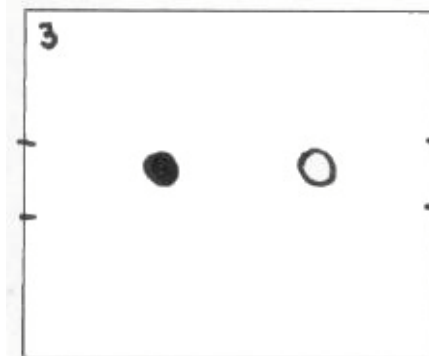


Fun Games For Junior Players

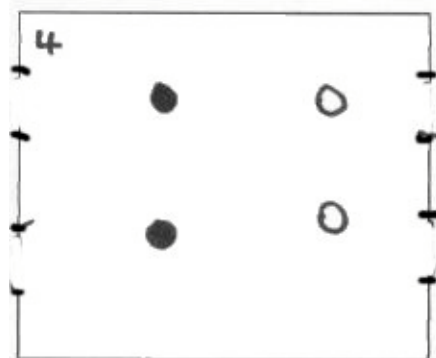


1. 1V1 (Dribbling, screening, passing, jockeying, tackling)
Two players. Play one versus one in a 8X8 metre grid. Coach screening with no goals. One minute duration.

Variation: Rotate players. Introduce a goal at each end. Introduce two goals at each end. Vary time duration. Keep a record of goals scored and points table. Give each player a name of a country.



2. 2V2 (Dribbling, screening, passing, jockeying, tackling)

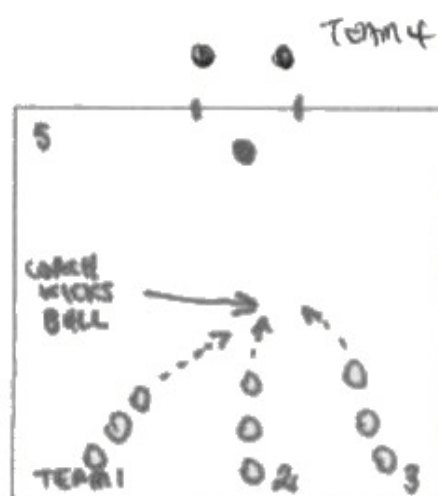


Four players. Play two versus two in a 8X8 metre grid. Coach screening and passing with no goals. One minute duration.

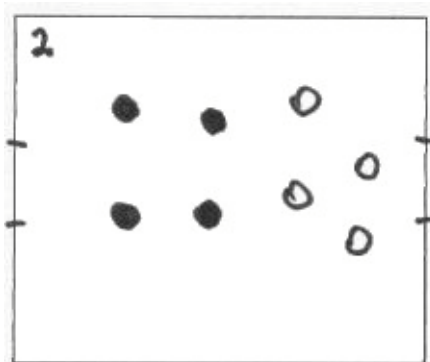
Variation: Rotate players. Introduce a goal at each end. Introduce two goals at each end. Vary time duration. Keep a record of goals scored and points table. Give each pair a name of a country..

3. World Cup (Shooting, dribbling, screening, turning, stop/start, tackling)

One Goal, four teams (countries), one goalkeeper and ball retrievers. Space the teams out about 20 metres from goal. Coach rolls the ball across goal. At the same time one player from each team attacks the ball and tries to score through the goal. The player who fail to secure the ball act as defenders trying to regain possession themselves in an attempt to score. Keep a record of the score.



4. Net Ball (Catching, positional awareness, heading, team play)



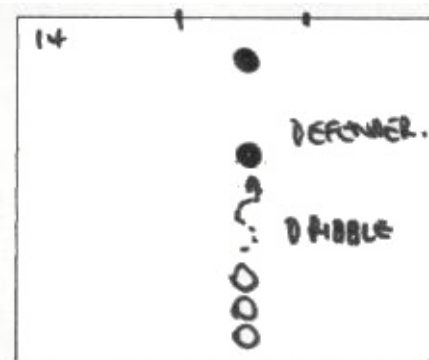
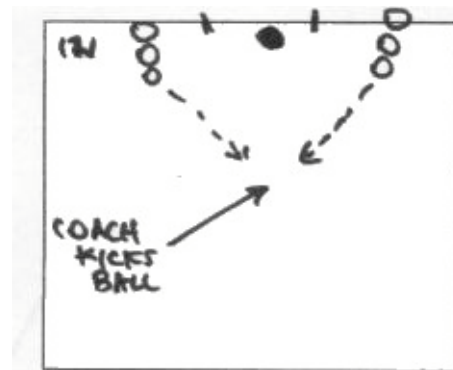
Two teams in a 20X10 metre grid. Throw ball to team mate without dropping the ball. Change possession if ball is dropped. Score goal only with a head through the goals.

Variation: Number of goals. Rotate players within teams. The defending team must freeze for the count of 3 each time an attacking player receives the ball. When heading for goal the defending team must freeze and give a free passage for the ball towards goal. Vary size of field.

