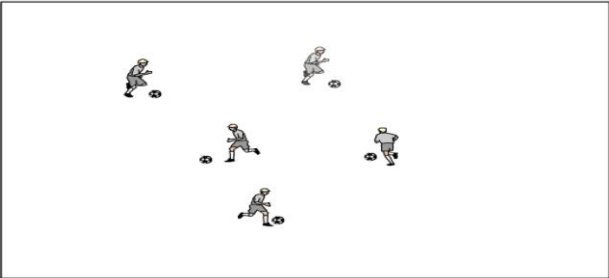
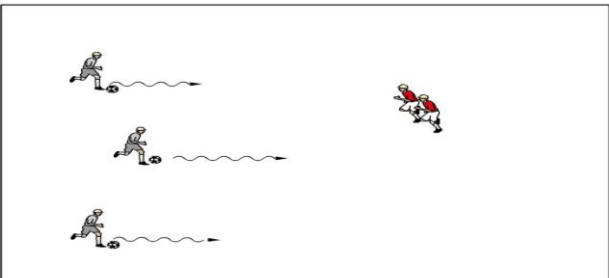
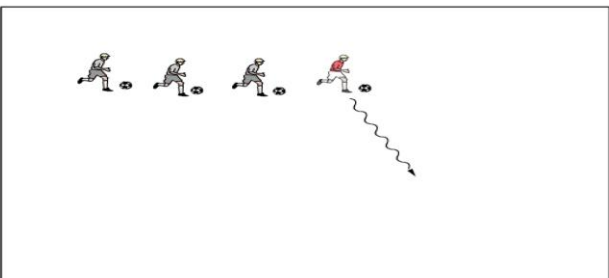
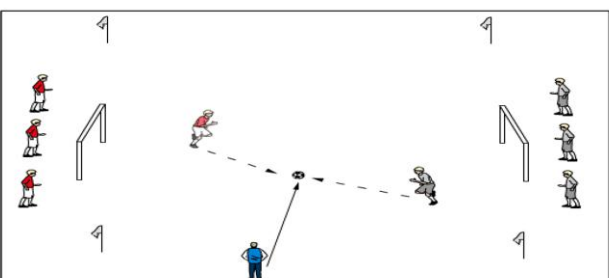


<p style="text-align: center;">I Can Do This</p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • Players start without a ball in a 20 x 20 training area • The coach performs some type of movement or skill while simultaneously saying “I can do this, can you”? • Players imitate the coach by copying his movements (e.g. running, hopping, skipping, running backwards) • Once the concept has been introduced the coach can now introduce a ball and perform soccer specific movements such as dribbling, toe taps, right foot only, left foot only etc. 	<p style="text-align: center;"><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Concentration • Head up so they can see what the coach is doing
<p style="text-align: center;">Blob With and Without the Ball</p> 	<ul style="list-style-type: none"> • Each player on the end line without a ball • The coach starts in the middle of the training area as the blob • Players have to run from one side of the training area to the other • The blob attempts to tag them • If a player is tagged they become part of the blob and link arms or hold hands with the coach • Play until there are two players left • They are the blob for the beginning of the next game • Progression – same game but each player has a ball 	<ul style="list-style-type: none"> • Quick feet to dodge the blob • Vision to see where the space is • Teamwork
<p style="text-align: center;">Follow the Leader</p> 	<ul style="list-style-type: none"> • Give every player a ball and have them follow the coach as he dribbles around the field • Along the way, the coach does goofy things like hopping on one foot, rolling on the ground, sitting on the ball, etc • Progression – allow players to now lead and let them use their imagination to do things with and without the ball 	<ul style="list-style-type: none"> • Head up so they can see where the coach is
<p style="text-align: center;">Have It!</p> 	<ul style="list-style-type: none"> • Two teams of equal numbers stand at either end of a 25 x 18 training area • Give each player a name (make sure there are matching names at each end of the grid) • Coach sends in a ball, calls out a name and players from each end enter the field and play 1v1 • Can score in either goal or it can be directional 	<ul style="list-style-type: none"> • Take players on • Aim for the corners when shooting