

Coach Says – Says Coach

Emphasis: Fun game! All technical aspects of the game as well as listening.



Set-up:

Each player has a ball. Players are in a 20 x 20 yard grid.

Progression:

1. All players are facing the coach.
2. The coach calls out various technical moves for the players to work on.
3. Players may only do the move if they first hear the words "COACH SAYS".
4. If a player performs the move prior to hearing "COACH SAYS" he is removed from the exercise, moving to the outside of the grid where he performs a specified amount of juggles, moves or ball taps prior to rejoining the exercise.
5. Eventually you want this exercise to move quickly forcing players to listen.

Coaching Points:

- Improve communication between teammates
- Decision making
- All aspects of skill development