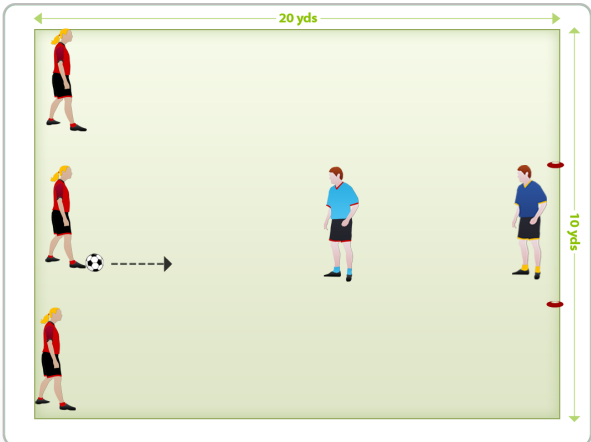


**NAME:** Mission Possible **TYPE:** Game **THEME:** Shooting



**SET UP**

Set out a 10x20 yard area. Group players in fives. Position three red players on the near end line with a ball. Position a blue player in the middle of the area. Position a goalkeeper inside a goal on the far end line.

**LEARNING OUTCOME**

Creating shooting opportunities.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - · - · - · Player/Ball Movement

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**HOW TO PLAY**

The three red players combine to advance the ball and create a scoring opportunity. Red players are limited to two-touches, preventing individual players from dribbling toward goal. The lone blue defender tries to tackle the player with the ball or intercept a pass to prevent the red team from scoring. The goalkeeper tries to save any shots on goal. The game continues until a goal is scored or the blue player kicks the ball out of bounds. Rotate positions and repeat.

**STORY**

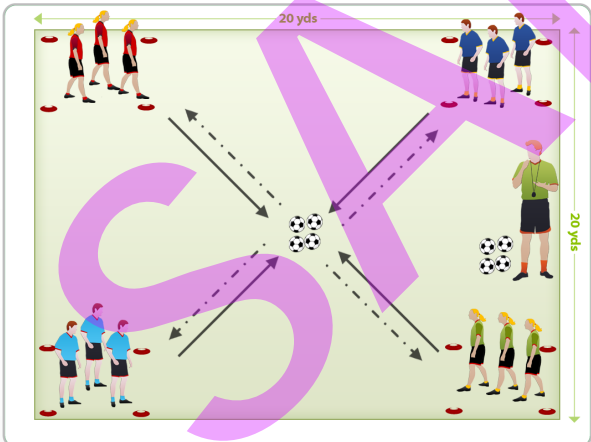
Your mission, if you choose to accept it, is to combine with your teammates to create a shooting opportunity and score a goal. Only a lone defender and goalkeeper stand in your way. And to make it just a little "impossible" each player is only allowed to touch the ball twice before they must pass to a teammate. So no dribbling!

**COACHING POINTS**

1. Approach the ball at an angle.
2. Place your non-kicking foot alongside the ball, with your toes pointing at the target.
3. Keep your ankle firm and your toes pointing down during impact. Do not kick the ball with your toes.
4. Follow through in the direction of the intended target.

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**NAME:** Skill Demonstration **THEME:** Ball Familiarity



**SET UP**

Set out a 20x20 yard area. Group players in four equal teams. Position each team in a different corner of the area. Number players sequentially (i.e. 1-3). Position the coach on a sideline with a supply of balls.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - · - · - · Player/Ball Movement

