

Information	Images
<p>Follow my Leader  <b>Organization:</b> Players are placed into pairs in a 25mx25m area.  <b>Procedure:</b> 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.</p>	
<p><b>Organization:</b> Players dribble freely inside 30mx30m area.  <b>Procedure:</b> Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will perform different touches on the ball, for example Toe Taps.</p>	
<p><b>Organization:</b> Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.  <b>Procedure:</b> The coach calls a specific number and that number runs into the field. These 2 players now play 1v1 to goal.  <b>Progression:</b> The coach can call out more than one number to create a 2v2 or 3v3.</p>	
<p>5V5 with the Retreat line.  <b>Organization:</b> Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.  <b>Procedure:</b> 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.  <b>Repeat:</b> 5 to 8 times</p>	