



Description

Driving Through the Moving Tunnel

Organization: 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass their ball through the tunnel. Count the number of times each can play their soccer ball through the tunnel in 1 minute. If needed, select to players to make a second tunnel so the dribblers have more chances to score. Remember to change the players after each interval.



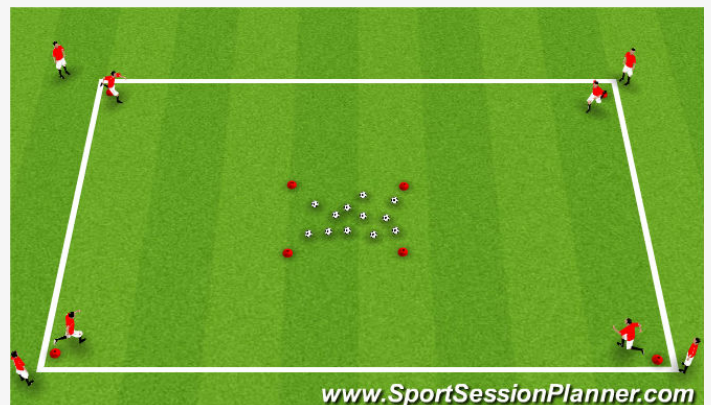
Sailing the Seas (10 mins)

Organization- All the players with a soccer ball (ships) & the coach is the (ship's captain). The players dribble their ball and will change speed or direction based on the weather; high winds, go fast, no wind, go slow, hurricane, dribble in a circle, rogue wave, go backward. Each round, add a new direction, command or combine movements.



Treasure Hunt (10 mins)

Organization- Place all the soccer balls inside a 5x5 square in the middle of the field. Divide into 4 teams that will start at the corners. Players from each team go one at a time to go into the middle and dribble a ball back to their treasure chest. Once all the balls are out of the middle players may go to any of the other corners to bring back treasure.



Bruce the Shark and Nemo (10 mins)

Organization- Select 1-3 players to be Bruce the Sharks without a ball (coaches can start as sharks too). The rest of the players are Nemo or Dori. They all have a ball & start at one end of the grid. They have to swim (dribble their ball to the other side without losing their soccer ball to Bruce the Shark).



Play

Set Up- 2 goals on each endline

Organization- play 4v4 to the endline goals

