

## So, you're a coach! Here's what we need from you

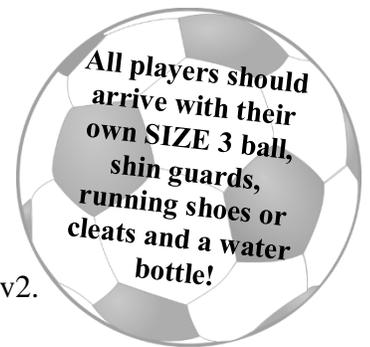
- ⚽ Teach these kids to love the game!
- ⚽ Engage, encourage and enjoy!
- ⚽ Be prepared, positive, professional and passionate!
- ⚽ If you are having fun, they will too!
- ⚽ Yes, it's that simple!

## Tips to make your coaching career a success

- ⚽ Never be on time! Always be early!
- ⚽ Be organized and share responsibilities with another coach. Delegate duties, your assistants are key!
- ⚽ Plan your sessions ahead of time. Use the session format in this guide to ensure a consistent, purposeful, practice each and every time.
- ⚽ Quickly get the player's active.
- ⚽ **LOOK THE PART! BE A GREAT ROLE MODEL!**

## Objectives as a U5 coach

- ⚽ **Fun** is the primary objective!
- ⚽ Getting comfortable with the ball and running with it.
- ⚽ Development of ABC's and Fundamental movement skills.
- ⚽ Develop 1v1 playing abilities.
- ⚽ Introduction to game intelligence in 2v1 game formats and basic game play 2v2.
- ⚽ Create positive environment where success can be achieved.



## Understanding your player's

- ⚽ Short attention spans
- ⚽ Just beginning to understand teamwork
- ⚽ Enjoy repeating familiar activities they perform well
- ⚽ Aim to please and be praised
- ⚽ Sensitive to criticism
- ⚽ Impatient when waiting for their turn



# Ball Manipulation



Have players dribbling throughout a 20\*20-yard grid, each with their own ball. After 1-2 minutes have the players come in close for instructions. The variations are almost endless and can be adjusted to suit your players. Start simple and progress as the season continues. Demonstrate a move and have the players repeat. This is a great opportunity to discuss the 10 different surfaces of the feet: *inside, outside, laces, heels and soles on both feet.*



**Your main objective is having the players TOUCHING THE BALL~** Challenge yourself to see how many touches you can get in!

- ⚽ Tapping the ball with the soles of the feet
- ⚽ Jumping over the ball
- ⚽ Running with the ball
- ⚽ Dribble with the laces: slow down and push the ball lightly-left, right and alternate
- ⚽ Kick, bounce, kick
- ⚽ Bouncing the ball
- ⚽ Throwing the ball and catching it
- ⚽ Dropping the ball to your feet
- ⚽ Push the ball from side to side, right to left and back again
- ⚽ Sole drag backs: hopping between feet, move backwards, dragging the ball back, alternating between the sole of the shoes

You can add in all different movement patterns, sequences, turns and tricks to keep the activity new and exciting for the players. **Encourage the players to come up with their favorite move and demonstrate!**

# Agility, Balance, Co-ordination

## RELAY TIME

Arranging the players in four lines of 3, have them all stand behind a row of cones. Each will take a turn through the cones, return and the next player will follow. Each session can focus on different movement skills and performing them in different directions. While this activity is played ‘relay style’ it is important to ensure that the players are not trying to “win” but rather are completing the exercises properly. Pick different combinations of the following or make up your own to work on each session.

