

Description

This practice is for Mini Roos 6-8 years old.

Screen 1

Set up: 24 x 24 m square(example of size)

Rules: All players must stay inside the square unless advised by the coach.

Sequence: All the players set up as shown with a ball each inside the square.

Players run around freely inside the square with a ball at their feet taking small and big touches of the ball, the players can also do their own skills and tricks as they are running with the ball(The coach ensures social distancing requirements are adhered to)

The coach is standing on the outside of the grid and counts down 5-4-3-2-1 STOP

When the coach calls STOP the players stop the ball with the sole of their foot and sit on the ball(The coach can do the same for some FUN)

The coach will nominate and give a point to the player who has created the most space between the other players.

First player to 5 points is declared the winner.

Coaching points:

Show the players which part of the foot is best to keep the ball under control.

Encourage the players to keep their head up when running with the ball.

Encourage players to accelerate into space when they see it.

Progression/Variation:

The coach gives a point to a player who is trying their best to find space.

Players use 1 foot only left or right to run with the ball

Players can only have small touches when running with the ball

Players can only have big touches when running with the ball

First player to 10 points is the winner

