

Information	Images
<p>Organization: A 25mx15m field. Up to 10 players each with a ball.</p> <p>Procedure: Players moving with their ball inside the field. Parents following the around and do what the players (leaders) do. Players need to look around and not hit players.</p> <p>Time: 8 minutes</p>	<p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>Organization: A 20 mx15 m field, cones 7 m from start line.</p> <p>Procedure: Players each has a ball, and running with the ball (using right foot) around the cone. Parents try to catch them. When players reach the cone, they are safe. Procedure repeats on the way back to start line.</p> <p>Progression: Players are encouraged to use opposite foot, and different part of foot.</p>	<p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>Organization: A 30 mx 25 m field. Cones, Poles, as shown in diagram. Up to 12 players.</p> <p>Procedure: Players go around each station, and perform different moves. Station A: Players dribble through the cones. Station B: Players run forward and backward. Station C: Players shuffle from one pole to another.</p> <p>Repeat: 5 to 8 times</p>	<p>© Copyright www.academysoccercoach.co.uk 2014</p>
<p>Organization: A 30 m x 25 m field. A two 5 m end zone at each side of the field. Players each have a ball.</p> <p>Procedure: Players has the ball in their hand and try to pass by the opponent and go to the end zone to score. If the opponent touches the player, they receive the ball and try to do the same thing.</p> <p>Progression: Players can use the feet.</p> <p>Team with more points wins.</p> <p>Repeat: 5 to 8 times</p>	<p>© Copyright www.academysoccercoach.co.uk 2014</p>