

# TAG



## RULES

- All players with a ball except one 'tagger' without a ball
- Tagger tries to tag any player with a ball
- If a person is 'tagged' they become the tagger and the previous tagger gets their soccer ball

## POINTS

- Keep head up
- Look for tagger
- Find space
- Change speed and direction

# Ball knock



## RULES

- Players in pairs
- Place one ball on top of the cone
- Players stand about 3 steps away from cone & ball
- Each player takes a turn to try and knock ball off the cone
- Player gets a point if ball is knocked off

## POINTS

- Head down looking at the ball
- Body facing direction ball is being kicked
- Standing foot goes at the

# Ouch



## RULES

- All players with a ball
- Coach with out a ball in the middle of the field
- Players try to kick their ball to hit the coach **BELOW KNEE**
- Coach can move anywhere on the field
- If coach is hit they shout **OUCH**

## POINTS

- Keep dribbling with ball
- Look up to see where coach is
- Try and get close to coach to pass ball
- Use inside of foot or laces
- Body facing where you want the ball to go

# 2v1



## RULES

- 3 groups, 2 attacking & 1 defending
- Play 2 attackers vs 1 defender
- Attackers shot at goal
- Rotate after 1 min

## POINTS

- Attackers look to get an early shot
- If path to goal is blocked by defender, look to pass
- Attacker without the ball must find a space

# 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
- Take early shots