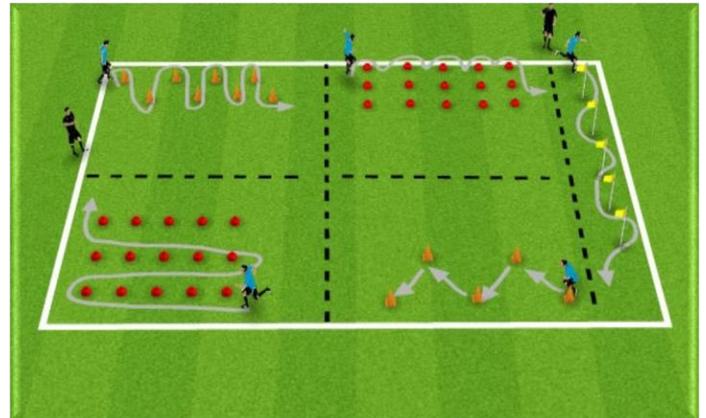


- ⚽ Running forward in a figure 8
- ⚽ Running backward in a figure 8
- ⚽ Hop through on both feet
- ⚽ Hop through on right foot only, left foot only
- ⚽ Side step in figure 8
- ⚽ Crab crawl
- ⚽ Monkey walk
- ⚽ Jump side to side
- ⚽ Jump directly over

## OBSTACLE COURSE

This can be used as an obstacle course as shown, alternatively break it up and use any one of the set ups, individually.

Encourage all the different movement skills noted above or come up with your own! Make it fun and exciting by imitating different animals and their sounds as you bounce, crawl, hop, skip and run around the course!



## A few more Ideas!

**LEAP FROG**~Skip the cones and use the players! Have the players on the field jump over each other to get to the other side of the playing area.

**FOLLOW THE LEADER**~You can incorporate any movement skills you wish from quick, tiny, fairy-feet to huge, angry, giant-feet! Have the kids take a turn leading the line and come up with their favorite move.

**OVER UNDER**~In pairs of 2 have the players stand back to back; each pair with a ball. The first player will pass the ball up and over their head to the behind player, who will then pass back through the legs to the first player. Add a challenge and see how many passes each pair can do in a minute.

## Gate Passing

**Purpose** This game teaches the players to work together in teams, passing and moving with the ball.

**Organization** 25\*20-yard grid with a cone in each corner. Make 12 'gates' by placing cones of varying sizes throughout the grid. Split the team into pairs, each pair with their own ball.

**Directions** First have the pairs pass through a single gate to work on their passing technique. Then instruct them to pass through as many gates as they can in one minute. Ensure you play several rounds to allow the pairs to develop different strategies to improve their score.

### Objectives & Tips

Players should improve passing with accuracy, vision and be thinking of their next move, when receiving the ball.

You want to see players striking through the middle of the ball. Try having them vision the ball as an Oreo cookie aiming for the cream in the middle!

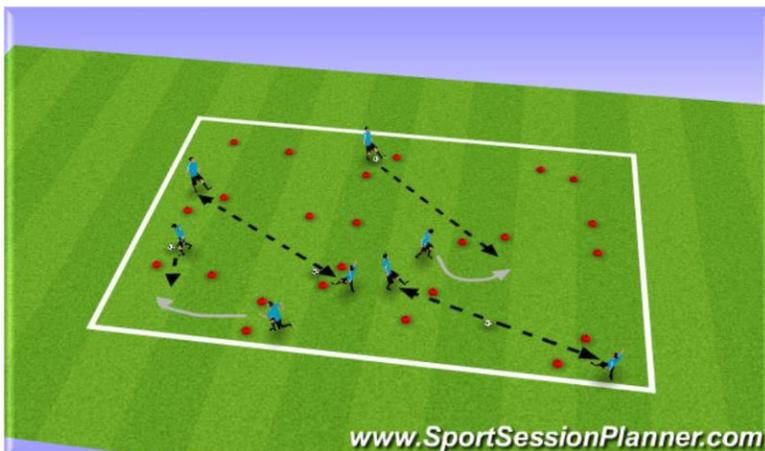
Switch it up! Have one pair act as bandits who attempt to steal the ball from the other pair.



- ⚽ How many passes can a pair get in one minute?
- ⚽ Try asking the players to receive the ball with different parts of their foot.



- ⚽ Teams pass through one gate and move to the next.
- ⚽ Plan the next move, thinking about the pace of the ball & Partner.



- ⚽ Try making passes longer, make it through more than one gate with a single pass.

## Ice Cream Scoop Challenge



- ⚽ Defender sprints to the attacking player and applies pressure, slowing down and taking smaller steps upon approach.

**Purpose** This game allows the players to work on their defensive approach and stance, in a 1 v1 format. Additionally, the attacking players are given opportunity to improve moves used against the defenders.

