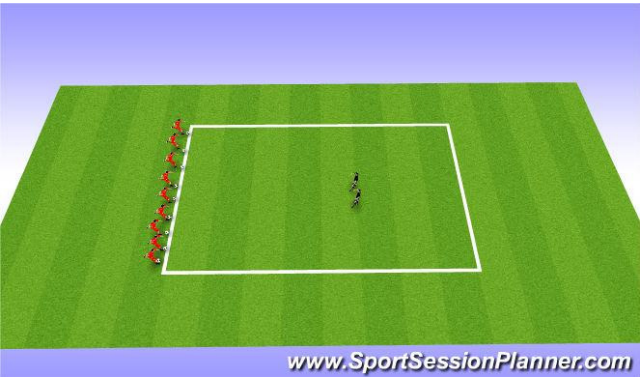


FLAS Session 5

Category: | Difficulty:



Am-Club: TSF Academy
Mark White, Young Member



Crab Lines (15 mins)

All players are at one end of the area with a ball each. Two students are in the middle holding hands. They are the CRABS.
Object is for the players to dribble across the area to the other side without the CRABS tagging them. Crabs cannot let go of hands to tag another player. If a player is tagged they join the Crab Line. Play until one student is left and all others are part of the long line of crabs!
Keep it fun, and make sure all players are actively involved.



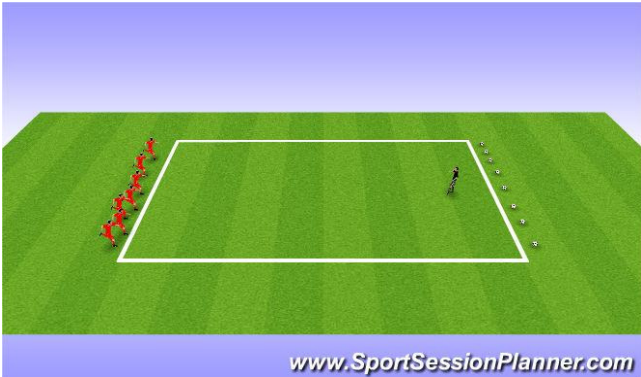
All-Aboard (15 mins)

Coach is the Captain of the Ship. Start telling the students they are your crew and that they are onboard your ship. The front of the ship is the BOW, the back is the STERN, the sides are PORT, and STARBOARD. Point them out and continue to remind the players. The students have a ball each and dribble around inside the "boat". On Captains command the students dribble to the side that the Captain calls out (Bow, Stern, Port, Starboard).
PROGRESSION:
Add the following commands
SCRUB THE DECK - Players perform 10 boxes
CLIMB THE RIGGING - players perform 10 toe-taps
CAPTAIN ON BOARD - players stop the ball and salute the Captain
CANNONBALL - players lie on top of the ball as quickly as possible



The Untidy Coach (15 mins)

The Coach keeps dropping pinnies and discs all over the field. It is the job of the players to make sure the field stays clean. In one corner of the field is a "Clean Up Area". All players dribble around and pick up an item that the coach calls out:
Pinnie
Disc
(it can be color command too - for example "orange pinnie" if there is enough for each player)
Players must put the item in the clean up area.
PROGRESSION:



Chicken Game (15 mins)

All players are at one end of the area. All soccer balls are at the other end.
Tell the story of the Foxes and Chickens:
"All the players are foxes and they live in the forest. Next to the forest is a farm. The farm has lots of chicken eggs (the soccer balls). The foxes are very hungry and their favorite breakfast is eggs! However the eggs are protected by a Rooster (the Coach)."
When the Rooster (coach) turns his back on the players to count and check on the eggs, the Foxes (players) can slowly and quietly step into the farm. Every time the Rooster turns around the Foxes have to FREEZE and not move (like a statue). As long as the Foxes do not move the Rooster cannot see them. When the Rooster turns away

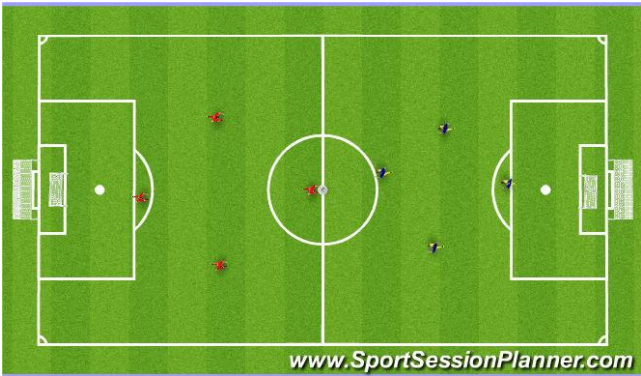
The coach can retrieve the items from the clean up area and put them back on the field.
Make it a story; Make it fun and enjoyable



Mail Delivery Game (15 mins)

Set up an obstacle course with two mini-goals. Players are split into two groups and work around the course. When they get to the goal the have to "Deliver the Mail" by retrieving a soccer ball from the coach and shooting it into the goal.

from the Foxes, they can quietly move again. Once the Foxes get to the soccer balls they must quickly dribble a ball back to the "Forest" and sit on it.
Coach must play the part of the Rooster - "flap wings" "cockadoodledo" etc.
Play the game a few times



Small-Sided Games (15 mins)

Small-Sided Game:
use Pug Goals or equivalent. Play 4v4 game with no GK.
By playing 4v4 you allow the players an opportunity to be involved in the game, get lots of touches on the ball and show creativity. Do not over coach in these games