

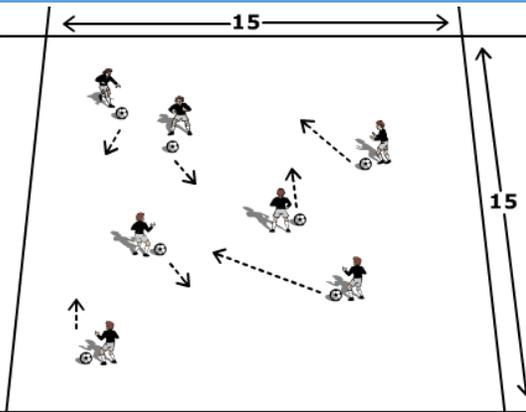
Bridge Tag (Focus: Coordination/Cardiovascular) 15X15 yd. grid

- Two players wear pennies, and are it. Everyone else moves freely in the grid.
- The players that are 'it' try to tag other players between the waist and head. If a player is tagged, they have to make a 'bridge' by standing on all fours.
- A player becomes 'free' again by a teammate crawling under the bridge.
- Play for one minute and then switch taggers.

Coaching Points:

- Taggers cannot tag someone crawling under a bridge. However, the person under the bridge isn't allowed to 'hang out' under a bridge to avoid getting tagged!
- Encourage players who are free to help each other out by crawling under frozen teammates. The more people running around, the less likely you are to be tagged yourself!

(10 minutes)



Car Racing (Technique) Use the same 15X15 yd. grid as before

- Inside your grid, every player has their own ball.
- On your mark, players dribble around the grid trying not to run into any other player or ball.
- There are different speeds the players can go: slow (school zone), or fast (highway). When the coach yells out one of these locations, the players have to mimic the speed.

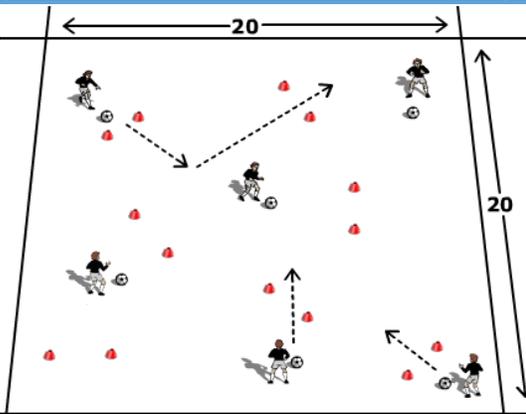
Progression:

- Give each corner of your grid a name (San Francisco, New York, Argentina etc). As players are moving around, yell "Argentina on a highway!"
- For the next round, say "New York, school zone, using only the bottom on your foot!" Be creative.

Coaching Points:

- Encourage players to touch the ball with all surfaces of their feet at the start, and become more specific with each instruction that you give.

(10-15 minutes)



Gates (Technique) Expand two intersecting lines of your grid five yards to make a 20X20 yd. grid

- Every player needs to have a ball. Give each player two cones (or as many as you have cones to give!). Ask them to place the cones anywhere inside your grid at arm's width apart and return to you.
- Each set of cones is called a 'gate.' Players have 45 seconds to dribble through as many gates as they can. They need to keep track of their score.
- After 45 seconds, ask each kid what they got. Repeat and ask them to beat their own scores.

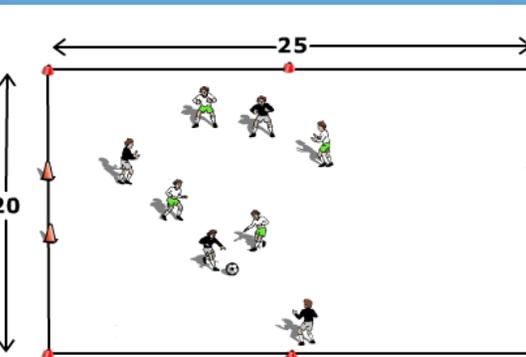
Progression:

- Players have to beat their scores from previous rounds, but give them a stipulation that they can only use a certain part of their feet. Example: bottom of feet, only left foot, only inside of feet etc.
- Tell players they cannot dribble through the same gate twice in a row.

Coaching Points:

- Players need to take close, tight touches when dribbling through a gate and larger touches when they are trying to build up speed to get to the next gate. Demonstrate.

(10-15 minutes)



Scrimmage (Holistic) Expand your grid to 20X25 yds.

- Play 4v4 or 5v5 depending on numbers. Make additional fields as necessary
- Try not to coach during this part of your practice. The scrimmage is the player's time to play without influence and take risks without repercussions.

However!

- Use encouragement when you see a player working hard, or trying to dribble the ball instead of just kicking it away! Also, you can use this time to teach the rules of the game that your association uses for this age (how to do a throw-in, corner, etc).
- Keep the game flowing, and don't spend more than 10 seconds talking at a time!

(15-20 minutes)

All diagrams by soccerspecific.com