**Organization** Divide grid into two 10x15 yard areas. Place a cone with a ball 'ice cream' on top, two yards off each end line. Stand between the 2 grids in the 'coaching channel'. Divide the players into four groups, arranged on opposite end lines.

**Directions** One side of the area will start the attacking. You will play the ball to them first. These players will attempt to beat the defender and try to pass the ball to the cone knocking the 'ice cream' off the cone. Should the defender win the ball, they will attempt to knock the 'ice cream' off the other cone, for a point.

### Objectives & Tips

Are the defending players able to recognize when to slow down and keep their body under control, in order to keep the attacking player in front of them?

To avoid the same players facing off each round, make your lines uneven.

Build on this by making it 2v1 or 2v2.



- ⚽ Keep those feet moving!
- ⚽ Remember to angle your body and keep the attacker in front!



- ⚽ If the defender wins the ball quickly transition to attack.

## Popcorn



- ⚽ Players dribble around in the middle avoiding others until their number is called.



- ⚽ When their number is called, the player should make a clean move and turn towards the goal for a shot.
- ⚽ Encourage players to have the ball under their knee or a little in front, when shooting.

**Purpose** teaches players to transition from dribbling to shooting, using their instep.

**Organization** 30\*20-yard grid with 2 goals. Arrange a zone, the width of the space and 8-10 yards long, in the middle. Divide players into two teams, each wearing different coloured pinnies. Start each player with a ball and assign them a number between 1-6. A goal keeper is in each net.

**Directions** Explain to the players they are each an individual piece of popcorn and the middle area is the popcorn-pot. Teams are each told which goal they are to shoot on. Players dribble around in the pot, avoiding each other while heating up! Call out a number and the player assigned to that number, on both teams will “pop” and dribble out of the pot, taking a shot on goal. See who can score the most goals in 2 minutes.

### Objectives & Tips

Pay attention to shooting technique: toe down, ankle locked, knee over the ball and striking with the laces.

Have parents on the side, collecting the balls! Switch it up! Call out a colour and a number. The player whose color is called is attacking their goal and the player with the same number on the other team must try to defend.



- ⚽ Are players striking the ball with their laces and keeping their heads down?

## How to Feed Your Dragon



**Purpose** This easy game incorporates agility with goal scoring; encouraging players to shoot with the inside of their foot.

**Organization** In a 25\*25-yard area, arrange three goals in the middle of 3 of the 4 sidelines. In the middle of the 4<sup>th</sup>, pile enough balls for each player to have one. Create a semi-circle with cones off the 4<sup>th</sup> sideline. Build a minimum of 10 gates with cones, various sizes and distances apart, throughout the grid.

**Directions** Divide the players into three teams. Each will line up next to a goal, their ‘pet dragon’. The balls are food for their dragon and it needs to be fed! When you yell “GO”, the first person from each line will move through 3 gates to “power up” before getting food (a ball), from the pile. Only one piece of food at a time and the player must dribble it back near their goal, before passing into their dragon’s mouth. Once the first player has gone, the next in line will repeat. Which team has fed their dragon the most?

### Objectives & Tips

Warm up the players with various movements. Ensure accuracy by encouraging the players to use the inside of their foot when finishing. To have the players shooting from further back, set up a shooting zone in front of the goal. Switch it up! Have players dribble back through 3 gates, before shooting.

- ⚽ What movements can the players try for each round (jogging, skipping or hopping)?



- ⚽ Once players have the “food” dribble back to the goal and shoot!
- ⚽ Plant that foot and point towards the goal when finishing!



- ⚽ Assign 2 players as “bandits” who act as passive defenders.
- ⚽ Players keep their heads down and strike the middle of the ball!



- ⚽ Call out a number signaling the bee with that number to run to collect the “pollen”.
- ⚽ The bee will dribble it back to their hive.



- ⚽ Introduce different turns to retrieve the balls.
- ⚽ Keep returning to the “field to collect pollen, when their number is called.



- ⚽ To progress the activity, reduce the number of balls in play.
- ⚽ Players can steal pollen from other hives!

