



Category Ignition - Week 1

Category: Technical: Ball Control

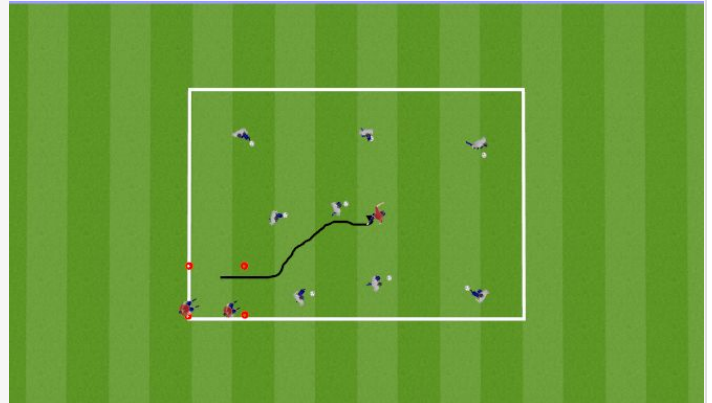
Difficulty: Beginner

Craig Lee, Prairie Cities Soccer League

Police Patrol (15 mins)

Story to tell: This city has too many speeders. People are driving too fast! We need police officers to give out some speeding tickets. Have players go through all the motions of driving a car (open the door, put on your seatbelt, get the keys and start the car, back out of the driveway)

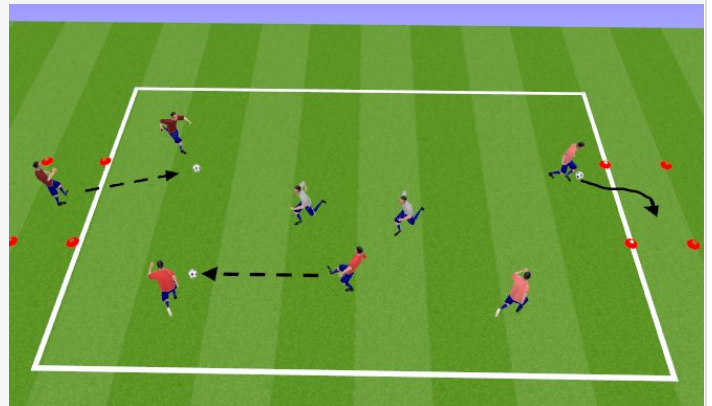
Description: Players dribble around the area each with a soccer ball. Two or three police start in the police station. One at a time, the police try to tag three players as fast as they can and return to the police station to let the next police go. Rotate new players to be the police. The coach can time the police to see how fast they can give their tickets to make it a competition between groups.



Batman & Robin (20 mins)

Players work in pairs to try to get a ball into the scoring zones at both ends of the field. The ball can be dribbled or passed into the zone. They should count how many times they are able to get into the zones. Once they score on one end, they have to score on the other end. Two players without a ball of their own (Batman & Robin) try to take the ball from another pair and get it into a zone to end their streak. If their ball is taken, the players can try to win the ball back before Batman & Robin can get into a zone to keep their streak alive. Batman and Robin cannot defend inside the zones.

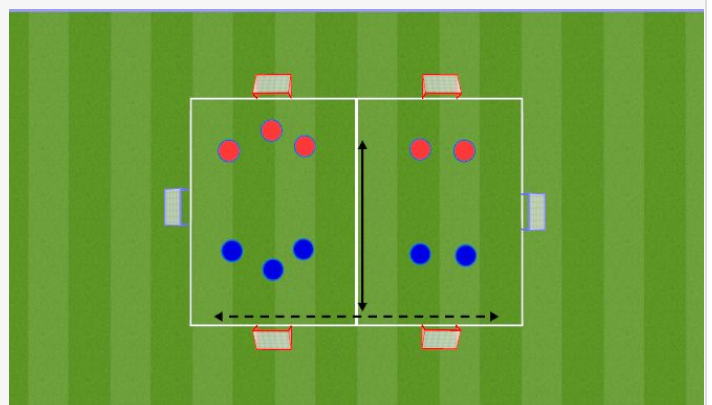
Make it fun: These criminals are on a crime spree! They want to go from bank to bank breaking in and getting out again. Players try to get to 5/10/20 in a row to become criminal master minds.



