

He Says She Says

Emphasis: Ball control and motor skills



Set-up:
Use the penalty box or the center circle. Grid size depends on the number of players. Each player has a ball.

Objective:

The players must follow the instruction of the coach. For example, if the coach shouts “touch the ball quickly side to side”, then the players must do so. Complete 10 commands successfully and then stretch for a minute. Repeat using different commands.

Progression:

1. Tap the top of the ball with the bottoms of your feet, alternating feet each time.
2. Jump over the ball.
3. Hop around the ball.
4. Skip around the ball.
5. Toss the ball up, hit it with your head, and catch it.
6. Use the bottom of your foot and move it in a circle.
7. Kick the ball in the air, turn, and catch it.

Coaching Points:

- Get the touches right.
- Don't run into anyone.