

Information	Images
<p><b>Organization:</b> 2 mini goals 10 m from each other, 2 starting cones 20m from the goals. Have 2 supporting players beside each goal with a few balls in their feet. Each side have different obstacle to work with (Ladder, hurdle, cones, mannequin, or pole),</p> <p><b>Procedure:</b> On coach's call first 2 players from each group go through the obstacle, and then receive the ball from the support players to shoot on net. Immediately after the shot, players who shoot, replace the support player, and support player run to the end of the line.</p> <p><b>Progression:</b> Use bigger net, and goalie.</p>	
<p><b>Organization:</b> 2 square 5mx 5m. 2 group of 5 players at each side coach in the middle. One player stand inside the square, and the rest of the players line up outside.</p> <p><b>Procedure:</b> Coach calls 2 different colors; Player inside the square must touch the two cones and sprint toward the coach. The first player tag the coach wins.</p>	
<p><b>Organization,</b> A 20m x10m field with 2 mini goals at the each end, one cone in the middle, and 2 teams of same size at both end behind the start cone. Coach will stand in the middle of the field with a few balls in his/her feet.</p> <p><b>Procedure:</b> Each player has a ball. The first two players dribble into the field, dribble to the cone in the middle and shoot at the goal. The first one to score will receive a ball from the coach and play 1v1 attack. (if both players miss or score the coach will play a natural ball). The 1v1 game last until one score,</p> <p><b>Progression:</b> Put 2 cones in the middle, and play 2v2</p>	
<p><b>Organization:</b> A field of 25m x 30m with 2 end zones.</p> <p><b>Procedure:</b> 5v5 game with end zone, the team in possession can score by passing the ball into end zone to their teammate whom running into the zone. Player can't stand in the zone to receive the ball.</p>	