Game to goals (35 mins)

Play two fields [15x20 yards] next to each other using all the players at practice (red goals, solid line). Play short timed games (3-4 minutes) and rotate a few players each time. **Give players a point if they can touch the ball three times when they receive it to encourage dribbling.**

Progress to playing full 5v5 (blue goals, dotted line) [30x20 yards]





Category Ignition - Week 2

Category: Technical: Attacking skills

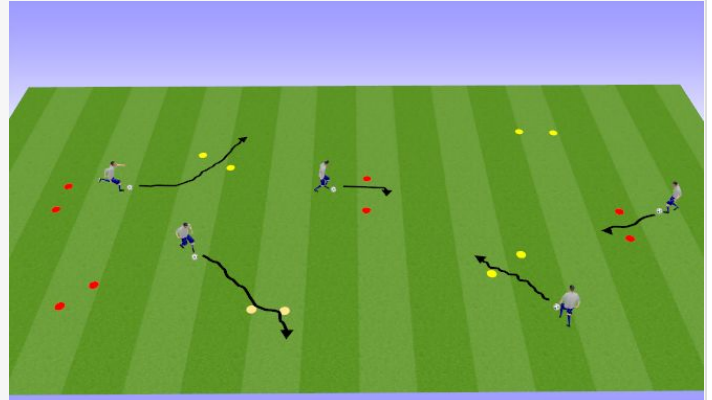
Difficulty: Beginner

Craig Lee, Prairie Cities Soccer League

Gates (10 mins)

Pairs of cones create gates for players to move through. Start with movement through/over gates (jumping, crawling, hopping, etc.); progress to dribbling, turning, figure 8, move/fake; Bonus progression: pass to partner, pass then dribble, pass and take first touch through gate.

Coaching tip: make it a competition by giving a time limit and have players count how many they can get through in that time



Swamp Monster (15 mins)

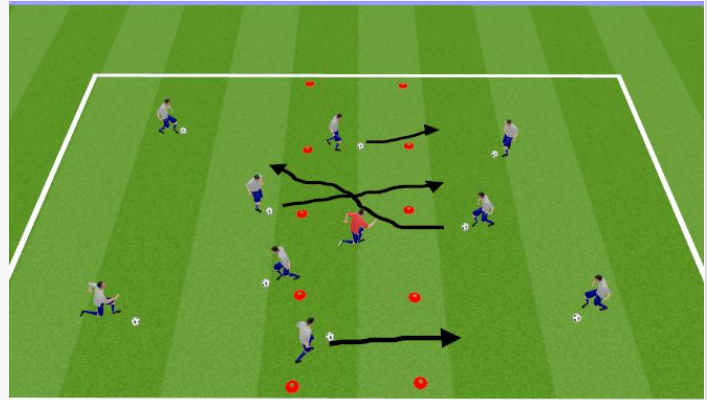
Players try to dribble through swamp and avoid getting stopped by the swamp monster. Swamp monsters cannot leave swamp. If monster touches a player's ball, they trade places.

Progression: add a second swamp monster to swamp

Coaching points: get head up to see swamp monsters, look for space to dribble into, longer touches to dribble at pace, push ball beyond swamp monster to beat him/her