## Beehive

**Purpose** This small sided game emphasizes close control and dribbling with the laces. You can introduce the speed of dribble, change of direction and simple attacking and defending strategies.

**Organization** 15\*15-yard grid, with four ‘beehives’ made out of cones, in each corner. All players organized into four teams, each team in a different coloured pinnie. At least one ball for each player, arranged in the center of the grid.

**Directions** Explain to the players that there are four beehives, close to a field of flowers, with the bees’ favorite pollen. Each bee has to supply the hive with three pollen balls to win the game. Arranging four teams of 3 bees, give each bee a number or character name. Position each team behind a ‘hive’. All the pollen (balls) are in the center. The objective is to see which team can supply their hive with 3 pollen balls the fastest. The game starts when you call out a number. That player from each hive must run, collect the pollen (ball) and dribble it back to the hive.

### Objectives & Tips

Are the players dribbling with the laces and performing different turns, when collecting the ball?

Use assistant coaches and parents for crowd control; helping to keep players behind their hives and reminding them when it’s their turn.

Switch it up! Adding more balls will make this activity easier. Less balls will increase difficulty and create 1v1 duels.

## Line Dribble



- ⚽ Yell “go” and the first player in each line runs around their flag.
- ⚽ The last player to touch the ball brings it back to you!



- ⚽ Call out more than one player from a team!



- ⚽ Try adding a small goal at either end.
- ⚽ Engage the players waiting, what would they do if it was them on the field?

**Purpose** Provides players with repetition, using different moves to beat a defender.

**Organization** 20\*25-yard grid, marked with cones in each corner. Arrange cones to create end zones, five yards off each end line. Place flags 10 yards from the center of the sideline, where you will stand with all the balls. Divide the players into two teams of 6, each team wearing a different coloured pinnie.

**Directions** When you yell “GO”, the first player in line must run around their flag before entering the field. Play the ball towards the first player to create an attacking advantage. The player must dribble the ball to the opposite end zone and stop the ball for a point. If the defending player can win the ball, they can score at the opposite end line.

### Objectives & Tips

Encourage players to make a good first touch and attack the defender at speed.

Are the groups taking too long? Try playing additional balls and have the next group play simultaneously.

Switch it up! Add numbers to the activity to create 2v1, 2v2 and 2v3 games.



- ⚽ Players gather around you in a circle, each with a ball
- ⚽ Use this time to demonstrate some different moves!



- ⚽ Roll the balls randomly throughout the grid.
- ⚽ Players chase the ball attempting to reach before it stops moving.



- ⚽ Additional coaches/ parents join in.
- ⚽ Have the players alternate between the servers.
- ⚽ Servers to add additional challenges.

## Fetch

**Purpose** This activity is a great introduction to dribbling and ball mastery. Your players are constantly moving and touching a ball. A great way to activate the players in the beginning of a session.

**Organization** 25\*25-yard area with extra room to roam, outside the square. Enough balls for each player to have one. You will need 2 or 3 extra helpers, encourage the parents to join in!

**Directions** Have the players arrange themselves in a circle around you, each with a ball. Kneel, so you are at their level. Explain that you will roll each of their balls into the playing area and it's their job to catch it and dribble it back to you. Roll to varying distances. Involve the other coaches/parents to ensure all players are moving! Add in different challenges. I.e.: Have them dribble the ball to another coach/parent helper, reach the ball before it stops moving and perform toe taps, (right foot, left foot, outside, heel) before dribbling back etc.

### Objectives & Tips

Add in many skills and objectives. Talk about the surfaces of their feet: inside, outside, laces, heels and soles.

Change the activity to suit your players. If some require more of a challenge, increase the difficulty or create simpler tasks for others.

Switch it up! Alternate the serve height and direction to transition into another activity such as a body-part dribble or a tag game.



- ⚽ Each team has a doctor waiting safely in the hospital.
- ⚽ Game begins with all the 'school kids' dribbling in the playing area.



- ⚽ Each team attempts to pass their ball into the opposing team's ball and injure the players.
- ⚽ The doctor must leave the hospital to provide treatment!



- ⚽ If the doctor is hit or all players are injured, the game is over.
- ⚽ Play again!!

