



Wayne & Fair Lawn Rec (Week 1)

Category: Technical: Passing & Receiving

Difficulty: Beginner

Am-Club: TSF Academy
Daniel White, Fair lawn, United States of America

Body Parts

Players dribbling in area. When coach says a body part (i.e. Elbow) players have to stop the ball and put that body part on the ball. Progression – More the one body part at a time.

KEY POINTS:

- Players need to take small touches and have full control of the ball
- Players need to use different parts of their foot and both feet
- Get players to dribble with their head up

POTENTIAL PROGRESSIONS:

- Coach calls out more then one body part

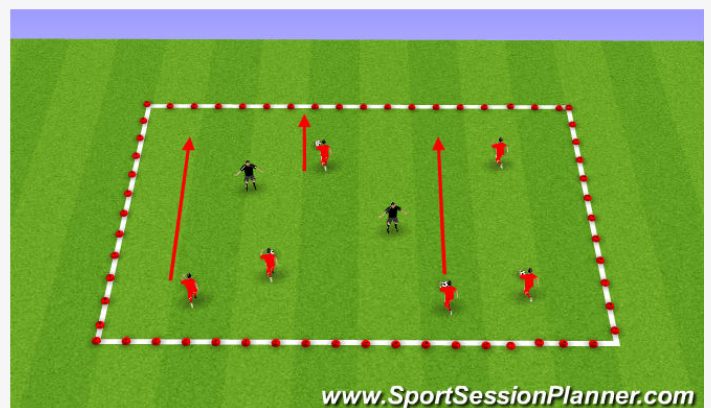


Sharks and Minnows

One player starts as 'Shark' (without ball) all other players 'Minnows' have a ball each. 'Minnows' have to dribble their ball across the area with out 'Shark' kicking their ball. If they get caught they become a 'Shark'. Play until only one or two 'Minnows' are left.

KEY POINTS:

- Players need to take small touches and have full control of the ball
- Players need to use different parts of their foot and both feet
- Get players to dribble with their head up



What time is it Mr Wolf?

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Kids ask coach (Mr Wolf) the time. The time corresponds to the number of touches that players can take. They then stop the ball and ask again. Encourage players to stop with foot on the ball. When coach yells dinner time, players then dribble back to the start as fast as they can as the coach chases.



Sleeping Giant

Coach puts pinnies at one end of the field and sleeps on them. Players start at the opposite end and dribble the ball towards the treasure. If the sleeping giant wakes up players hide behind the ball and have to stay still. Once sleeping giant is back asleep players continue to dribble the ball. Once they have some treasure they take it back to their house (orange Square). Play until all the treasure has gone.

Coaching Points:

- Head up.
- Close ball control.
- Surfaces of foot to dribble (inside, outside, laces, sole).
- Surface to stop the ball (sole).



SSG

Small Sided Game

Coaches Points

- Give all players positions to start with after every 5 mins switch.
- Introduce throw-ins, corners and goal kicks
- Encourage kids to spread out and not follow the ball

