

DESCRIPTION

COACHING POINTS

DIAGRAM

GAME 1

**Game 1 - What time is it Mr/Mrs wolf?** - players set up in a circle around coach who is in the middle. Players shout “what time is it Mr/Mrs Wolf?”, coach responds with a time and players must move that many steps towards the Wolf. If coach shouts 6 o’clock, players move six steps forward. When players get close (just about 8 feet away) players ask the time and coach shouts “dinner time” then proceeds to chase one player. The players must make it back to their starting cone before they get caught. Coach will not actually get close to the players, coach will just chase them a few steps. Once players understand the game you can introduce the ball and have them do the same thing.

**FIRST COACHING POINT - SMALL TOUCHES**

Players will need to take small steps, then small touches to avoid getting close to the wolf

**SECOND COACHING - LACES DRIBBLE**

Ensure players push the ball forward with their laces instead of toe kicking.



GAME 2

**Game 2 - hit the coach** - same set up as above but this time players stay on their cone. Coach will run around the middle and the players will try to kick their ball at the coach. If they take a shot and miss the coach will kick it back at them - coach will actually gently roll it towards them so they don’t get hurt.

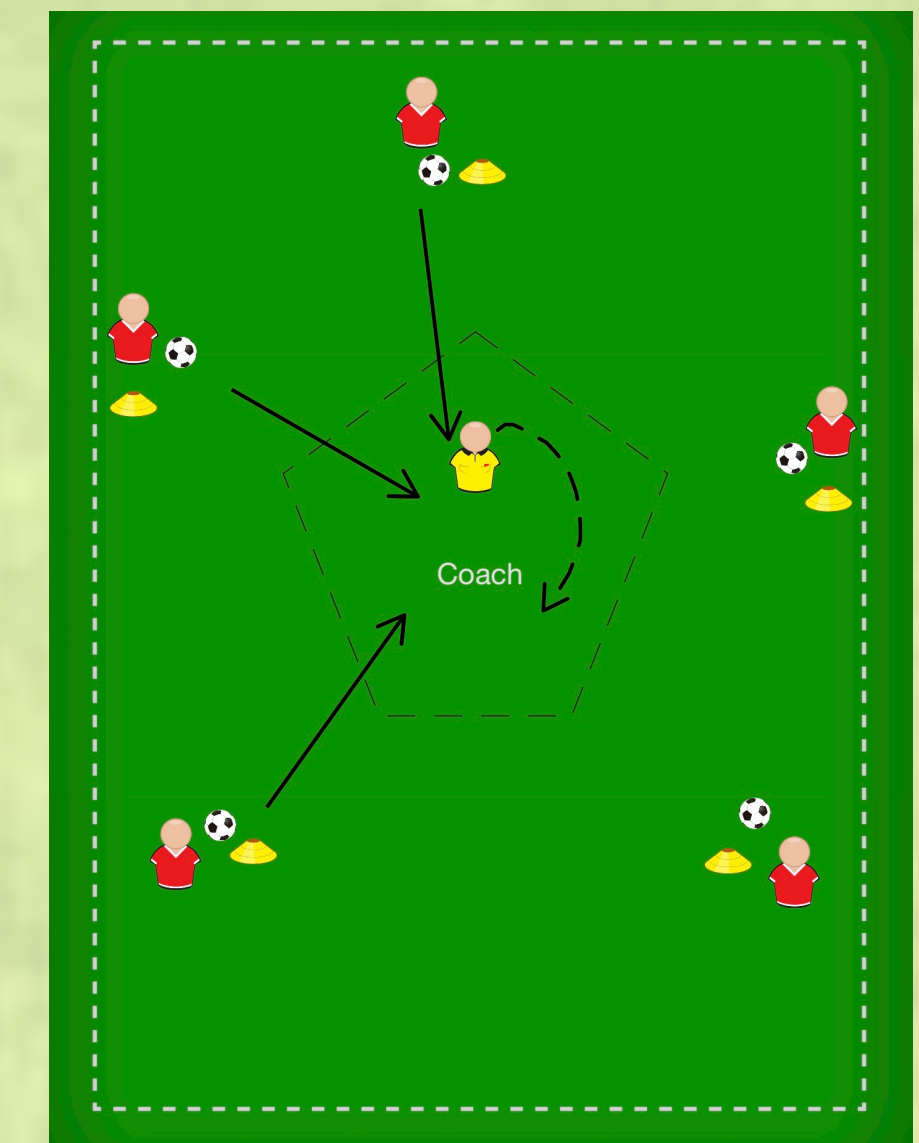
If you think your players can handle it you can allow them to take a turn in the middle to run around.

**FIRST COACHING POINT - KICKING**

Players should take one step away from their ball as they prepare to kick so they have momentum.

**SECOND COACHING POINT - PLANTED FOOT**

It’s important we help players realize that their plant foot should be close to the ball - about six inches - in order to make a good kick.



SCRIMMAGE

**Game 3 - cone collector** - now the coach will scatter discs around the circle - keep them at least six feet away from the outside players. One player will be in the middle and their job is to touch as many of the discs with their ball as they can inside one minute. The outside players will try to hit the dribbler with their ball - if a dribbler is hit they are frozen for five seconds and cannot score any points until they’re unfrozen. The winner is the one who contacts the most cones during their minute in the middle.

This should be a fun, high-energy way to finish the session with a little competition. Add-in coaching points as needed but allow the players to enjoy the game.

