

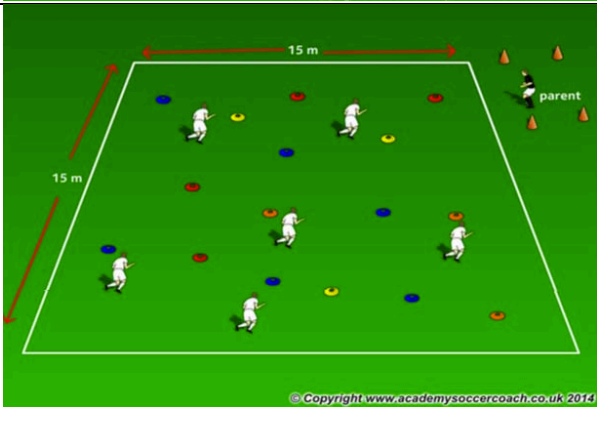
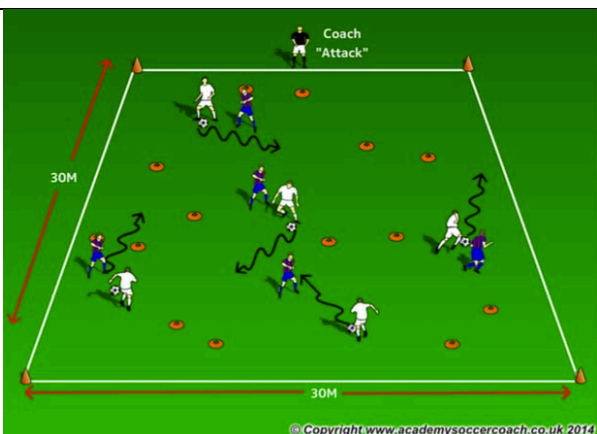


| Information  | Images  |
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| <p><b>Organization:</b> Players are placed into 2 or 3s.</p> <p><b>Procedure:</b> The 1<sup>st</sup> player runs in and out of the yellow cones and then sprints to the blue gate. The player performs 3 jumping jacks and then runs backwards to the orange cones where they perform a summersault. They then run around the end yellow cone and sprint straight back to the start, give their partner a high 5 and then the next player goes. Players waiting perform jumping jacks.</p>   |  <p>© Copyright www.academyfootballcoach.co.uk 2014</p>   |
| <p><b>Organization:</b> Using cones, mark out a 30 mx20 m. field. 8-10 players, each has a ball.</p> <p><b>Sequence:</b> Each player (Officer) move the ball around, and trying to arrest the Robber (parent or coach) by shooting the ball at them.</p>   |  <p>© Copyright www.academyfootballcoach.co.uk 2014</p>  |
| <p><b>Organization:</b> Set up a jungle of cones inside of a 15mx15m field. Mark out a 5mx2 m about 2 m away from the field. The birds move through the trees. The hunter (parent) is in his/her tent (rectangle box) moving around getting ready for the hunt. As soon as hunter runs to jungle to hunt, birds can save themselves by flying on the trees (touching the cones), however, each tree can only hold on 2 birds. Hunter can tag any bird who can't find a tree. If any player is tagged, he/she becomes a hunter too.</p> |  <p>© Copyright www.academyfootballcoach.co.uk 2014</p> |
| <p><b>Organization:</b> Players are paired inside a 30mx30m area.</p> <p><b>Procedure:</b> 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 2014</p> |