



Description

Endzone Game

Field: 1 40x25 yard grid divided into 2 20x25 yard grids (depending on space available).

Make a 1- 2 yard endzone on each end.

Time: 2.5 min game to 1 min rest x 4 = approx. 15 min

Setup:

- Balls on sides between fields for easy restarts

- 2 games of 3v3 or 2v2 plus a neutral

- rotate teams each round

For younger teams:

- Try setting up fields for 1v1 or 2v2.

- If too complicated, you do the first round with everyone on a ball and show them the move. On coaches command, players dribble into endzone and perform move. Then go into scrimmage.

Gameplay:

- Dribble in and out of endzone for a point

- Team cannot score in same endzone twice in a row during the same possession (once ball is lost, they are free to go to either endzone again)

- Restart by dribbling or playing in ball (from pile or one close by)

Coaching Points:

- control and balance

- calm on the ball and take risks

- long touches to go fast into space, small touches when in tight areas

Questions to ask:

- How to score? (dribble across)

- How do you know if you can score? (head up for space)

- How can teammates help create this (Spread out)

- If one endzone is blocked, what can we do? (go to other one)



Break the gate

Field: 1 40x25 yard grid with gates around the outside

Time: 2 min game to 1 min to 1 min teach move (first 3 rounds only) rest x 4 = approx. 15 min

Setup:

- 1 player per ball

- Add two players holding pinnies as defenders after second or third round (defenders still with ball)

Gameplay:

- Dribble through gate and change direction back through for a point (each round use a specific move)

- Progress to adding in defenders (holding pinnies). Now players are free to choose move.

- If tagged, defender drops pinnie and starts dribbling for points, attacker loses all points and becomes defender.

Coaching Points:

- control and balance

- Eyes up to see space, defenders, gates all around you

- Dribble into space, not the crowd

- Use body to protect ball when changing directions

- After changing direction, explode.

Moves to teach:

- Foot on top of ball: Pullback

- Inside of the foot cut: Cruyff

- Outside of the foot cut: Hook Turn



Shake the Tail

Field: 1 40x25 yard grid divided into 2 20x25 yard grids (depending on space available) with puggs on longer sides.

Time: 2.5 min game to 1 min rest x 4 = approx. 15 min

Setup:

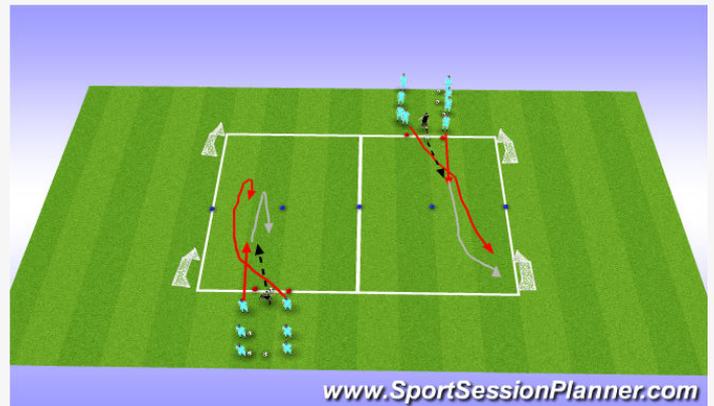
- Two lines on end with coach in between.
- Attackers with the ball (line closer to goals)
- Defenders in line on opposite side of coach

Gameplay:

- Coach plays in ball to attacker for 1 v 1
- Defender must underlap (run around attacker on side closest to goals) before defending. May score by playing ball back to coach if he wins it.
- Attacker can score in far goal for 1 point, or pass half line (blue cones) and cut back to go to near goal for 2 points.
- Grab ball and return to line. Rotate between attacking line and defending line each time.
- Coach may play ball when another group is going to create more obstacles for players.
- May give bonus points to entice players to do specific moves

Coaching Points:

- control and balance
- long touches to go fast into space, small touches when in tight areas
- Use multiple senses to find defender (listen, feel, see)
- Turn away (not into) defender
- Change direction, then change speed.



Scrimmage

Field: 1 40x25 yard grid divided into 2 20x25 yard grids (depending on space available) with goals in corners on sidelines.

Time: 4 min game to 1 min rest x 3 = approx. 15 min

Setup:

- Balls at ends between fields for easy restarts
- two teams (use neutral if odd numbers)

Gameplay:

- Score in one of two puggs for point
- Restart by dribbling or playing in ball (from pile or one close by)
- Give bonus points for creative turns

Coaching Points:

- calm on the ball and take risks
- teammates create space by spreading out
- if one goal is blocked, where should we go? (other goal)
- How can we know if goal is open (look or teammates talk)

