

Information	Images
<p>Follow my Leader  <b>Organization:</b> Players are placed into pairs in a 25mx25m area.                      Procedure. 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.  <b>Progression:</b> Each player has a ball.  <b>Time:</b> 8 minutes</p>	
<p>Passing and Moving  <b>Organization:</b> Players are placed into 2s inside 30mx30m area.                      Procedure. Players pass and move inside area. Focus should be on how the player passes and receives the ball.  <b>Progression:</b> To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.</p>	
<p><b>Organization:</b> Field size is 15mx25m with a 5m safe zone in the middle. 3 attackers, 2 defenders and 2 goalkeepers set up as above.  <b>Procedure:</b> Activity starts with 3 players in central safe zone, with defender &amp; Goal Keeper (GK) defending goal at either end. The coach plays a ball into the attackers in the safe zone and they look to attack either end.                      If attackers' progress is blocked, they can take ball back into safe zone &amp; attack in other direction.                      Should GK save an attempt on goal, the goalkeeper should roll the ball to the defender. If possible, who then transfers the ball into the defender in the opposite half. Defender receives and attempts to turn &amp; Score against GK at that end. Keep rotating the players to allow them all to experience attacking, defending and goal keeping.</p>	

5V5 with the Retreat line.

**Organization:** Players play 5v5 on a 35mx25m field. The Retreat line is located at the half way line.

**Procedure:** Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral, player in the game.

**Repeat:** 5 to 8 times

