



Bantams Week 3 Activities/Fun Games

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Description

Jack & The Beanstalk

Jack & The Beanstalk (Play 2-3 Rounds)

-Players are on one side of the field and Giant sits/lays on the ground near his "Golden Eggs"
Tell the players your getting really tired.....

-When the Giant falls asleep the players sneak up the beanstalk and steal the "Golden Eggs"
by dribbling the ball back down the beanstalk and shoot them in their goal.

-If the Giant steals a players soccer ball they become a Giant with the coach in the next round.

-Game is complete when the last player gets their ball / "Golden Egg" Stolen



Traffic Cop

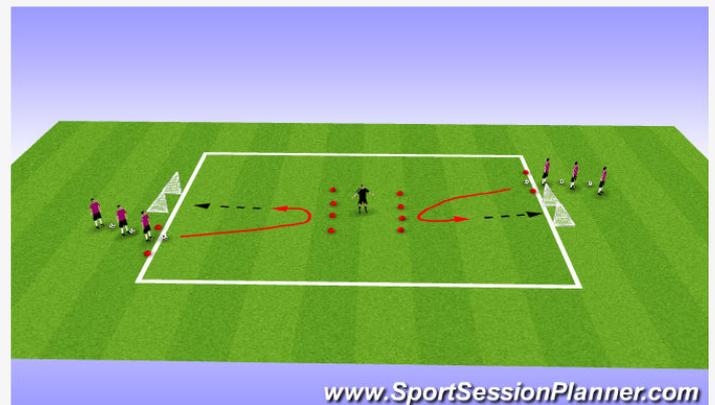
Traffic Cop (Pull Back / Turning Game) 10 min

Set Up

Coach demonstrates proper technique dribbling with the laces using close control. Show the players how to stop the ball with the sole of the foot and pull it back to change direction.

Have each player start across the street at the traffic stop. When Traffic Cop waves them across players dribble towards the lights and perform a pullback turn before hitting the traffic lights and have 5 seconds to shoot their ball in the goal. dribble towards and execute a pullback. If a player is having issues with finding success doing a pullback spend a few times to show them how. Can they stop it before hitting the cone?

CP: Close control of their car/ball while dribbling with laces. Using sole of foot to stop ball and pull it back.



1v1 Turning

1v1 Turning Game (This is similar to 1v1 game we played this Wed at the U7/8 Academy Training)

- Coach plays a ball out away from the dual goals. Can the player first to the ball use a pullback? First few minutes serve ball more towards one side to give players confidence turning with out full pressure.

- Players can score on either goal. Keep players moving. After a shot is taken or a ball leaves the field serve another ball out!

