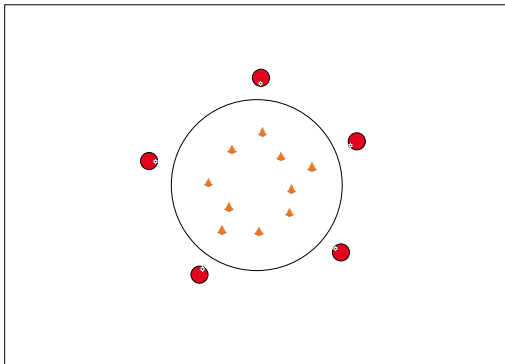


SOCCER MARBLES

- In pairs, both players with balls.
- One player plays his/her ball out into field, the other player tries to hit it.
- Continuous play, alternating to try and hit one another's rolling ball
- 6 or 8 pairs of players all going at once

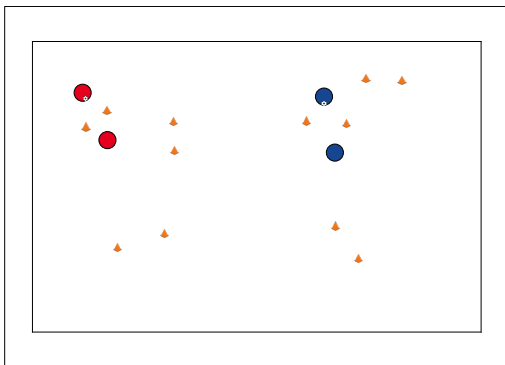
| Duration: | Repetition: | Functional: | Physical: | Set Pieces: | Tactical: | Technical: | Psychological Practices: |
|-----------|-------------|-------------|-----------|-------------|-----------|------------|--------------------------|
| 0 | 1 | N/A | N/A | N/A | N/A | N/A | |



CRAZY CONES

- Players stand outside circle with balls; multiple cones set up in the circle.
- Players shoot at the cones to try and knock them over, then retrieve the ball to go back outside the circle to knock more over until no cones remain standing.

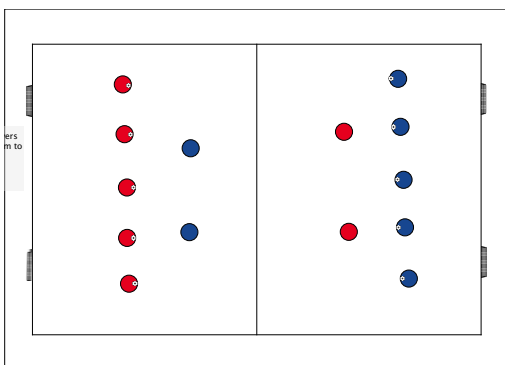
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| 0 | 1 | N/A | N/A | N/A | N/A | N/A | |



GATES PASSING

- Pairs of players with one ball
- In 1 minute pairs try to see how many passes they can complete between 'goals' made up of two cones
- Can not score at same 'goal' twice in a row

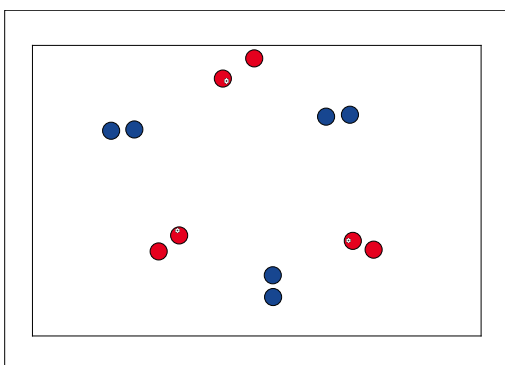
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| 0 | 1 | N/A | N/A | N/A | N/A | N/A | |



KEEP YOUR YARD CLEAN

- 5 players on either side (Red and Blue)
- 2 Red players play against 5 Blue players, and 2 Blue players play against 5 red players.
- Players try to kick balls out of their own half of the field
- The 2's also try to score in the goals in their opponents end of the field

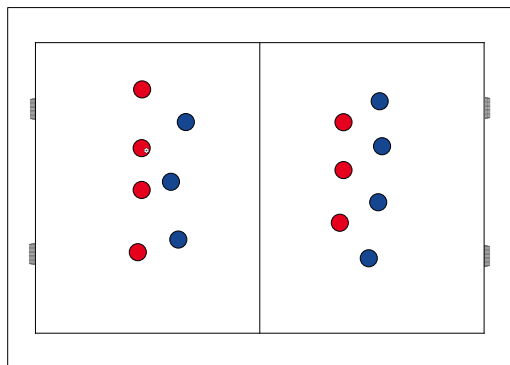
| Duration: | Repetition: | Functional: | Physical: | Set Pieces: | Tactical: | Technical: | Psychological Practices: |
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| 0 | 1 | N/A | N/A | N/A | N/A | N/A | |



MOVING GOALS

- Two coaches held long sticks to form a goal - there will be three goals on the field.
- The goals move quickly around field.
- Each pair of players has one ball.
- Object is to score goals by passing ball through the missing goals.
- How many goals can be scored in one minute?

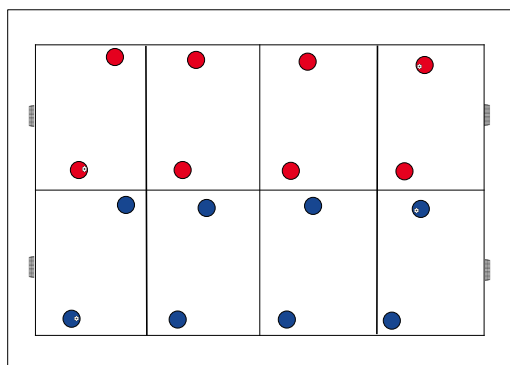
| Duration: | Repetition: | Functional: | Physical: | Set Pieces: | Tactical: | Technical: | Psychological Practices: |
|-----------|-------------|-------------|-----------|-------------|-----------|------------|--------------------------|
| 0 | 1 | N/A | N/A | N/A | N/A | N/A | |



ZONAL GAME 4V3 + 4V3

- 4 v 3 on either side of the pitch
- Attackers can score in either goal

| | | | | | | | |
|-----------|-------------|-------------|-----------|-------------|-----------|------------|--------------------------|
| Duration: | Repetition: | Functional: | Physical: | Set Pieces: | Tactical: | Technical: | Psychological Practices: |
| 0 | 1 | N/A | N/A | N/A | N/A | N/A | |



ZONAL GAME RELAY

- Two teams of 8 players, two balls per team.
- Pass ball from zone to zone, then score at goal on the end.
- Players pass ball from one zone to another, then follow pass to charge zones.
- Player who scores gets ball from net then starts passing up the other side.

| | | | | | | | |
|-----------|-------------|-------------|-----------|-------------|-----------|------------|--------------------------|
| Duration: | Repetition: | Functional: | Physical: | Set Pieces: | Tactical: | Technical: | Psychological Practices: |
| 0 | 1 | N/A | N/A | N/A | N/A | N/A | |



Rules

GENERAL NOTES

EQUIPMENT

GOAL (24'X8') (4)
GOAL (16'X7') (8)
HIGH CONE (22)
FOOTBALL (27)