*add goals at both ends of the field to score on after going through the swamp

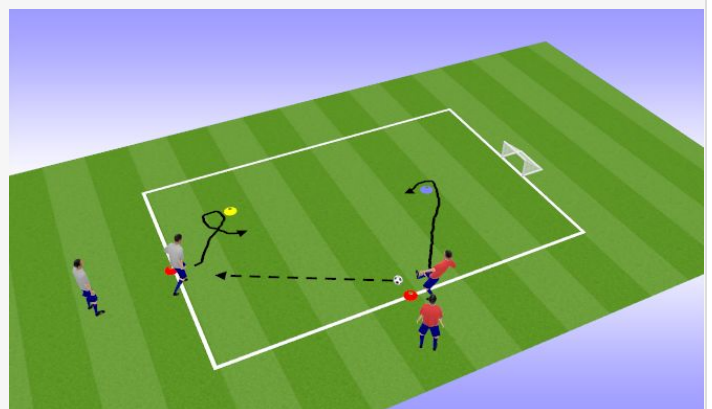
*add a second swamp with a safe zone between swamps



Skill Drill (20 mins)

Players begin in short lines on red cones with balls on the side. The defender (red) passes to the attacker (gray) who dribbles at the cone and performs a turn/spin before attacking the goal; the defender runs on the attacker's first touch around the cone and prepares to defend. The defender cannot defend once the attacker passes the blue cone, and the attacker can only score after passing the blue cone. Switch lines after each turn.

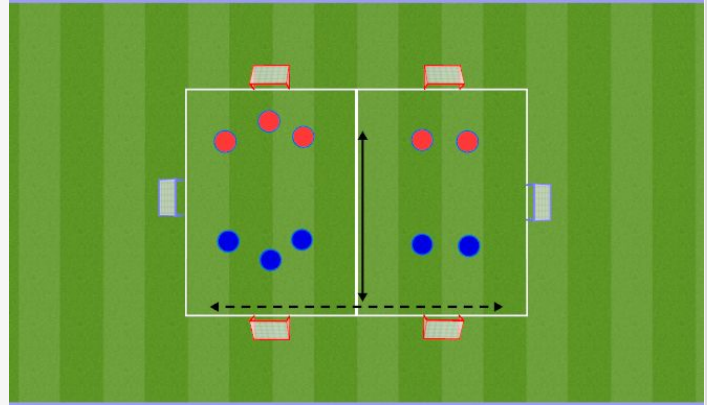
*Variation: balls start with attacker who begins the game with a dribble--may flow better for younger, less experienced players



Game to goals (30 mins)

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Category Ignition - Week 3

Category: Technical: Attacking skills

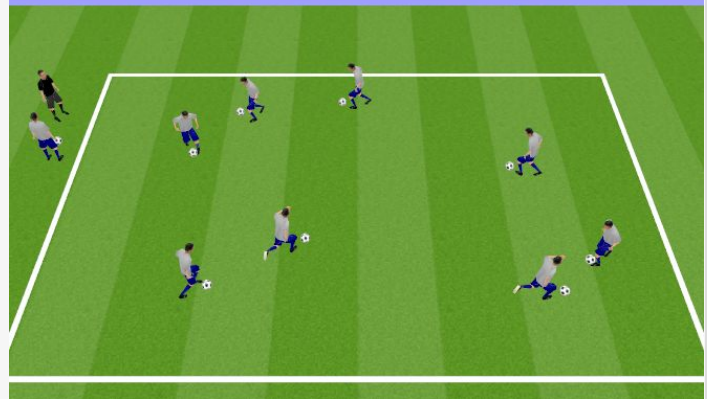
Difficulty: Beginner

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Tails (15 mins)

Players have a training vest tucked into their waistband to make a tail. Players try to pull other player's tail while keeping ball close. If tail gets pulled, they must go see the doctor to get it re-attached. The coach assigns foot work (toe taps, ring-the-bell, etc.) to do before they put their tails back on to rejoin the game.

