

Protect Your Ball



Time Length

- 15 minutes

Set Up

- Playing Area = 30 yards W x 30 yards L
- Number of Players = 12 — 16 players
- Number of Soccer Balls = 1 ball per group of 2 players

Organization

- The coach will organize the players into partners with 1 ball per group.
- On the coaches whistle, the players will compete in a 1v1 for 30 seconds.
- The player in possession of the ball at the end of 30 seconds is the winner.
- Have players compete in a best of 3, then mix the partners up.

Regression

- Split the players up into smaller areas with less traffic in it. For example, two 15 yard W x 15 yards L with 4 players per grid, 3—4 grids required.

Progression

- Player not in possession is now eliminated. Winners find new partners to face off against. Last player remaining wins the game.
- Similar to musical chairs, have 2-3 players playing without a ball. After 30 seconds, the players 2-3 players without a ball are eliminated and the game continues until there is 1 player remaining.
- Play the game as a team, the team with the most balls at the end of the round win the round.

TECHNICAL

- Dribbling
- Shielding

PHYSICAL

- Agility, Balance, Coordination
- Speed

PSYCHOLOGICAL

- Confidence
- Decision Making
- Fun

SOCIAL

- Listening Cues
- Peer Interactions
- Teamwork