## *Doctor! Doctor!*

**Purpose** Requires all players to be moving constantly and working together!

**Organization** 20\*30 yard playing area. Divide players into two teams, each with a different coloured pinnie. In each end zone, create a 5\*5 yard 'hospital'. One player from each team is a 'doctor'.

**Directions** Explain to the children they are playing in the school yard. If they get hurt, the school doctor is on hand to patch them up and get them playing again. If, however, there was no doctor on hand, there would be no one to provide medical assistance. Doctors wait in the 'hospitals' while all the other players dribble around the playing area. When you say "GO", all the 'school kids' must pass their ball in an attempt to hit the other teams ball. If a ball is hit the 'school kid' must sit on their ball and yell "DOCTOR! DOCTOR!" The doctor runs out to help the injured player (give a high-5) and they can resume playing. The doctor is now out of the hospital and is at risk if hit by the opposing teams ball! Teams must protect their doctor to win the game. The game ends when a doctor is hit or all players on one team are injured.

### **Objectives & Tips**

Players must keep their balls moving to make it harder to be hit by the opposing team. Join in with your players and set the tone and intensity by being the doctor.



- ⚽ Start with introducing the rules of the game.
- ⚽ Players dribble in the safe zone, awaiting your commands!



- ⚽ Introduce the swamp and the crocodiles.
- ⚽ Players earn a point each time they cross the swamp.
- ⚽ The crocodile is trying to tap their ball!



- ⚽ Divide players into 4 teams and have one team as the crocodiles!
- ⚽ Other teams attempt to cross using special moves.

## Crocodile Swamp

**Purpose** This activity incorporates dribbling skills, ball mastery and changing direction. A great game for activating the players!

**Organization** 25\*25-yard grid and a smaller 10\*10-yard area in the center. The center zone is the 'swamp'. BEWARE, players only enter on your command!

**Directions** Explain to the players they are lost in a Floridian swamp, infested with hungry crocodiles! They are safe as long as they are outside the swamp area. However, to score a point they must risk safety and cross through the swamp, which they only do on your instruction! Have them start by dribbling around in the safe zone. Introduce the direction of the dribble, left or right. When it is time call out "Cross the swamp" all the players must cross over the swamp, remaining in control of their ball. Add different ways to change direction, moves to beat an opponent etc. Enter the swamp as the 'crocodile coach' and attempt to tap the players' ball, when they enter. If they make it through, without being tapped, they earn a point.

### Objectives & Tips

Repetition and reinforcement of dribbling and ball mastery skills are key! Introduce inside and outside of the foot cut moves.

At an early age, teach players to preform cut moves with the correct surface of the foot, so that the ball is furthest away from pressure.

Switch it up! Create a team game by dividing into four teams, with one in the center as the crocodiles.



- ⚽ Egyptians start in the end opposite of the pyramid stones.
- ⚽ Serpent coach stands in the middle.
- ⚽ Egyptians cross the valley to gather stones for their pyramid.



- ⚽ Egyptians must avoid the serpent's tag.
- ⚽ After collecting the stone, they must dribble it back to the building zone; and make a 3 tiered pyramid.



- ⚽ Add cones for width.
- ⚽ Captured Egyptians attempt to hit players with "boulders" passed from the sidelines.

## Pyramid Challenge

**Purpose** This is a fun and fast paced activity, where the 'Egyptians' (players) must avoid the 'serpent snake', in an attempt to build their pyramid. The dribbling activity also emphasizes take on moves to beat a defender and is an opportunity to teach about dribbling to space.

**Organization** 15\*20-yard grid with an additional 5-yard zone, at one end. 14 balls are all randomly placed in the end zone, each representing a 'pyramid stone'. All players start in the opposite end, facing the balls. While you the 'serpent snake' stand in the middle of the playing area.

**Directions** Tell the players they are attempting to build a magnificent pyramid with the stones in the opposite end of the valley. They must avoid the serpent, collect a stone and dribble it back to the building site. Have a parent in the building zone to assist the 'Egyptians' in building a three-tiered pyramid (9 on the bottom, 4 in the middle and 1 on top). If tagged by the 'Serpent' the 'Egyptians' becomes a 'serpent helper', tagging other players. The 'Egyptians' win if they build the pyramid, before all are captured!