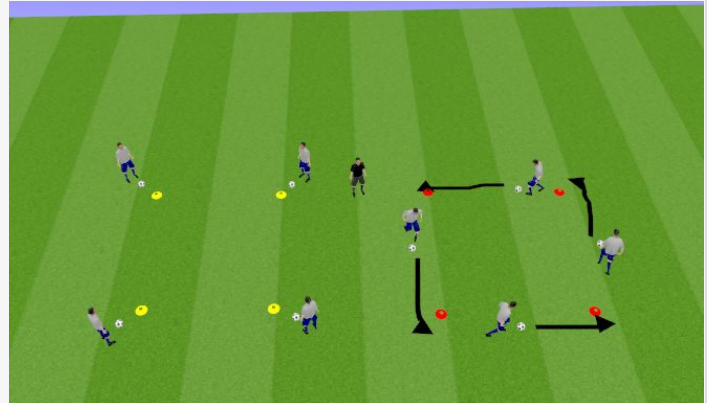
Coaching tip: when players come off, this is a great time to reinforce/teach techniques for dribbling moves such as scissors, step overs, Cruyff, etc.



Box Races (10 mins)

Players start at the corners of a square (5-10 yards) with the ball at their feet. When the coach says go they dribble to the next cone on their right/left and stop. Coach players to face the cone in a ready position and use the outside of the foot to push the ball toward the next cone.

- Progression 1 - down and back-- Instead of stopping at the next cone, players change direction and go back to their original cone; could be specific turn (pull back, inside/outside cut, etc.)
- Progression 2 - teach a move (i.e. fake-take, circle-take, step over, etc.); players must perform move before accelerating toward cone.



1v1 transition (20 mins)

Two teams in separate lines with soccer balls for each player. Players can score on either goal, but must be beyond the cone to score (shaded area). As soon as ball is dead, the attacker becomes the defender for the other team and the next attacker can go.

Coaching points:

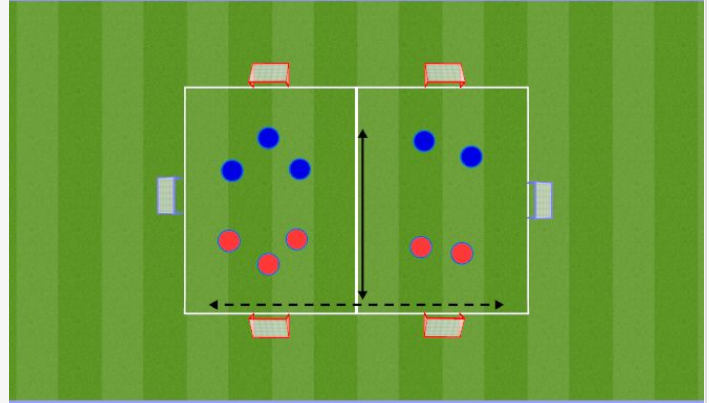
- Transition quickly
- Read defender to decide which goal to attack (Can I beat defender into space straight ahead to score? Do I need to dribble at defender to make a move?)
- Dribble quickly at space with long touches



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Category Ignition - Week 4

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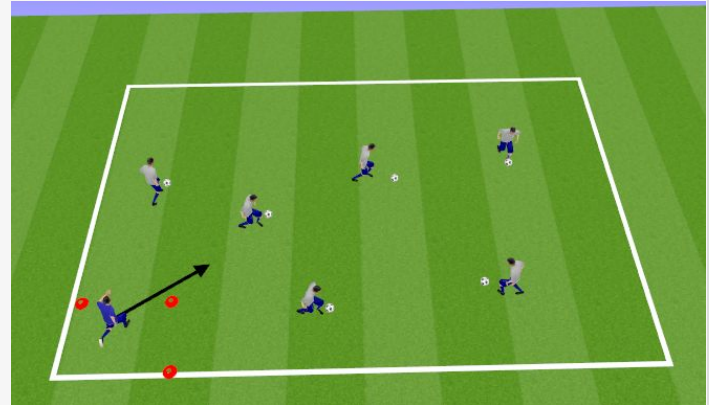
Difficulty: Beginner

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Freeze Tag

The Freeze Monster starts in the Frozen Cave while everyone else dribbles around the area. When the coach says go the Freeze Monster leaves the cave and tries to tag anyone who is moving. Players who get tagged should stop and put hands on their heads. Other players can unfreeze with some designated action (tag them, tap frozen player's ball, push ball through frozen player's legs, etc.). Rotate freeze monsters every 1-2 minutes until everyone who wants to has been freeze monster.

