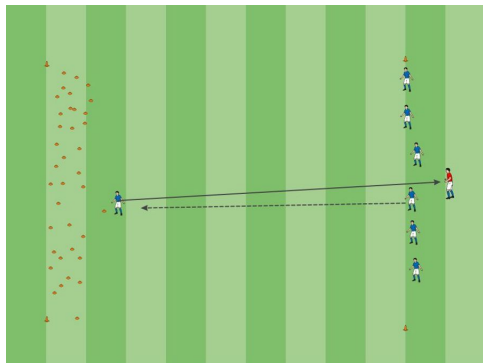


# TRAINING SESSION: TRAINING ACTIVITY 5

## Objectives

### Ball Mastery

#### Pirates of the Carribean



**Players**



**Intensity:**

**00:00 min**  
( x 00:00 min, 00:00 min rest)

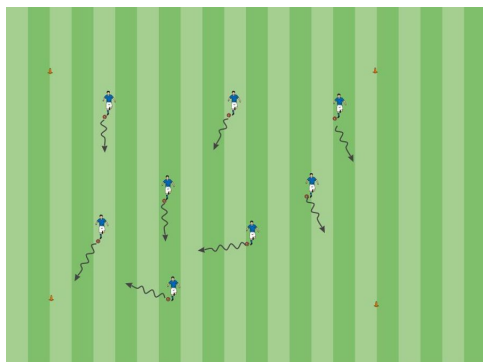
#### Coaching Points

Dribbling with Laces  
Keeping the ball close  
Speed dribbling  
Getting head up

#### Description

This game needs enthusiasm! Tell your players that they have all turned into pirates. Players all start on the line opposite of the "gold" (place multiple cones on the ground). Their goal is to collect as much gold as possible. Players must dribble their soccer ball to the other end and collect one piece of gold and dribbling their gold and ball back to the coach. They must repeat this until all the gold has been collected!

#### Pirate Ship Game



**Players**



**Intensity:**

**00:00 min**  
( x 00:00 min, 00:00 min rest)

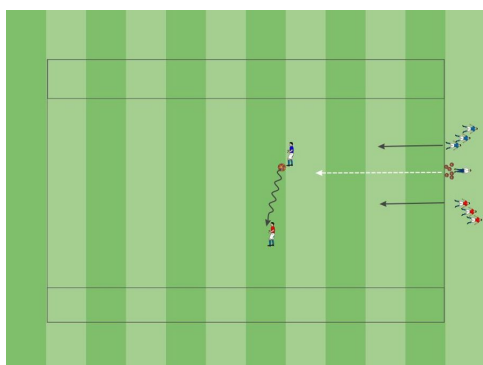
#### Coaching Points

Keeping the ball close  
Dribbling with their laces  
Finding the open space (Getting eyes up)  
Changing Direction

#### Description

Mark out a 25yd x 30yd Box. This game requires a lot of enthusiasm. Every player needs a ball at their feet and is told that the box they are in is a "pirate ship" they must stay on! Below are commands that the coach should use. Repetition is good for this game!  
Pirate Commands  
1. "The captain is coming"= The kids stop, place one foot on the ball and salute the captain by saying "ay, ay, captain!"  
2. "Climb the Riggin" = On

#### Boss of the Balls - 1 v 1 to End Zones



**Players**



**Intensity:**

**00:00 min**  
( x 00:00 min, 00:00 min rest)

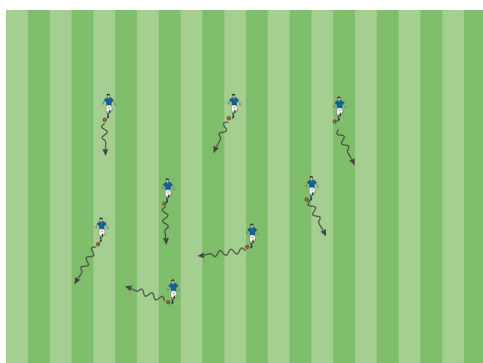
#### Coaching Points

p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 9.0px Helvetica} span.s1 {font: 10.5px Helvetica} Coaching Points • Dribbling under pressure - can we keep the ball close while dribbling • Step Fake - can you use the step fake to beat the defender • Running w/ball - can you explode after beating defender

#### Description

Area: 20 x 15 yards with two end zones. Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score

#### Dog on a Leash



**Players**



**Intensity:**

**00:00 min**  
( x 00:00 min, 00:00 min rest)

#### Coaching Points

p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 9.0px Helvetica} span.s1 {font: 10.5px Helvetica} Coaching Points • Dribbling Technique. • Running w/ball Technique. • Introduce the Pull Back.

#### Description

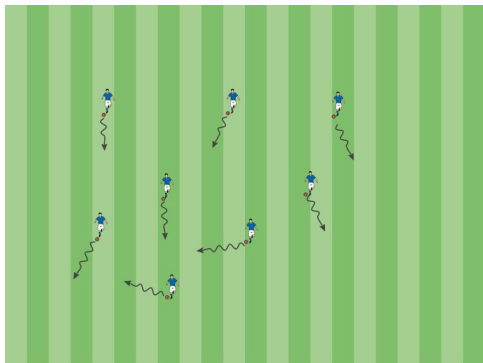
p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 9.0px Helvetica} Area: 20 x 15 yards. Organization: Each player (master) dribbles with their ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close), the dog runs away and is then caught by their master, master strokes his dog with

# TRAINING SESSION: TRAINING ACTIVITY 5

## Objectives

Ball Mastery

### Identifier



 **Players**



 **Intensity:**

 **00:00 min**  
( x 00:00 min, 00:00 min rest)

### Coaching Points

p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 9.0px Helvetica} span.s1 {font: 10.5px Helvetica} Coaching Points!  
• Dribbling Technique!  
• Running w/ball Technique!  
• Introduce the Pull Back.

### Description

p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 9.0px Helvetica} Area: 20 x 15 yards. Organization: All players run around the area randomly. The coach then calls out an identifier, which could be a group of players or an individual. Who can tag the most players in a minute? The identifiers could be colors of a vest, color