

Information	Images
<p>Organization: 30m x 20m field as shown. 12 players, 8 inside the grid (3 with the ball in their hands), and 4 outside (taggers).</p> <p>Procedure: On coach's signal, players outside of the grid try to tag players without the ball. If a player has the ball, he/she cannot be tagged. Players with the ball can pass the ball to players to stop them being tagged.</p> <p>Progression: Game is played with ball at players feet.</p>	<p>© Copyright www.acadmysoccercoach.co.uk 2014</p>
<p>Organization: 30m x 25m field as shown (could be modified according to age). 10-12 players each with ball at their feet.</p> <p>Procedure: Players moving and dribbling freely within the area performing various moves. Players encouraged to use both feet.</p> <p>Progression: Add 2-3 defenders.</p>	<p>© Copyright www.acadmysoccercoach.co.uk 2014</p>
<p>Motivational dribbling exercises with shooting.</p> <p>Organization: Mark a field 20m x 10m(age appropriate), 2 goals, cones, balls, and two Goalkeepers</p> <p>Procedure: players dribble to the shooting cones, do a 90 degree around them and shoot. A parallel setup, so two players can do it on the same time for cut down on time of waiting. Note: Alternate the players for using both feet.</p>	<p>© Copyright www.acadmysoccercoach.co.uk 2014</p>
<p>Organization: 25m x 15m yards field as shown. Two teams of 5, 3 gates used as goal each side. 1 player from each team stay outside of the field and can move behind any of the goals.</p> <p>Procedure: 4v4 game to score on any of the opponent open goals, team in possession can't score on a goal that is covered by opponent.</p>	<p>© Copyright www.acadmysoccercoach.co.uk 2014</p>