



Red Light Green Light

Green Light means Go. Red light means Stop with foot on the ball
Players ribble around the area when coach syas Green light.

We are watching to see if the players take soft touches or take big touches. When & where do we take small touches and when and where do we take big touches.

Interstate - Go faster

Yellow light - slow down

Blue light - Pull over to the side of the road (inside touches)

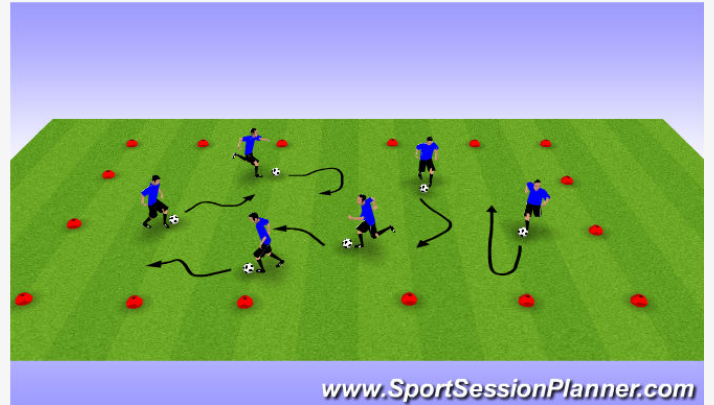
Emergency Stop - stop the ball and sit on it (no hands)

Head on Collision - stop the ball and put your head on it (no hands)

Elvis - Stop the ball, put your knee on it and point your fingers in the air (no hands)

Road Rage - Cioach gets angry and kicks your ball out. You have to pay a \$5 fine (5 toe taps) to get back in. Alternate is once you're out you join the coach until everyone is knocked out.

Blue light - Pull over to the side of the road (inside touches)

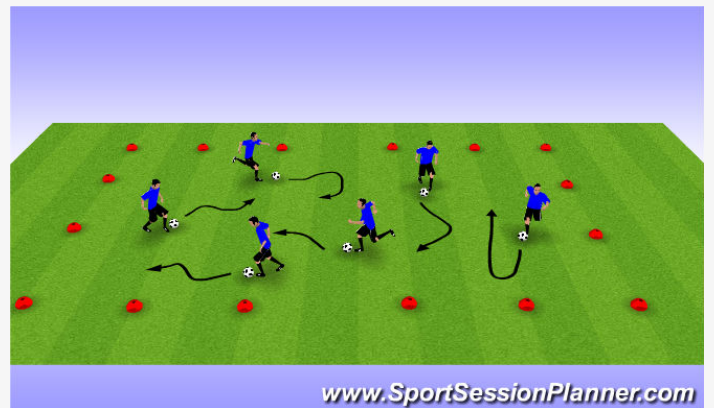


Body Part Dribbling

Dribble around area. When coach shouts a body part, the players have to put that on the ball.

1) Foot 2) Head 3) Knee 4) Bottom 5) Bellybutton 6) Back 7) Elbow 8) Both knees 9) Heel 10) Nose etc

Players have to stop the ball before putting that body part on the ball.



CowTipping

The coach is the Farmer. The tall cones are the cows. The players have to tip over the cows. The coach tries to stand up the cows and also kick the balls away and say 'Get off my land'.

With the younger players, you may have to have them strat by by using their hands to knock them over. Quickly introduce the the balls to knock them over.

They can knock the cones over by shooting/passing the ball or by dribbling and knock them over.

Variation 1 - You can reverse the roles so the coach tries to tip over the cows.

Variation 2 - Have two teams of players with one knocking them overa dn the other protecting.

Coaching Points are:

Dribble close to the cones before shooting

Aim non-kicking foot at the target and shoot using the inside of the foot.



Wreck-it Ralph

The players are Ralph from Wreck it Ralph. The coach is Fix-it Felix.

Ralph tries to knock over all the cones (the windows in the building and Felix stands them up and kicks Ralph's ball away.)

With the younger players, you may have to have them start by using their hands to knock them over. Quickly introduce the balls to knock them over.

They can knock the cones over by shooting/passing the ball or by dribbling and knock them over.

Variation 1 - You can reverse the roles so the coach is Ralph

Variation 2 - Have two teams of players with one knocking them over and the other protecting.

Coaching Points are:

Dribble close to the cones before shooting

Aim non-kicking foot at the target and shoot using the inside of the foot.



Pirates

Pirates of the Caribbean

The coach is Captain Jack Sparrow and carries his treasure around with him. The treasure are his cones.

The players have to shoot their cannonballs and hit the coach. If you hit the coach, he will drop a cone which the person who hit him picks up.

The players with the most cones at the end wins.

Points to remember:

Be energetic and enthusiastic - the players feed off that

Coaching points

Dribble closer to the coach

Aim in his path (slightly in front of where he is going)

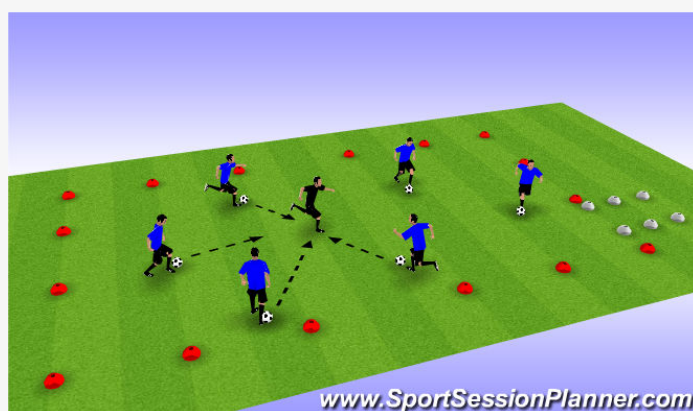
Use the inside of the foot for accuracy

Laces for power

Variation

Add a second pirate

The harder the ball hits you, the more cones/treasure you will drop



Steal the Treasure

The coach has stolen all of the treasure (balls) and has them on his ship

If you have extra balls, that will help a lot

Coach stands at one end of the field (his ship) and the players at the opposite end (their ship). On the coach's signal, the players run and try to get past the coach and get a soccer ball and take it back to their ship. They play until they have all of the balls on their ship.

Now they have to make the coach walk the plank (white cones).

The players shoot the ball and hit the coach. If they hit him once, he loses an arm. If he is hit twice, he loses the other arm, third time, one leg, 4th time both legs and falls to the ground.

The players leave their ball and stand behind the coach and push him towards the plank and then push him into the sea and the sharks are waiting.

Play two or three times and be enthusiastic and argue with the players "Please do not push me off the plank, Please!!!"

Coach can try and steal the balls back as well to make the games last longer.

Coaching Points

Change direction to dodge the coach without and with the ball.

Drag the ball back with the bottom of the foot when turning. (No hands)

Dribble close before shooting the ball at the coach

