

Hospital Tag



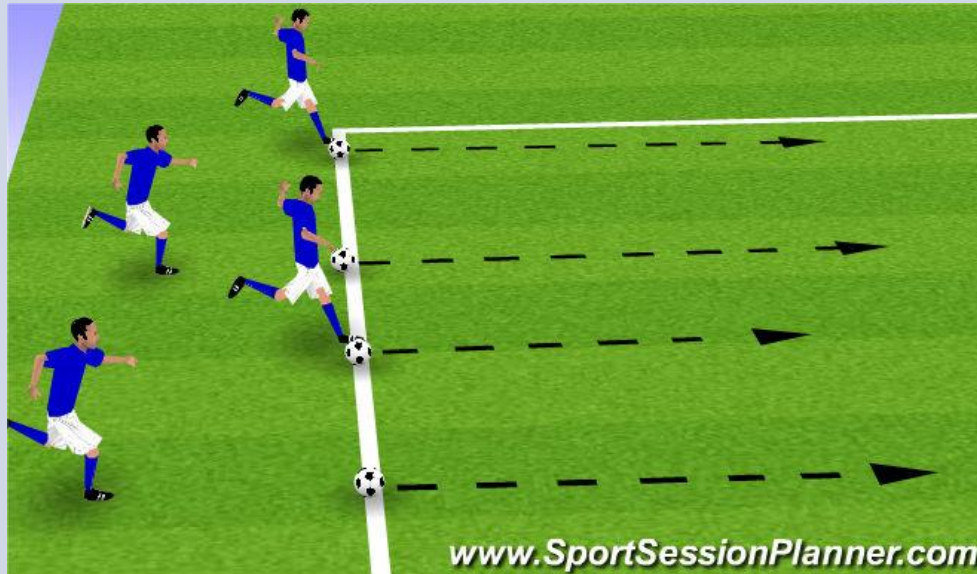
RULES

- Each player with a ball
- Players dribble around the area
- On coach command, players try and tag another player
- Once a player gets tagged, they must hold that body part.
- Once tagged 3 times they must go to the hospital by doing 5 toe taps. Player is now all 'healed'

POINTS

- Keep ball close
- Look at ball and around for taggers
- Dribble into spaces

Ready, Steady, Fire

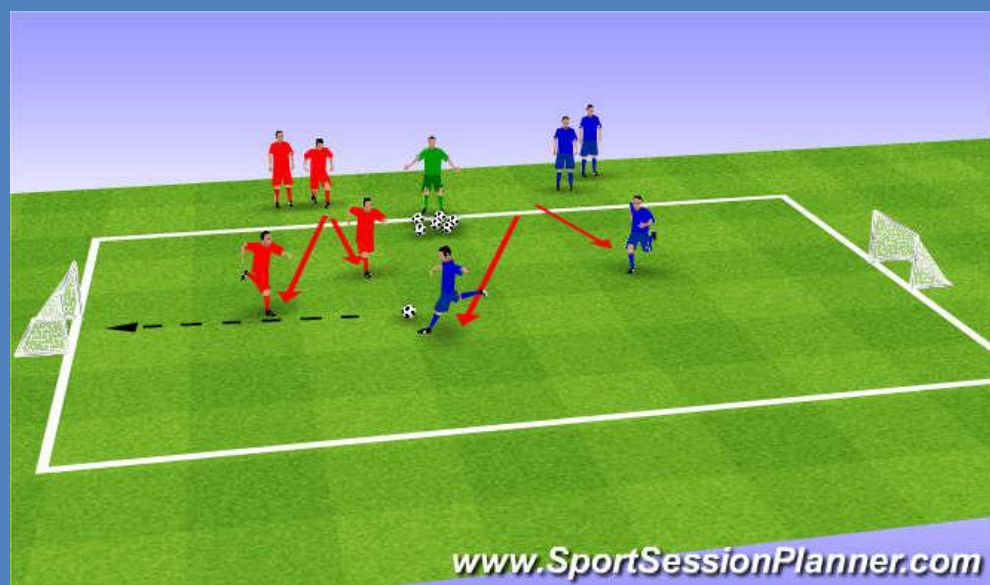


RULES

- All players with a ball
- Ball is placed on the line
- Players move back
- On command, ready, steady, fire all players run to ball and kick as far as they can with ONE kick

POINTS

- Keep eye on the ball
- Standing foot at the side of the ball when kicking
- Kick in the center of the ball



RULES

- 2 teams either side of the coach
- Coach plays ball in and the first 2 people from each team enter field and try and score in opponents goal

POINTS

- Be alert and ready
- Try and get to ball first
- If goal is open take quick shots
- Use team mate if defenders are close

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