*Tips: start coach as first freeze monster, use more than one freeze monster at a time, may need to have coach help unfreeze players



Partner Races (10 mins)

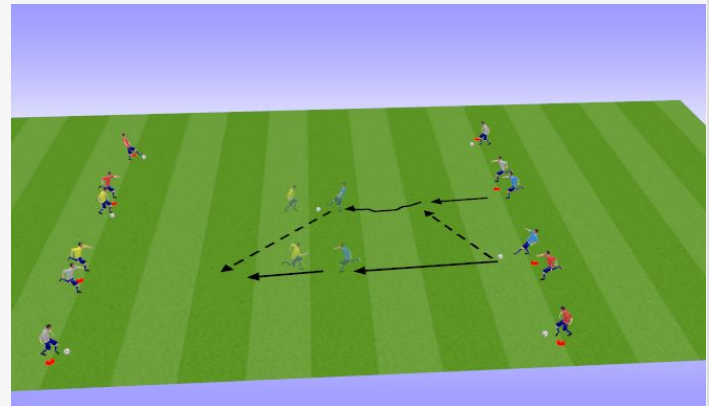
Partners line up next to each other between cones (10-12 yards apart). Partners will try to race to the other end to stop the ball on the line. Partners on the opposite line will race at the same time forcing the groups to avoid one another. When they reach the other end and stop the ball, they call their own names. Both players must touch the ball before they reach the end.

*Allow players to try a few times to practice before racing

*After a few races, try going down and back

Coaching tips:

- Continually remind players to keep their heads up (ask Why do you need to keep your head up? What do you need to be able to see?).
- Encourage players to stay as wide as they can within the space so they can see the whole field and the ball doesn't roll past them
- Encourage players to pass the ball out in front of their teammate so they can run onto the ball--look to play the ball behind the oncoming partners with a little splitting pass (Which is faster: dribbling or running?)



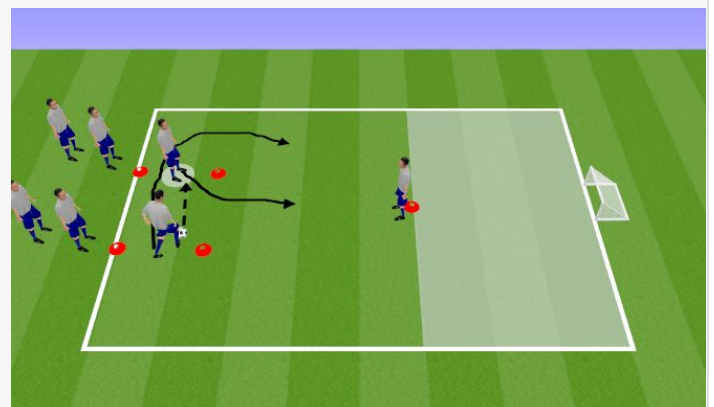
Jail Game (20 mins)

Two players start in the jail. One player passes to the other and they break out with a dribble and an overlap. The defender cannot leave the cone until the attackers come out of the jail. The defender cannot defend behind the cone (the shaded area) and the attackers must score from inside the area. If the attackers score, they get the ball and return to the lines. If they do not score, the last player to touch the ball becomes the defender. *Let the next attackers go as soon as the ball is dead to create a fast-paced game and improve transition mentality.

Coaching points:

- Receive the first pass with back foot and get out of the box quickly
- Dribble at the defender to open up space on either side
- Overlapping player should get in line with dribbler
- Beat the defender with a touch behind him/her whether pass or dribble

*Progression: add another level with another defender; defenders can still only defend in front of their starting cone and cannot leave their cone until attackers enter their zone. If attackers do not score, they take the defenders place



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