

Red light/ Green light



RULES

- All players with ball
- on green light (coaches command) players dribble their soccer ball
- Red light- players stop and put foot on the soccer ball
- Yellow light- players slow down

POINTS

- Keep ball close
- Keep inside the area
- Use both feet
- Look up to find a space

I can do this..



RULES

- All players with a ball
- Coach shows an action
- Players copy action

Suggestions

- Throw and catch
- Throw clap and catch
- Bounce and catch
- Bounce spin and catch
- Drop ball and put foot on top
- Toe-taps
- Foundations- inside-inside
- Drop, bounce, kick, catch

Mr Wolf



RULES

- All players with a ball
- Coach on opposite side to players.
- Players start on one line with ball.
- Players call out "what time is it Mr Wolf?"
- Coach calls a time ie 2o'clock
- Players take the number of steps
- Coach calls "Dinner time" players must run back to line before coach catches them

POINTS

- Keep ball close
- Don't leave ball behind
- Can be played without ball

GAME



RULES

- 4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal