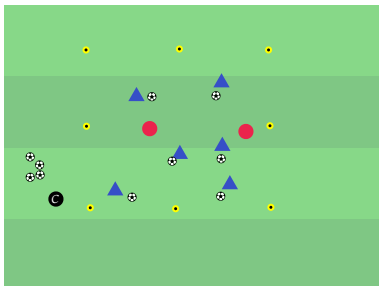


## Warm Up

Field Dim: **20**    Duration: **3 x 1:00**  
**x 20**    **(0:30)**

## Bandit Ball - "Aces"



## Coaching Points

- Fun! This should be an exciting activity where every player has opportunity to improve
- Dribbling, especially the concept of dribbling for possession or shielding, use the 4 parts of the foot (inside, Outside, Laces, & Sole) Change of direction/speed to get away
- Protect ball: Move the ball, keep body between your ball and defender
- Tackling, the concept of battling to gain possession
- Vision, where can we dribble to keep the ball, where is an opening, open space?
- Use the time in between rounds to give your coaching points

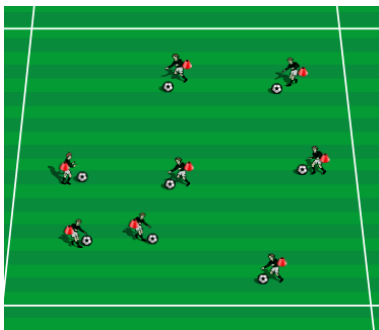
## Objectives

These games are always fun and can help bring a group back when a session goes off the tracks.

## Warm Up

Field Dim: **20**    Duration: **3 x 0:00**  
**x 15**    **(0:30)**

## Tail Tag - Arrival Game - Aces



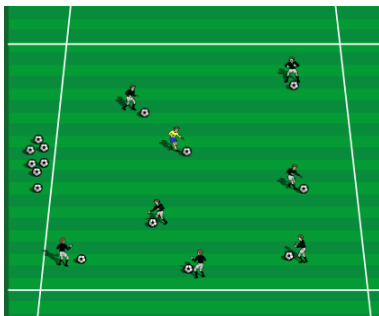
## Coaching Points

- Fun and Body Movement Education
- Ball control & Dribbling using different surfaces of the foot
- Change of direction/speed to get away

### Warm Up

Field Dim: **20**    Duration: **3 x 0:00**  
**x 15**                      **(0:30)**

### Pac Man - Aces



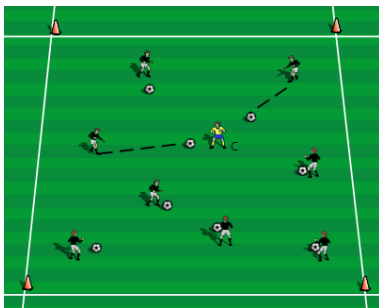
#### Coaching Points

- Fun & Body Movement Education
- Ball control & Dribbling -Use the 4 surfaces to avoid as well as chase down players
- Introduction to passing: incorporate different surfaces for "tagging" opponents with pass
- Field Vision: head up and scan the field for danger and open space

### Warm Up

Field Dim: **20 x**    Duration: **5**  
**15**                      **Min**

### Ouch! - Aces



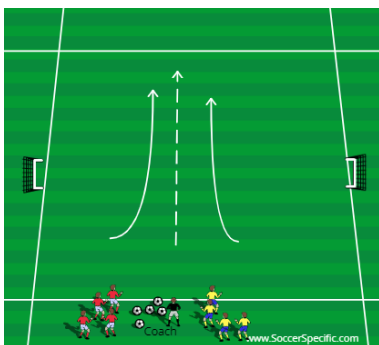
#### Coaching Points

- Fun & Body Movement Education
- Dribbling for control and changing directions
- Introduction to passing (inside and instep are best for introduction)

## Attacking

Field Dim: **20 x 15**      Duration: **10 Min**

### Combat - Aces



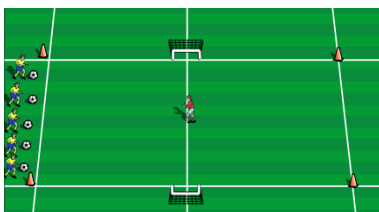
#### Coaching Points

- Reward the players for going out and competing for the ball, even if they didn't necessarily win it.
- The ball is the most important object in the game, if we do not have it, we want it.
- If we do not win the ball first, try and win it back - Do not allow players to give up on the play.

## Technical

Field Dim: **25 x 20**      Duration: **0 Min**

### Sharks and Orcas - Aces



#### Coaching Points

- Head up between touches, "take a touch, take a look."
- Attack the open space - whatever space is available - do it quickly
- Technique-toe down, laces/outside of foot, knee over ball each touch
- Can we tackle the ball back after a Shark takes it - Don't give up
- Can you use a move to get away from an Orca after stealing it, finding the open goal

## Bandit Ball - “Aces”



### PREPARATION

Cones and a ball for every player  
20 x 20 area

### PLAYERS

4 players  
(May be played with as many players as you have, no limit.)

 **3 min** 3 reps  
1 min +

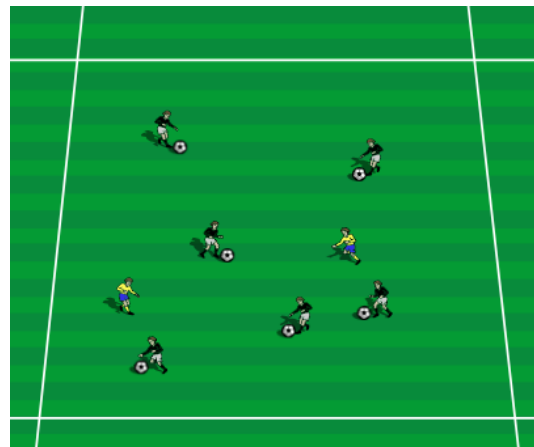
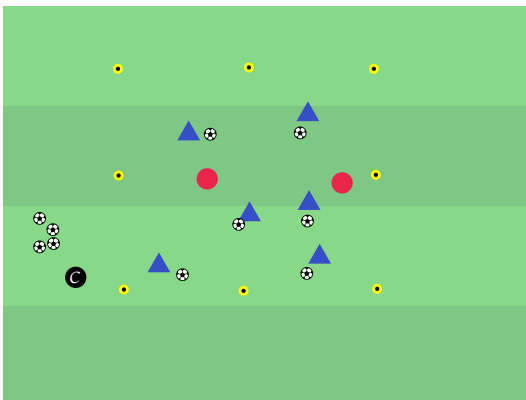
### INSTRUCTIONS

All players but one or two “bandits” start in the grid with a ball. At the coach’s command, the “bandits” enter the grid and try to steal a ball away from someone. If a player get’s their ball stolen, they become a bandit, and try to steal someone else’s ball. If a ball goes out of the grid, it cannot be brought back into play. Play for a set period of time (60 to 90 seconds), and all players who have possession of a ball when time is called gets a point. Variation: Play until only one ball remains.

### COACHING POINTS

- Fun! This should be an exciting activity where every player has opportunity to improve
- Dribbling, especially the concept of dribbling for possession or shielding, use the 4 parts of the foot (inside, Outside, Laces, & Sole) Change of direction/speed to get away Protect ball: Move the ball, keep body between your ball and defender
- Tackling, the concept of battling to gain possession
- Vision, where can we dribble to keep the ball, where is an opening, open space?
- Use the time in between rounds to give your coaching points

### Bandit Ball - Arrival Game - Aces



# Tail Tag - Arrival Game - Aces



## PREPARATION

Every player needs a ball and pinnie  
15 x 20 area

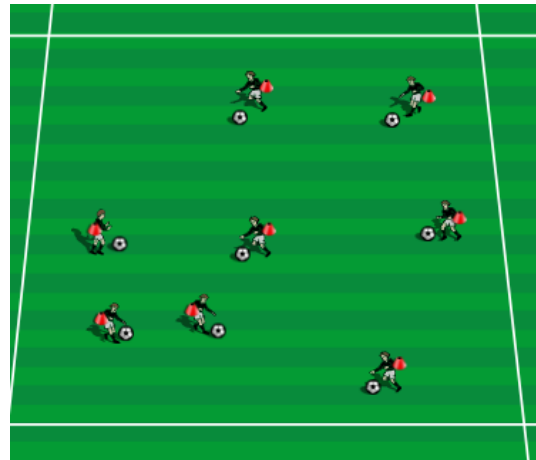
## PLAYERS

3 players  
("Tail Tag" - 20 x 15 yd grid, 1 ball per player.  
Each player tucks a scrimmage vest (pinnie) into the back of their shorts to make a "tail." No player limit, minimum of 3.)

