



Category Ignition - Week 1

Category: Technical: Ball Control

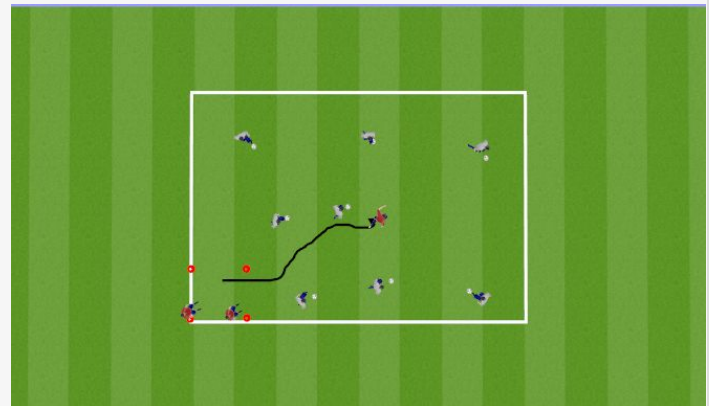
Difficulty: Beginner

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Individual-Adult Member

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)

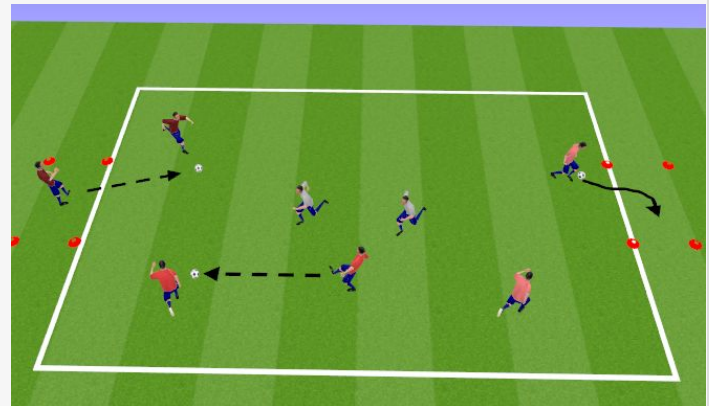
Description: Players dribble around the area each with a soccer ball. Two or three police start in the police station. One at a time, the police try to tag three players as fast as they can and return to the police station to let the next police go. Rotate new players to be the police. The coach can 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]

