



## Category Ignition - Week 4

Category: Technical: Attacking skills

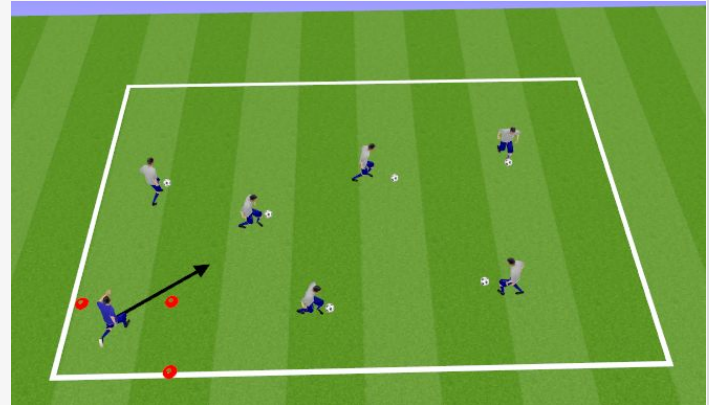
Difficulty: Beginner

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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)

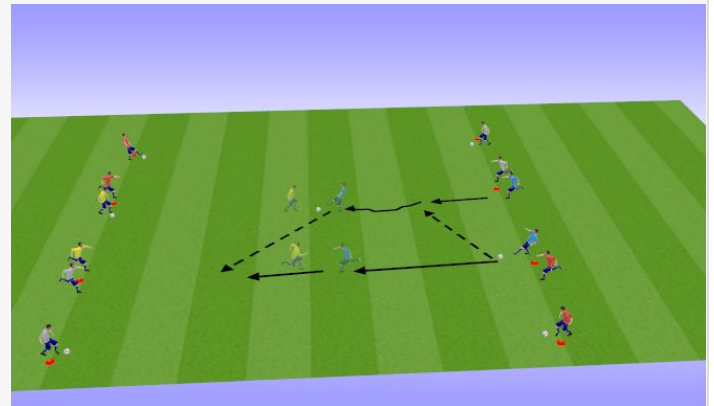
Partners line up next to each other between cones (10-12 yards apart). Partners will try to race to the other end to stop the ball on the line. Partners on the opposite line will race at the same time forcing the groups to avoid one another. When they reach the other end and stop the ball, they call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



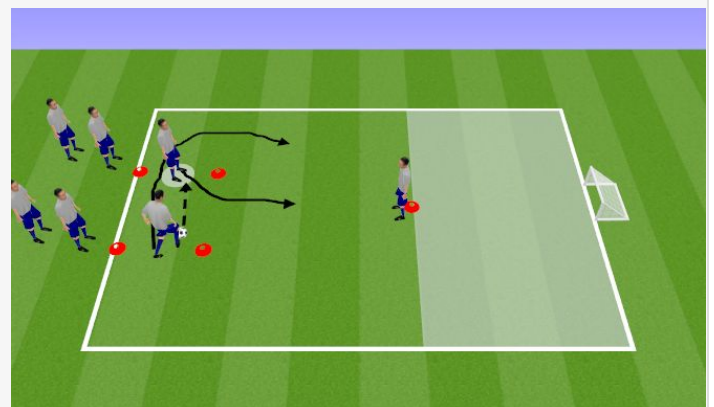
### Jail Game (20 mins)

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



## Game to goals (30 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.**

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

