



September 11th – November 4th

First Kicks: Welcome Activities # 1

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Category: Technical: Dribbling

Speed change

Organization:

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Field size: 20m x 25m

Scatter 12 cones with three different colours throughout the field: red, blue and yellow. Players have one ball each and dribble all around the field. Each player must dribble with the ball and turn around at least 6 cones to score a goal.

Progression:

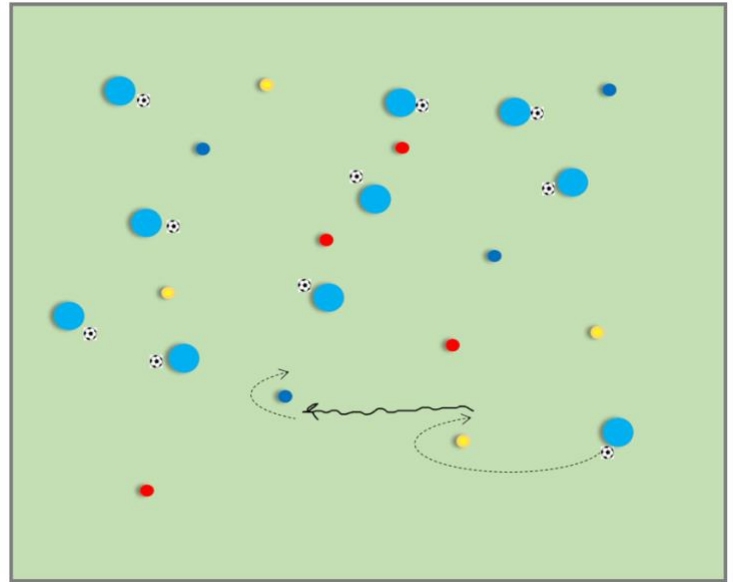
Based on the colour of the cones, players must approach each cone with different speeds:

Red: dribbling with max speed

Blue: dribbling slowly with more touches on the ball

Yellow: rolling the ball with the sole of their shoes.

Duration: 5-10 min



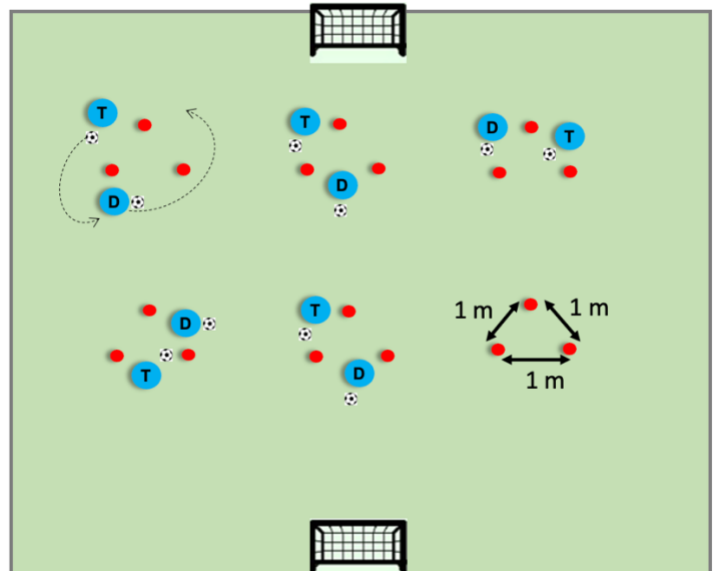
Triangle

Make six triangles with cones. Divide players into groups of two. Players must have one ball each. One player is a dribbler and the other one is a tagger. The dribblers start running with the ball around the triangle, while the taggers are chasing them with the ball and try to tag them with their hands. Players cannot run through the triangle, but they can change their directions (i.e., running clockwise or counter clockwise).

Progression:

Players can switch their partners and compete against a new player.

Duration: 5-10 min



Tag game

Organization:

Field size: 20m x 25m

Choose three players as taggers. Players have one ball each and dribble inside the field. Taggers try to tag players while dribbling with a ball. Switch taggers every 2 minutes.

Progression:

Each player who is being tagged must join the taggers and the game continue till all the players being tagged.

Duration: 5-10 min