3 reps

## INSTRUCTIONS

At the coach's command, all players move/dribble around the grid and try to grab as many "tails" as they can from other players. Players continue to play, even after they have lost their "tail." Play this game with or without a ball. There are two different ways to decide a winner: The last player who still has a tail remaining; or the player (or players) who collect the most total tails. When playing with a ball, players must maintain possession of ball while trying to pull tails. There is no tackling of the ball.



## COACHING POINTS

- Fun and Body Movement Education
- Ball control & Dribbling using different surfaces of the foot
- Change of direction/speed to get away

# Pac Man - Aces



## PREPARATION

Ball and pinnie per player, Adjust grid size for # of players  
15 x 20 area

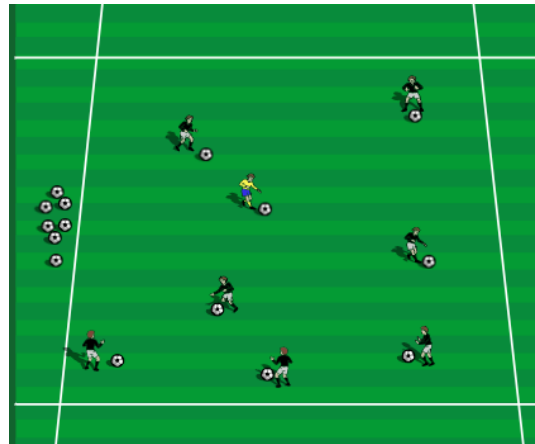
## PLAYERS

4 players  
("PAC-MAN" - 15 x 20 yd grid. A pile of balls or pinnies located just outside the grid.)

3 reps

## INSTRUCTIONS

One player wearing a pinnie (the Pac Man) starts out with the ball. Pac-Man's objective is to dribble and try to hit the other players **BELOW KNEE HEIGHT** with the ball. Once a player gets hit, she gets a ball and becomes another Pac Man. The winner is the last player remaining who has not been hit. She becomes the first Pac Man to start the next game. To encourage more dribbling and less random kicking the ball at others, enforce the rule that if a Pac Man kicks his ball out of the grid, he has to go get it and do 2 push ups, she cannot just go over to the pile and grab another ball. A variation is everyone plays with a ball, and tries to dribble and avoid the Pac-Man.



## COACHING POINTS

- Fun & Body Movement Education
- Ball control & Dribbling -Use the 4 surfaces to avoid as well as chase down players
- Introduction to passing: incorporate different surfaces for "tagging" opponents with pass
- Field Vision: head up and scan the field for danger and open space

# Ouch! - Aces



## PREPARATION

Balls, Cones  
15 x 20 area

## PLAYERS

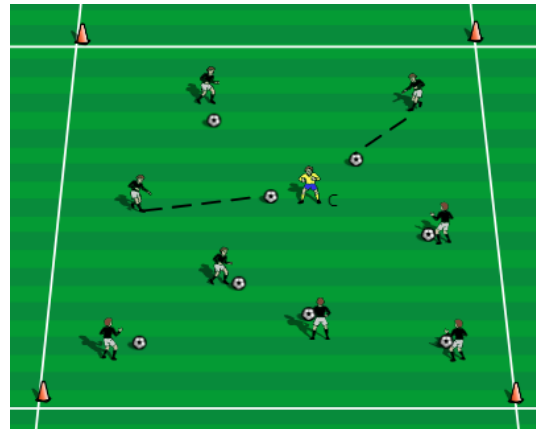
3 players  
("OUCH!!!!" - 15 x 15  
yard grid, 1 ball per  
player Coach is  
involved in this  
activity as well)

## INSTRUCTIONS

This is an extremely entertaining game (for the players at least!). Every player starts out with a ball, and their objective is to hit the coach with the ball below waist height. The coach moves around the grid and tries not to get hit. Play for a set period of time, or until one player hits the coach a set number of times.

