting the middle of ball

Mud Monsters



RULES

- All players with a ball except one- the tagger
- Players with ball dribble inside the area
- Tagger tries to 'tag' players with a ball
- If a player is tagged, they stand still, put ball on their head and spread their legs apart
- To set player free another player must pass ball between the legs
- Rotate tagger

POINTS

- Players with ball look for space and keep away from tagger
- Help anyone who is tagged by

Gates



RULES

- Players in pairs with one ball
- Cones spread in the area to make 'gates'
- In pairs players try to pass through the gates
- See how many gates they can get through in 20 seconds

POINTS

- One player dribbles to gate
- Partner gets ready to receive the ball on the other side of the gate
- Player passes ball without hitting cones
- Try using the inside of the foot

GAME



RULES

- 4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- If a team mate is open look to make a pass