



Screen 1



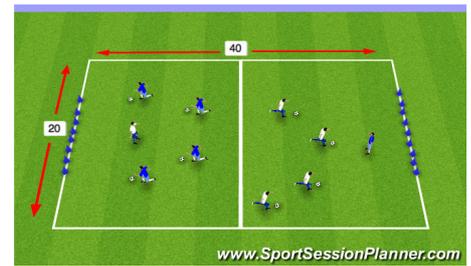
Set Up: Size dependent on number of players. Two teams competing, each player has a ball. One team attempts to knock down the cones with their ball while the other picks them back up. Switch who knocks cones down and who picks them up after 1 minute and keep score of each game.

Screen 2



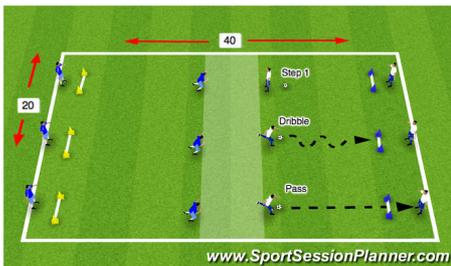
Same as before but now add a defender (yellow). The defender (yellow) doesn't have a ball and they work for the team who is picking the cones up. They can kick the ball away of the players who are knocking the cones down.

Screen 3



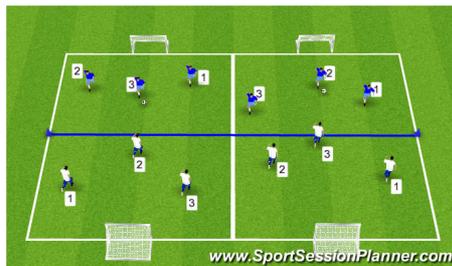
Set Up: Approximately 40x20 with a number of stand up cones placed at each end. Two teams play 5v5 and each have one defender who stays in their defensive side to kick the ball away from the attackers who are trying to knock the cones down and take them back to their side. The four attackers each have a ball and dribble into the opponents half to knock down and win cones for their team. Once they knock a cone down they dribble back to their half and take the cone and place it with theirs to increase the amount of cones they have. Play for 2-3 minutes each game and the winning team is the one with the most cones.

Screen 4



Set Up: 40x20 yard area with a 5 yard safe zone in the middle (shaded area). STEP 1: White team starts with a ball behind them (or in front depending on level), and the blue team player faces them across the 5 yard shaded area. On the coaches command "GO!" the white players attempt to dribble or pass their ball through the gate to a teammate. The blue player attempts to tag them before they can do either. If the player is successful in getting their ball to a teammate through the gate, their teammate will switch places with them and they get 1 point. The blue players also switch. If the blue player tags the white player, they get the ball and become the attacking team. Coaching Points: Quick change of pace, don't panic, pass or dribble?

Screen 5



Conditioned Game: 3v3 or 4v4 in two areas to goals. Each player on their respective team is numbered 1-3 (or 4). When the coach calls out that number the two players from each of the four teams switch and go play on the opposite field. Place a restriction line at the halfway point of the field, and when a team is attempting to play the ball back in from a goal kick all the players on the defending team must be behind the line. Open Play Game: Take numbers conditions off and let them play, but keep the restriction line in play. REMEMBER: No Heading, so tell the players to try and keep the ball below head height