

Warm Up: Red Light, Green Light



Coaching Points:

- Use inside & outside of feet. - Small touches.
- Keep head up. - Keep ball close to feet.

- 1 soccer ball per player.
- Coach will shout command "green light" or "red light".
- Players will stop the ball on red light & dribble on green light.

Progressions:

- Introduce yellow light & blue light, blue = dribble fast, yellow = dribble slowly.
- Hold a colored cone rather than shouting the command.

Technique (Without Ball): Stuck In The Mud



Coaching Points:

- Keep head up. - Change of direction.
- Communication. - Run on toes.

- 2 defenders run around the area trying to tag the attackers.
- If tagged you must stand still with your legs open.
- You can start moving again if someone crawls through your legs.

Progressions:

- Add more defenders.
- Crawl backwards through legs.

Technique (With Ball): Stuck In The Mud



Coaching Points:

- Keep head up. - Use inside & outside.
- Communication. - Inside to pass ball.
- Small touches. - Keep ball close to feet.

- All players now have soccer balls including defenders.
- If tagged you must pick up you ball and place it above head.
- You can start moving once more after someone dribbles their ball through your legs.

Progressions:

- Pass through legs.
- Back heel through legs.
- Use weaker foot.

Scrimmage (3v3 or 4v4)



Coaching Points:

- DO NOT OVER COACH!
- Lots of encouragement.
- Give freedom for player to learn.

- Always end with a game, do not over coach, simply let them play.
- Keep it small 3v3 or 4v4 to maximize touches on the ball.
- 2 teams, 1 soccer ball playing to 2 pug nets.