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**HOW TO PLAY**

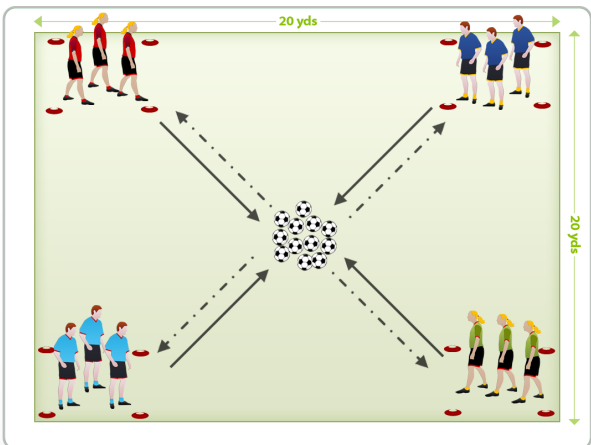
The coach calls out a number. As each team's numbered player runs toward the middle of the area, the coach rolls out four balls. Players control a ball with the inside of their foot and dribble the ball back to their team. Repeat with other numbers. To provide a progression, bounce balls into the area to encourage players to "trap" the ball with the sole of their foot before dribbling it back to their team.

**HOW TO SCORE**

Score 1 point each time a player successfully controls a rolled ball. Score 2 points each time a player successfully controls a bounced ball. Play for a specified time period or number of attempts.

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**NAME:** Skill Demonstration **THEME:** Running with the Ball



**SET UP**

Set out 3-yard corner squares inside a 20x20 yard area. Group players in four equal teams. Position each team in a different corner square. Station the same number of balls as players in the middle of the area.

**DIAGRAM KEY**

——— Player Movement    - - - - - Ball Movement    - · - - - - Player/Ball Movement

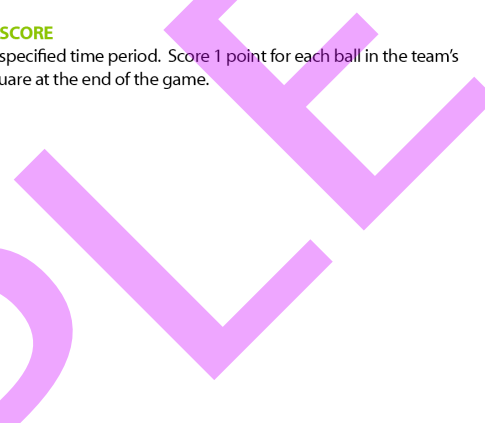
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**HOW TO PLAY**

When the coach says, "Ball Robbery," one player from each team runs into the middle of the area and dribbles a ball back to their team's corner. The dribbling player must stop the ball with the sole of their foot before the next player on the team can repeat the activity. When a team has the same number of balls as team players in their corner (i.e. three players, three balls), players from that team take turns stealing a ball from another team's corner and dribbling it back to theirs. When the coach says, "Security Camera Down," any player on any team can steal a ball from another team's corner. When the coach says, "Stop," the team with the most balls in their corner square wins.

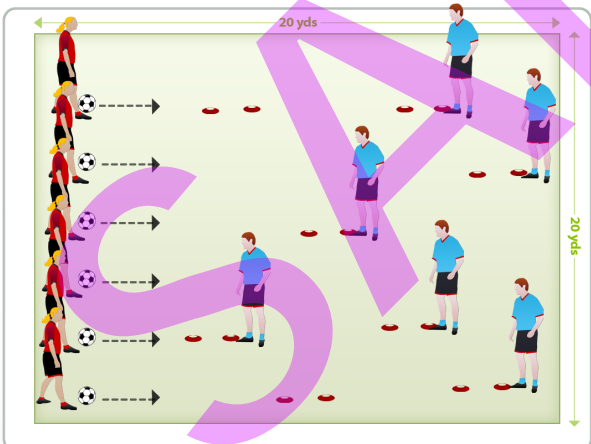
**HOW TO SCORE**

Play for a specified time period. Score 1 point for each ball in the team's corner square at the end of the game.



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**NAME:** Skill Demonstration **THEME:** Dribbling



**SET UP**

Set out several 3-yard gates inside a 20x20 yard area. Group players in two equal teams. Position red players on the near end line, each player with a ball. Position a blue player alongside each gate, with one foot touching a disc.

