

WEEK 2



Coach Says (10 mins)

- Each player has a ball each.
- When ever the coach says "Coach Says..." the players have to do it.
- If the coach doesn't say 'Coach Says...' then the players do NOT do it.
- For example 'dribble with laces' 'Stop the ball' 'toe taps' 'boxes' 'put your head on the ball'
- Make this fun and depending on age make easier or more difficult.



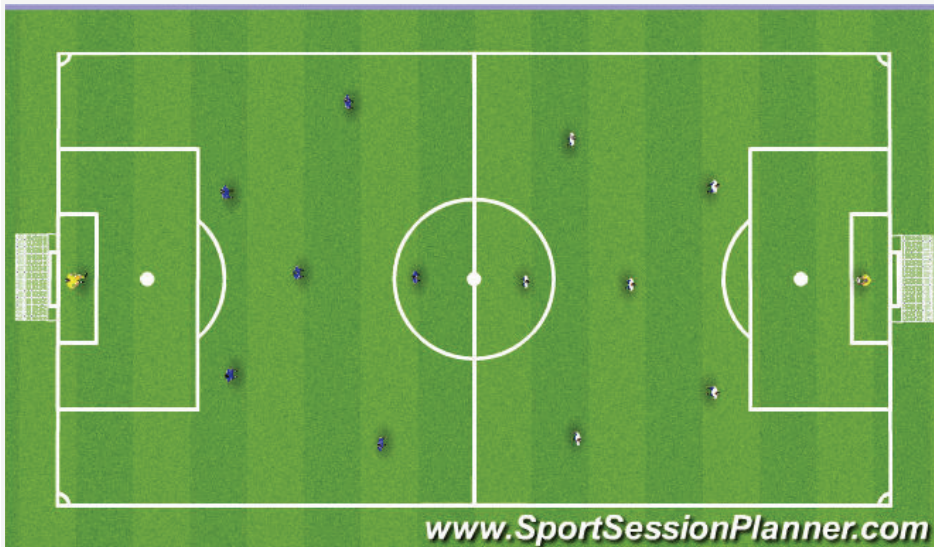
Whats The Time Mr Wolf (15 mins)

- Each player has a ball each.
- The coach stands at the top of the field as the fox.
- The players shout out "Whats the time Mr Wolf?"
- The coach will reply with a time "6 o'clock" the players have to take the same amount of touches forward as the time Mr Wolf said, 6 touches. Repeat.
- Once the players start to get closer Mr Wolf will shout "Dinner Time" and each player will have to perform a turn and run back to the start.
- If the fox tags your shoulder or kicks your soccer ball you become a fox.



Crazy Chicken (15 mins)

- Coach puts pinnies into shorts and becomes a crazy chicken. Players count to 20 whilst the crazy chicken hides, players then have to dribble their soccer ball after the crazy chicken and try to kick the ball at him. If they hit the crazy chicken he will throw out a feather (pinnie). Players have to collect all the feathers (pinnies).



End Game (20 mins)

- Freedom to play
- Encourage Shape
- Awareness of space