5. Shooting 1 (1V1) (Dribbling, screening, turning, shooting, tackling)

Two teams each located on a different side of the goals. The coach throws the ball into the middle of the goals and a player from each team runs out to attempt to gain possession and shoot at goal.

Variation: Swap the teams over. Throw the ball to different areas and distances. Introduce a goalkeeper.



6. Shooting 2 (1V1) (Dribbling, screening, stepover, stop start, shooting, tackling)

The attacker starts dribbling for goal from the centre of the field just outside the penalty area. The defender stands halfway between the attacker and the goal line.

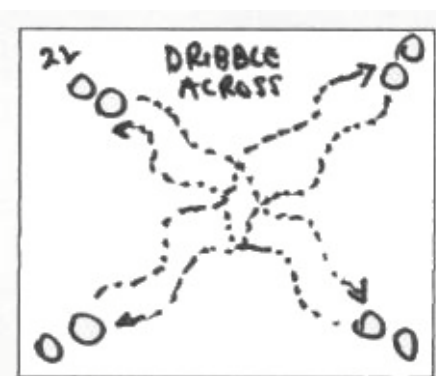
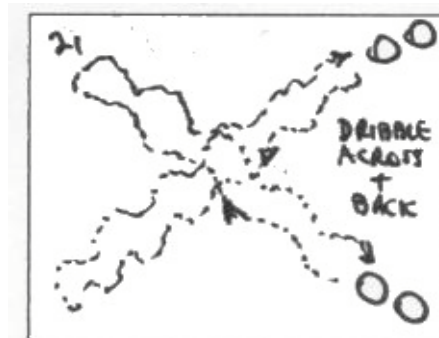
If the attacker scores he/she collects his ball returns to the starting spot. If he/she fails to

score he/she becomes the next defender and the defender collects the ball and goes to the starting spot.

7. Diagonal Relay 1 (Dribbling, keep head up to avoid collision)

Arrange a 8X8 grid with 2 groups of players on the corners on the same side of the grid. One ball per group. Players dribble the ball diagonally across the grid and back evading the other group. Passing the ball to the next player on the return run.

Variation: Change size of grid. Keep a record of the winning group.

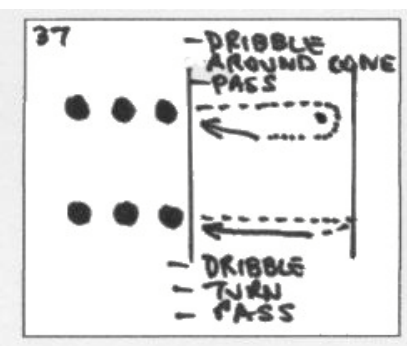


8. Diagonal Relay 2 (Dribbling, keep head up to avoid collision)

Arrange a 8X8 grid with 4 groups of players on the corners of the grid. One ball per group. Players dribble the ball diagonally across the grid evading the other group and give the ball to the next player.

Variation: Change size of grid. Keep a record of the winning group.

9. Dribble, Turn and Pass Relay (Dribbling, turning, passing, sprinting)



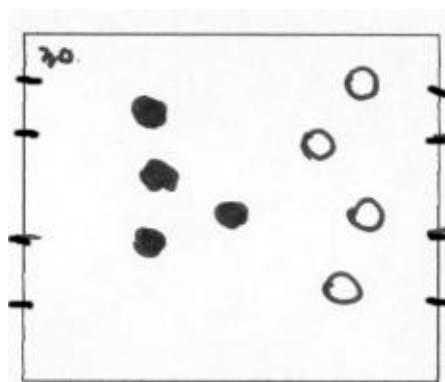
Standing one behind the other. The first player in line runs around a marker about 5m away and back towards the team. At any time during the return journey, the player may pass the ball to the next person who repeats this process.

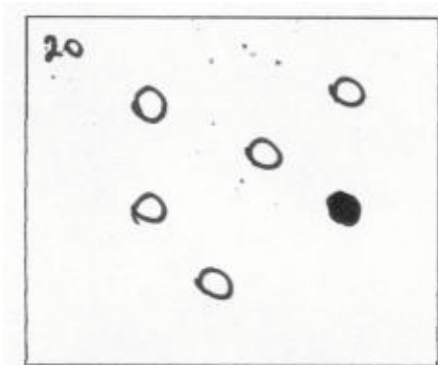
Variation: Vary the different types of turns that can be executed. Vary the distance to dribble out to.

10. Four Goals (Width in attack, dribbling, passing, screening, turning, sideways movement, tackling, jockeying)

Two teams, one ball and a field 16X16 metres and 4 goals - two at each end of the field. No goal keepers. Teams attack one end with 2 goals and defend the other 2 goals. Goals 1 metre wide

Variation: Vary size of field. Rotate players. Vary the distance between the goals across the goal line.