**DIAGRAM KEY**

——— Player Movement    - - - - - Ball Movement    - · - - - - Player/Ball Movement

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**HOW TO PLAY**

When the coach says, "Downhill," red players dribble across the area without going through a gate and try to stop the ball on the far end line using the sole of their foot. With one foot touching the disc at all times, blue players try to tag red players as they pass. When the coach says, "Slalom," red players try to dribble through the gates without being tagged by a blue player. Red players switch places with blue players when tagged. Repeat in both directions.

**HOW TO SCORE**

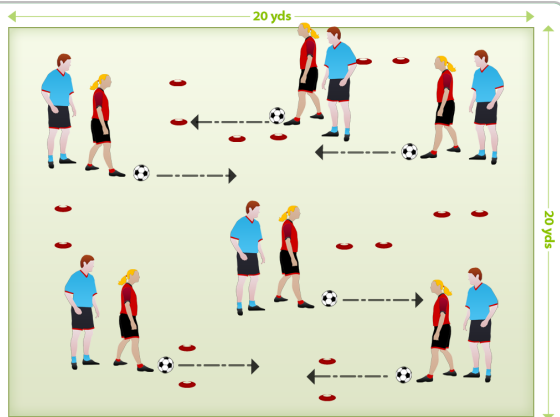
Play for a specified time period. Score 1 point each time a red player crosses the area without being tackled by a blue player. Score 2 points for each gate a red player dribbles through without being tagged by a blue player.

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U6

WEEK 12  
#54

**NAME:** Skill Demonstration **THEME:** Passing & Receiving



**SET UP**

Set out several 2-yard gates inside a 20x20 yard area. Group players in pairs. Position the red player in front of the blue player, each red player with a ball.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - - - - - Player/Ball Movement

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U6

WEEK 12  
#54

**HOW TO PLAY**

When the coach says, "Hot Potato," the red player dribbles the ball to the nearest gate, followed closely by the blue player. The red player goes through the gate, turns, and passes the ball to the blue player, who is positioned on the other side of the gate. After the third pass, the blue player dribbles off with the ball to another gate to repeat the exercise. Players move to a vacant gate if another pair is at a gate.

**HOW TO SCORE**

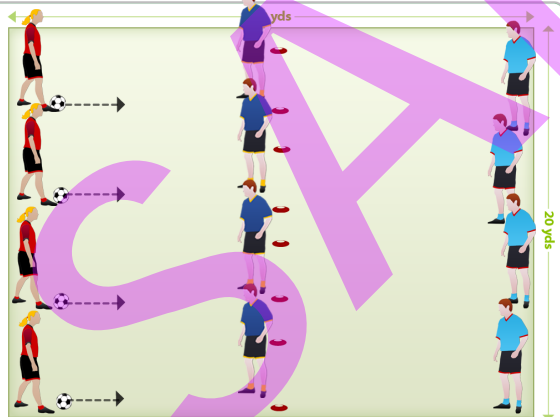
Score 1 point for every gate each pair makes three passes through in a specified time period.

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U6

WEEK 12  
#55

**NAME:** Skill Demonstration **THEME:** Shooting



**SET UP**

Set out a 10x20 yard area. Group players in threes. Position red players on the near end line, each player with a ball. Position blue players on the far end line. Position a goalkeeper inside a goal in the middle of the area.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - - - - - Player/Ball Movement

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U6

WEEK 12  
#55

**HOW TO PLAY**

When the coach says, "Go," red players shoot on goal and try to score past the goalkeeper. If the red player scores a goal, the blue player retrieves or controls the ball and brings it back to his starting position. If the goalkeeper saves the ball, he turns and rolls the ball to the blue player on the opposite side of the area. The blue player repeats the activity in the opposite direction. Rotate positions and repeat.

**HOW TO SCORE**

Score 1 point for every shot on target and 2 points for every goal scored in a specified time period.

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