## COACHING POINTS

- Fun & Body Movement Education
- Dribbling for control and changing directions
- Introduction to passing (inside and instep are best for introduction)



# Combat - Aces



## PREPARATION

Balls, Goals, Cones  
15 x 20 area

## PLAYERS

4 players  
("Combat" - Two Lines  
of players - Coach  
with a pile of Balls,  
goals at either end of  
15x20 yd grid.)

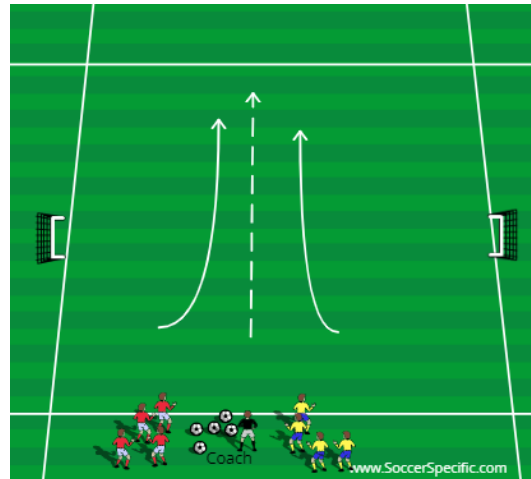
## INSTRUCTIONS

Coach plays a ball out and the first player in each line run out, battle for the ball, and dribble back across the endline. Players continue to battle for the ball until it crosses the line. Coach can play multiple balls out in different directions to get as many pairs battling at the same time as possible.

Coaches can manipulate the exercise by placing goals (or point lines) to the sides or by forcing players to start in odd positions. i.e. pushup, seated, backwards with eyes closed and so on. Be creative.

Coach can also give each player a number, and they can play when their number is called - can be built to 4v4.

Slanty Line Theory: Call out numbers to make 2v1, 3v1, 3v2 etc. to challenge stronger players to play against more opponents



## COACHING POINTS

- Reward the players for going out and competing for the ball, even if they didn't necessarily win it.
- The ball is the most important object in the game, if we do not have it, we want it.
- If we do not win the ball first, try and win it back - Do not allow players to give up on the play.

# Sharks and Orcas - Aces



## PREPARATION

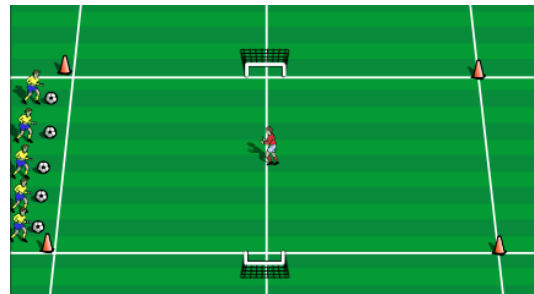
Balls, Cones, Small goals (or use cones)  
20 x 25 area

## PLAYERS

4 players  
("Sharks & Orcas"  
Divide the field into a 20x30yd grid. Place 1 defender (Shark) on the field without a ball, all the other players (Orcas) with a ball on the same end line, and a goal at each side of midfield.)

## INSTRUCTIONS

On "GO" (or Swim Orcas Swim), Orcas dribble across in control of the ball. The Shark(s) attempt to take the ball away, and score by shooting the ball into either goal. An Orca joins the Sharks feeding frenzy if the shark scores their ball. Orcas can steal their ball back and dribble across the far end line to be safe. If the ball goes out over the sideline, the Orcas can do 10 toe taps to get back in. Be creative with the exercise you give the Orcas to get back in after their ball crosses a sideline.



## COACHING POINTS

- Head up between touches, "take a touch, take a look."
- Attack the open space - whatever space is available - do it quickly
- Technique-toe down, laces/outside of foot, knee over ball each touch
- Can we tackle the ball back after a Shark takes it -Don't give up
- Can you use a move to get away from an Orca after stealing it, finding the open goal