

# FLAS Session 8

Category: Tactical: Functional | Difficulty: Beginner



Am-Club: TSF Academy  
Mark White, Young Member

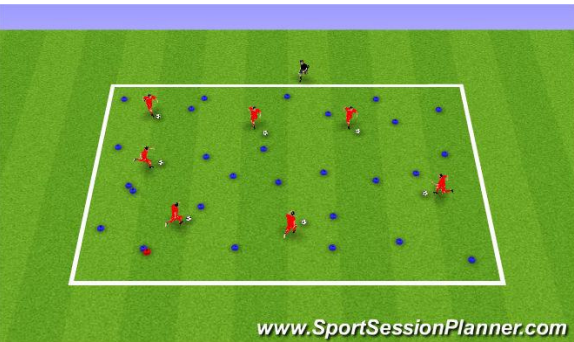


## The Cat Family Warm Up Game (15 mins)

All players have a ball and dribble in the area. Coach introduces the players to members of the cat family:

- Tiger - dribble slowly
- Cheetah - dribble quickly
- Lion - player performs boxes
- Jaguar - player performs toe-taps

Make this fun and enjoyable. Add anything fun!!



## Paw Patrol Game (15 mins)

All Players have a ball each. The coach puts all the discs around the area. Under one disc (without the players seeing) the coach places a small pinnie or something that is easily hidden. The Coach itells the Paw Patrol story. The coach is Ryder. Players can choose to be one of the Paw Patrol Characters:

- Rubble
- Skye
- Marshall
- Rocky
- Chase

The Coach tells the players that there has been a landslide in the town and that the Mayor's chicken has been trapped under a rock. The Paw Patrol Puppies (the players) have to take their equipment (the soccer balls) and dribble around the area. On the Coaches command they turn over a disc to see if they can find the Mayors Chicken. The player who finds the hidden object is the winner!

Make the game realistic by telling the story and having the players tell you who the characters are and what they do in the TV show



## Trick Or Treat (15 mins)

All players on one end of the area. Coach is in the middle. All soccer balls are at the far end

When the coach looks away the players take small steps forward. When the coach looks back at the players they have to freeze. When the coach looks away again the players continue to move forward. If the coach sees them move then they have been "Tricked" and have to return to the start line. If the players get to the end line they get a "Treat" - a ball - and dribble it back to the start line before the coach tags them!

Make it FUN ; Do not scare players!



## The Pumpkin Ghost Game (15 mins)

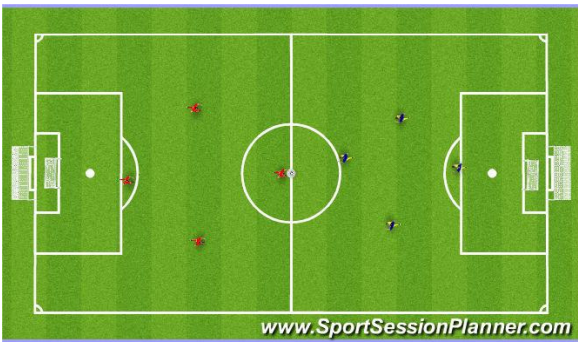
All players in an area with a ball (pumpkin) each. Coach has a pinnie (ghost). Coach tries to throw the pinnie on the players soccer ball. If he succeeds, that player becomes a ghost and runs around going "boo" Team-mates can hi-five a "ghost" who can then start dribbling their ball again.

Tell a story; make it fun.



### Soccer Pool (15 mins)

Split group into two teams. In each corner put a ball on top of a disc inside a small goal. Inside area mark out a smaller square. On coaches command players dribble around inside smaller area and shoot at goals. If the score, they get 1 point, if they know ball off of disc they get 5 points. They retrieve the ball after every attempt. They cannot stop another player/team shot. Play for 2 minutes. Reset and play again.  
Lots of energy and enthusiasm!



### 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