11. Steal Ball

 (Dribbling, screening, head up)

All players except one have a ball in a grid 8X8 metres. Players dribble the ball whilst the one without a ball kicks the balls out of the area. The last one in wins.

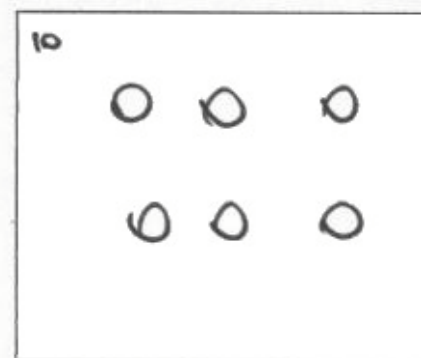
Variation: Change grid size. Increase number of stealers. The stealer role is to gain possession of the ball, instead of kicking out, and the loser attempts to gain possession from another player.

12. Kick Out

 (Dribbling, screening, head up)

All players with a ball in a grid 8X8 metres. Players are required to kick the other player's ball out of the grid. Those players are out until a winner has been determined - the last player standing with a ball.

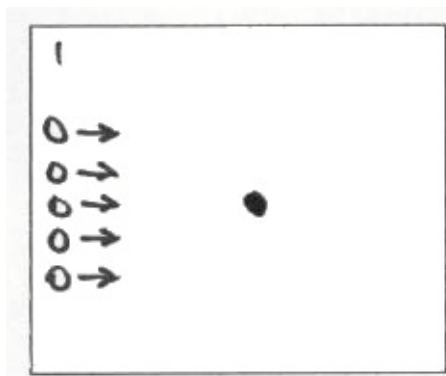
Variation: One player without a ball who kicks the ball out. He/she then collects that ball and stays out while the dispossessed player attempts to kick a ball out and so on until there is 1v1 and the player with the ball after 15 seconds is the winner.



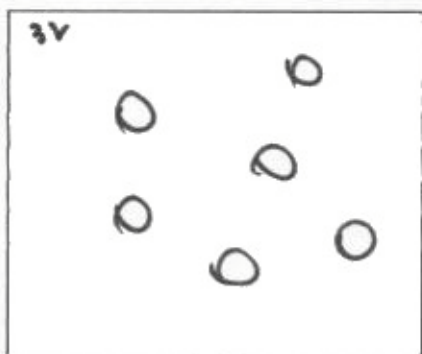
13. Bull Rush

 (Dribbling, screening, head up, tackling)

In an area about 30 metres long assemble one or two players without a ball at the 15 metre half way mark. Assemble the rest of the players each with a ball on the perimeter at one end of the grid. Upon the coaches signal the players with a ball must run to the other side of the grid 30 metres away. The other two players without balls are required to kick as many balls away as possible. The players who lose their ball do not participate again Repeat exercise until only one player is left in the middle with a ball.



Variation: Rotate players. Change number of defenders. Vary size of grid.



14. Coach's Call (Dribbling, turning, stepovers, juggling, heading, control)

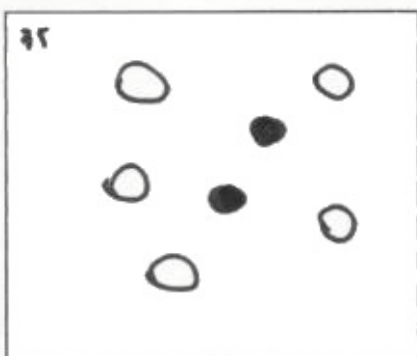
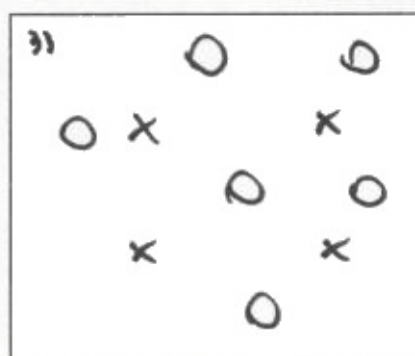
All players dribble a ball in a grid 8X8 metres. Upon the call of the coach the players are required to perform a function until the coach changes the call.

Variation: At the discretion of the coach e.g. inside, outside, instep, sole, left foot, right foot, backwards, turning (Cruyff, roll backwards 180 and 90 degrees, cut back, inside, outside), stepover etc...

15. Dribbling around obstacles (Dribbling, turning)

In a grid 8X8 metres place some obstacles, e.g. cones, for the players to dribble around.

Variation: Vary the size of the grid. Vary the number of cones. Vary the dribbling speed. Time the players as they each dribble around all the cones, which are in and around the grid.



16. Touch Tag (Backwards running, agility, evasion skills)

Arrange a grid 8X8 metres with one or two players with a ball each. These players run around carrying the ball and tag the other players in the grid. When touched the roles are changed and the games goes on until the coach calls a halt.

Variation: Size of grid. The number of players with a ball.