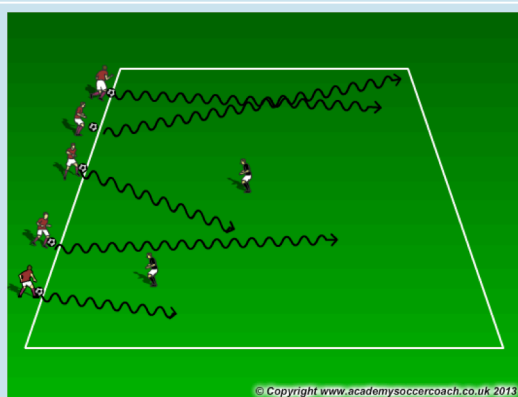


## WARM-UP – Body Parts & Stuck in the mud

Players dribble around square placing body part coach calls out.

Players are split into two groups, everyone has a ball. The object is to stick the other team in the mud. Players are stuck by their ball been hit by another ball. Once players are stuck they lift ball up and hold above head. They can be freed by a teammate passing the ball through their legs.



## SMALL-SIDED ACTIVITY – Sharks and Minnows

Minnows line up with a ball on one side of square. Shark(s) are in middle with out ball. Players have dribble across square to other side. If caught, by their ball being kicked out, minnows become sharks.



## SMALL-SIDED ACTIVITY – Number Soccer

Players are split into 2 teams, each player has a number, teams are standing at opposite corners. Coach has balls and calls out a number. Players run out around goal and into the field where coach has thrown a ball. Players try and score on the other teams goal.



## GAME – 3 v 3

LET THEM PLAY