### Objectives & Tips

Players dribbling with the laces, performing different take on moves, to beat the serpent.

Discuss big space and little space.

Switch it up! Captured players go to the sides and fire boulders (pass balls), to hit the 'Egyptians' below the knee.



- ⚽ First player dribbles out towards the center.
- ⚽ The dribbler must dribble through the gate before scoring.



- ⚽ Players are encouraged to use cut moves to change direction.
- ⚽ Work with players to use a move to keep ball away from pressure.



- ⚽ If the defender wins the ball, they can attempt to score on either goal.

## 1 V 1 To Goal

**Purpose** 1v1 to goal gives the player an opportunity to score a goal after they have performed an introductory move. The activity includes dribbling, take on moves and goal scoring.

**Organization** a 15\*15-yard square with two goals, on opposite sides, located centrally along the line. On the other two sides of the area, set up 2 cones opposite each other. Ideally, set up two areas in order to maximise the amount of playing time for each player. Divide the players into four teams, with each team in a different coloured pinnie. Two teams in each area.

**Directions** This activity is most appropriate for players who have progressed from introductory dribbling activities. Each team is arranged behind a cone, facing each other. One teams starts with the balls. The first player in line dribbles the ball toward the center of the square and the first player from the other line, comes forward to defend. Once the dribbler goes through a cone gate he can dribble towards either of the goals, to the left or the right. The defender attempts to win the ball and score in either goal.

### Objectives & Tips

The goals are strategically placed to enable you to work with the players on dribbling laterally and using different cut moves before scoring.

Use assistant coaches and parents, so the players receive more playing time and touches.

Switch it up! To increase the difficulty, allow players to play in teams of two, passing between them.



- ⚽ All players dribbling anywhere on the race track.
- ⚽ Introduce different commands “red flag” =STOP!



- ⚽ Have parents close off the gates in ‘pit lane’.
- ⚽ Race cars must find and open gate.



- ⚽ Parents/Coaches move in and out of different gates.
- ⚽ Add two police to chase after the speeding cars!

## Pit Stop

**Purpose** An excellent activity to activate the interest and focus of young players quickly. Consistent with individual focus at the first stage of development, you can differentiate the difficulty of the activity.

**Organization** 20\*20 yard playing area. Randomly place six gates, made out of cones, throughout the grid (pit lane). Gates should be two yards apart. All players have their own ball and can dribble anywhere within the grid. Add conditions to emphasize different skills, such as the space of the dribble, changing direction and dribbling to space.

**Directions** Explain to the players they are on a race track with many twists and turns. To begin the race, you will introduce different signals: ‘Green flag’ means the players can dribble at any speed they want. ‘Red flag’ means there has been an accident and all cars must stop (place foot on ball). ‘Final lap’ means players must dribble at full speed. Add many other conditions to include turns and other ball mastery skills. During the race, the cars need refueling and new tires. Players must go through gates when you call “Pit stop”! Assistant coaches/parents can help to close off different stops and create more of a challenge!

### Objectives & Tips

Players are dribbling with their laces and heads up, to see if lanes are open or closed!

Add a point system to add extra excitement. One point per pit stop!

Switch it up! Vary the conditions to increase or decrease the difficulty. Add a police officer (player without a ball), to chase after speeding players.



- ⚽ Players dribble throughout the space, waiting for your instruction.
- ⚽ Start with simple body parts!



- ⚽ A good opportunity to teach rules, such as hand balls!
- ⚽ When you shout “Hands” players all yell back “NO HANDS IN SOCCER COACH”!



- ⚽ Increase the challenge by calling a series of body parts.
- ⚽ Have the players place more than one body part at a time.

## Body Ball

**Purpose** Gives young players the opportunity to experiment with the ball in a fun activity. Incorporates both laughter and skill development. Players learn to use the surfaces of their feet and keep their hands off the ball!

