DRAG RACING   WEEK 4: 1 v 1 | GENERAL MOVEMENT

SETUP

1. Set up area 20x20m with two rows of cones down the centre. Modify area depending on the age and number of players.
2. Divide the group into two even teams, each player with the ball and standing on in their teams by a cone.
3. Number each paired players on each team.

HOW TO PLAY

1. On the coaches call, that number must run up the outside of their team and then race down the drag strip around the last player and then back to their cone.
2. Players must go up the outside and then down the drag strip.
3. Players carry their footballs whilst running.

↑ STEP UP

- Players must dribble the ball

↓ STEP DOWN

- Coach calls two numbers at a time

OUTCOMES

- Accelerating and turning
- Dribbling
- Ball manipulation

SHARKS AND ISLANDS   WEEK 4: 1 v 1 | FOOTBALL TECHNIQUE

SETUP

1. Area of up to 30x30m. Modify area depending on the age and number of players.
2. Place islands 4 – 6 areas of different sizes around the area.
3. Select 2 defenders (Sharks) in bibs.
4. All other players (Pirates) have a ball (treasure) each.

HOW TO PLAY

1. The game begins with the pirates dribbling around the area. When the coach yells "Shark Attack", the sharks enter the area and try to kick the treasure out of the playing area.
2. The Pirates can head to an island, where they are safe from the Sharks. Only 1 pirate is allowed on the island.
3. If another Pirate approaches the island, the pirate on that island must leave the island and go back into the ocean.
4. If a Shark kicks the treasure out, or the Pirate dribbles out of the area the Pirate gets the treasure and dribble around an edge and returns back to the ocean.
5. Play for 1 minute and swap over the sharks.

↑ STEP UP

- All Sharks have a ball as well
- Increase the number of Sharks
- Decrease the number of islands

↓ STEP DOWN

- Add more islands
- Decrease the number of Sharks

OUTCOMES

- Moving the body and ball to escape away from a defender
- Acceleration and deceleration with the ball
- Awareness of space
- Protecting the ball from a defender