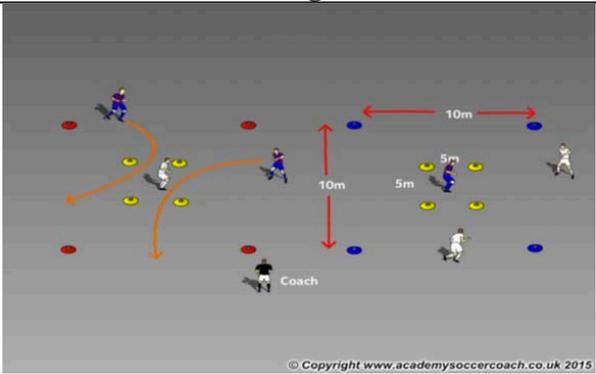
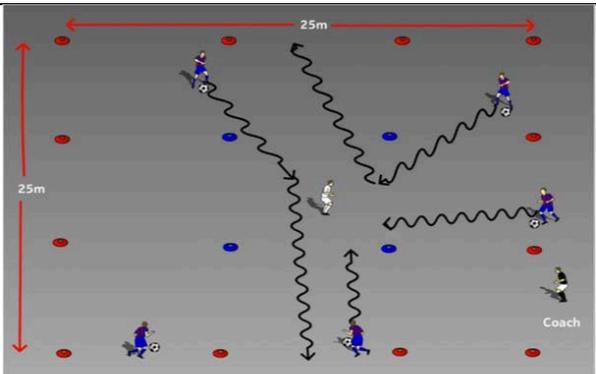


Information	Images
<p>Organization: Place players in to groups of 3. 1 player has the pinnie and becomes the catcher.</p> <p>Procedure: The catcher must stay inside the center 15m x 15m square and try to tag the soccer players as they run through the center square. The outside players try to make it to a different side of the grid each time. but must travel through the center grid to get to the other side. Each time a player makes it to a new side they score 1 point. If you get tagged you switch instantly.</p> <p>Instead of running try different movements such as <u>hoping on one leg, skipping, jumping etc.</u></p>	 <p>© Copyright www.academyfootballcoach.co.uk 2015</p>
<p>Organization: The outside square is 25m x 25m with the inside square being approx 8m x 8m. Start with 5 players on the outside and 1 player in the center square. (You can increase to 2 if players are having success)</p> <p>Procedure: Outside players attempt to dribble to a different side of the square to score a point, they must dribble through the center square though and avoid being tagged. If Player is tagged they instantly become the catcher. Each time a player makes it to a <i>new</i> side they score 1 point.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2015</p>
<p>Organization: Players are placed into groups of 3- 1 defender and 2 attackers. Space is organized as above.</p> <p>Procedure: Attacker dribbles towards the defender to try to beat him/her. The defender cannot come out side of their area as shown above. Once the attacker beats the defender they go and score in the goal. If the defender stops the attacker the players then switch. Players celebrate when they score and keep a track of how many goals they score.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2015</p>
<p>Organization: Players are paired inside a 30mx30m area.</p> <p>Procedure: When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players, change partners.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2015</p>