**Organization** 25\*25-yard grid. All players each have a ball dribbling throughout the space.

**Directions** Players are to dribble around the area, listening for your instruction. When you call out a body part, the players have to stop and place that body part on the ball. Start off simple, keeping the instruction to a single body part, I.e.: head, tummy and bottom. Increase the complexity by calling out “Left foot”, “Right knee”, “Left elbow” etc. This game creates a great opportunity to discuss the ‘no hands’ rule. Tell the players when you instruct them, to use their hands, they are to all shout “NO HANDS IN SOCCER, COACH”!

### Objectives & Tips

Get the players laughing, moving and touching the ball!

Introduce players to left and right and the ‘hand ball rule’.

Kneel down, so you are eye level with your players and establish eye contact!

Switch it up! As players become proficient, increase the difficulty by calling a series of body parts they need to repeat, such as “Tummy, nose, and ear”. Or, call out two body parts at once, such as “Right hand and left foot”.



## Spiders Web

**Purpose** Spiders web introduces young players to the concept of dribbling to space, within a confined area. As more players join the web less open space is available. This is an excellent teaching moment for the coach to discuss heads up, looking for space and changing direction.

**Organization** 20\*20-yard grid. Nine players, each with a ball, can dribble anywhere within the space. Three players start the 'web' by linking arms and the 'web' moves around the space together.

**Directions** Tell the players they are on a safari in the dangerous jungle. Huge spiders have made a massive web and are trying to capture them all in it! On the command of "GO", the 'web' will start to move throughout the 'jungle'. If the 'web' touches the player's ball, the player must join the 'web' and kick their ball out of the area. The game continues until all the players are caught in the web!

### Objectives & Tips

Encourage players to dribble with their laces, keeping their heads up to see the available space.

Switch it up! Make the game a direction activity by adding a safety zone in each end of the jungle.

- ⚽ Three players link and start the 'web'.
- ⚽ Remaining players dribble around the 'jungle'!



- ⚽ The spider's web grows whenever it touches a ball.
- ⚽ Players must dribble in space.
- ⚽ Players in the web must remain linked.



- ⚽ Add two safety zones to make the game more directional.
- ⚽ Play becomes more predictable.



- ⚽ Outsiders pass the balls with their hands to the checking players.
- ⚽ Receivers should look over their shoulder before receiving the ball.



- ⚽ Center players are checking at an angle to receive the ball.
- ⚽ Change the surface the receivers use to pass.



- ⚽ Players dribble through the center of the square.

## Categories

**Purpose** Teaching players how to angle their run and receive the ball.

**Organization** Create an 8\*8 square out of cones, in the center of a large circle. Divide the players into two teams, half the players are in the center while the other half are around the circle, with the balls.

**Directions** Call out a category at the start of each round. Players who start in the center must check to an outside player and call out a name from the category you have chosen. Example you call out “Vegetables” the inside player will approach an outside player and say “Carrot”, in order to receive the ball. The center players will receive the ball and play it back to the outside player, run back to the square and move on to receive a pass from another outside player.

### Objectives & Tips

Players are checking at an angle that leaves their body open to seeing the field.

Players need to cushion the ball upon receiving.

Switch it up! Have players split into thirds with two thirds on the outside and one third on the inside.



- Defender makes an angled run attempting to cut off the pass to the other attacker.



- Encourage the defender to stay low and keep their feet moving to force the attacker to the sideline.



- Defender should look for opportunity to gain possession of the ball and pass to the keeper to switch roles!

## 2v2 Transition to Goal Keeper

**Purpose** This is a fun transition game that encourages players to communicate with their partner, while working on their individual defending.

**Organization** Creating several small 10\*20 grids with goals on either end, will allow several groups to play simultaneously. Divide players into groups of two.

**Directions** The pair starting without the ball, will have one player on the field as a defender while the other acts as a goal keeper, who must remain at the goal. Should the defending player win possession of the ball, they must pass back to the keeper to switch roles and start the attack. The pair that lost possession will then transition to defence, with one player in goal and the other defending.

### Objectives & Tips

Players should be encouraged to think about their body position when defending and how to approach the ball.

Switch groups every few minutes to encourage groups to face off with different players.

Switch it up! To allow for a faster transition, players do not have to play the ball back to the keeper before switching from defence to attack.