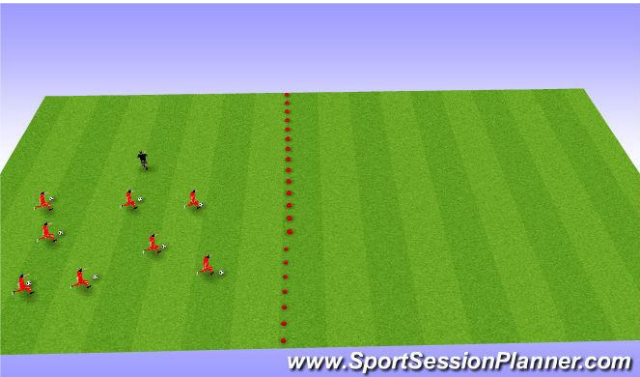


FLAS Session 2

Category: | Difficulty:



Am-Club: TSF Academy
Mark White, Young Member



Drivers School Warm Up (15 mins)

All Players have a ball.

Coach will tell players that they are driving a car (the soccer ball is the car). Coach will call out different instructions all relevant to driving. For example:

RED LIGHT - players must put their foot on top of the ball and stop/stand still

GREEN LIGHT - players dribble the ball (keep it close and under control)

YELLOW LIGHT - players slow down, dribble slowly

PUMP THE TIRES - players do 10 toe-taps

FILL UP WITH GAS - players do 10 boxes

TOW-TRUCK - players have to quickly find a partner and stand with foot on their ball with their partner

Make it a story; Make it fun and enjoyable



The Weather Game (15 mins)

Coach is the Weather Man.

All players are at end of field with a ball each. Tell them they are in their nice, warm home. Coach will count to three and the players will shout out "What's the Weather Like today?" The Coach will answer one of 4 responses:

"It's Spring Time" - the players dribble ONE STEP forward

"It's Summer Time" - the players dribble THREE STEPS forward

"It's Fall Time" - the players take ONE STEP BACKWARD with the ball

"It's Winter Time" - The players have to dribble back to the start line as quickly as possible.



The Slime Game (15 mins)

All players dribbling a ball in a specific area.

Pretend that you are in a slime pit. The Coach is the Slimer - if he tags a player that player has been slimed and must pick up their ball, hold it over their head and shout out "I've been slimed!". Their team-mates can dribble up to them, Hi-Five them and the slimed player is free to dribble and help his/her team-mates.

PROGRESSION - You can have the players be the Slimer. Keep it fun, and make sure all players are actively involved



The Genie Game (15 mins)

All Players have a ball. Coach is the Genie. The Players will be granted wishes, and the Genie will tell them what the wishes are. They must follow the direction of the Genie, but only when he says "I WISH YOU...." followed by an instruction. For example"

"To dribble to the end zone"

"To sit on the ball"

"To switch your ball with someone else"

If the Genie gives an instruction without saying "I WISH" before then the players are frozen. The Genie has the power to unfreeze them at any time by saying "I UNFREEZE YOU!"

(*for the older groups, you can say the Weather Man turns into the Ice Monster and when it is winter time the Ice Monster is going to try to get the players soccer balls. Only use this IF coach is sure the players are not going to get upset/frightened).

When playing this game, expand on the weather.... for example, after the players ask "What's the Weather today?" say something like - "let me look outside my window... everyone look at the sky... I see some clouds, and I see some flowers blooming... it must be SPRING TIME".. Using a 'story' allows interaction with the players.



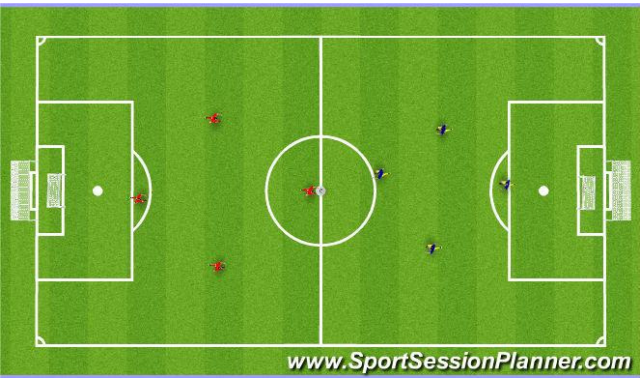
The Recycling Game (15 mins)

Each Player has a ball. Inside the area are pinnies and discs. Coach explains to the players that they are in the park, and there is a mess. Lots of cans and paper products have been left all over the field. The players job is to pick up the trash and take it to the Recycling Center (blue square). Players must dribble ball, pick up one item, and take it to the Blue area, drop it inside then dribble back for another item.

PROGRESSION:

Coach becomes the Naughty Litter Bug..... coach will take garbage out of the Blue area and dump it on the field again. Players must get all the garbage in the Blue area as quickly as possible

Begin the game by telling a story... "A long time ago, in a desert far away, a group of soccer players found a lamp.... when they cleaned the lamp a Genie appeared. Who do you think the Genie is?"



Small-Sided Games (15 mins)

Small-Sided Game:

use Pug Goals or equivalent. Play 4v4 game with no GK.

By playing 4v4 you allow the players an opportunity to be involved in the game, get lots of touches on the ball and show creativity. Do not over coach in these games