

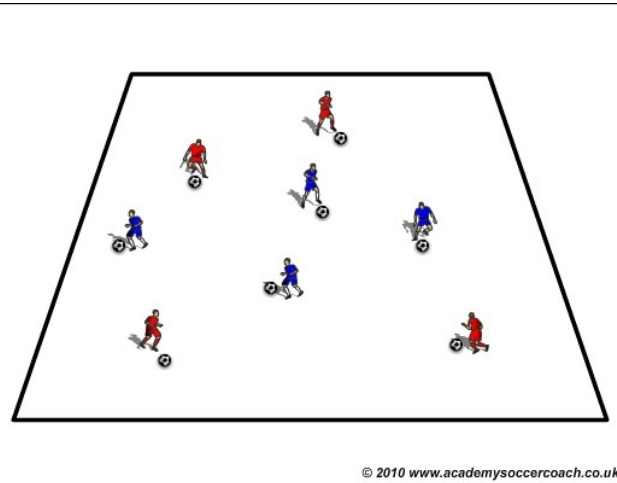
© 2010 www.acadmysoccercoach.co.uk

2 GRID KNOCK-OUT

Begin with players split evenly across 2 grids (sized for numbers and ability)
 -Players protect their own ball while attempting to knock others balls out of their grid.
 -Once knocked out, quickly dribble to other grid and continue play.
 -Congratulate a player that is left by themselves in a grid!

VARIATION:

-Player must perform a forfeit (3 sit-ups, 3 juggles, 3 star-jumps...) before joining other grid.
 -3 grids for larger numbers of players.



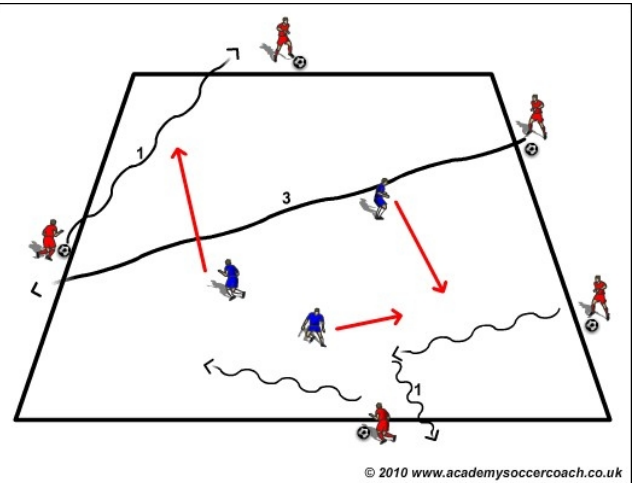
© 2010 www.acadmysoccercoach.co.uk

Ball Manipulation

1. Cadences

- A. 1(L)-2(R)-3(L)-Miss(R) (Stepover)
- B. 1(R)-2(L)-Sole(R) (Dragover to inside)
- C. I-O-I-O (all same foot)
- D. I(R)-O(R)-I(L)-O(L)
- E. O(R)-I(R)-O(L)-I(L)
- F. I-O-Sole(same foot)
- G. Sole-sole-scissors(same foot)
- H. I-O-sole-scissors(same foot)

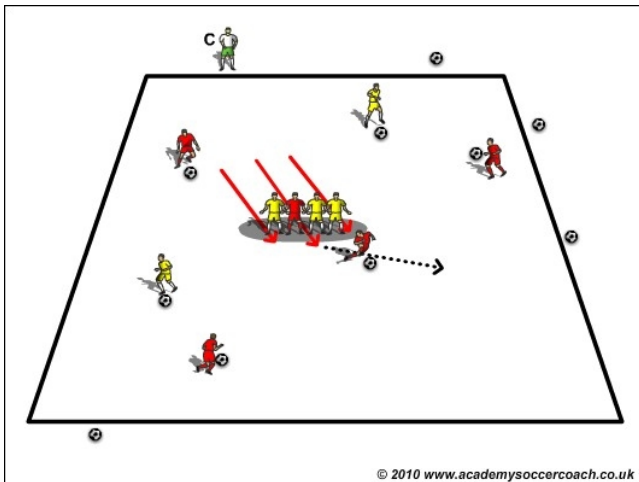
I=inside of foot
 O=outside
 R=right foot
 L=left



© 2010 www.acadmysoccercoach.co.uk

10x15 grid with extra room on outside

-Slightly more attackers than defenders
 -Attackers attempt to dribble through grid.
 ---1pt for short direction (out the side)
 ---3pts for long direction (to opposite end)



© 2010 www.acadmysoccercoach.co.uk

BLOB TAG

Begin with all players with a ball, minus one - initial "it" player.
 -Once tagged (on arms or back only), abandon ball, and link arms to form "blob".
 -Blob must remain linked and attempt to tag remaining players.

VARIATION:

-Once "blob" reaches 4 players, break off into 2 blobs of 2.

Dragback

Stop ball, pull back with sole, push away 180° with laces.

Inside Cut

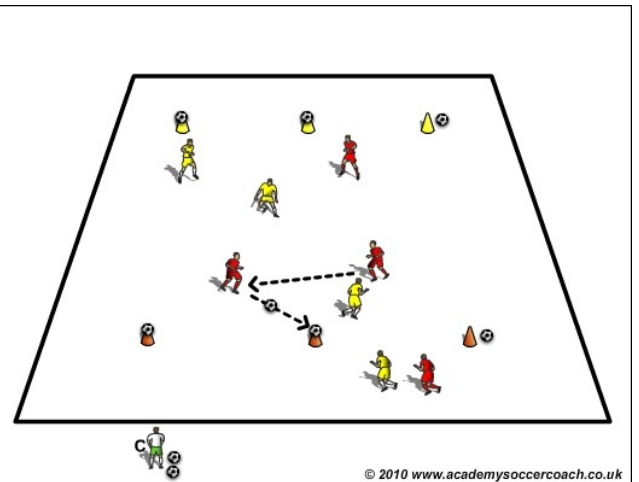
180° turn by hook/cut/chop with inside of foot.

Outside Cut

180° turn by hook/cut/chop with outside of foot.

Half Preki

"Sole over" the ball to the inside.



© 2010 www.acadmysoccercoach.co.uk

BALLS ON CONES GAME

3 Balls each resting on cones at ends of pitch
 -Team combines play with final goal of upsetting each of opponents balls from its cone.
 -Once ball is knocked from cone, it is 'dead' and may not be played.
 -May introduce an additional ball to increase awareness/decision making required.
 -May require ball to be knocked via a one-touch for skilled/advanced players.