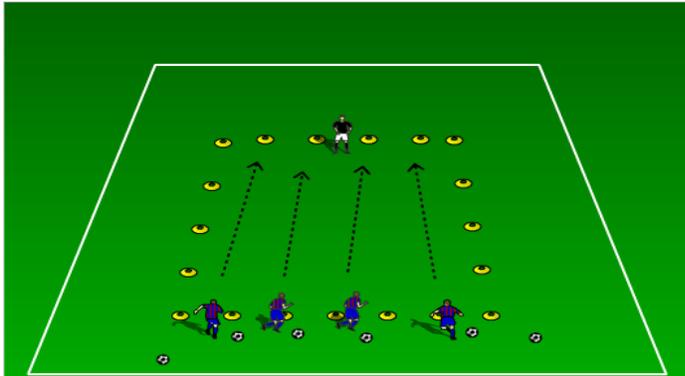


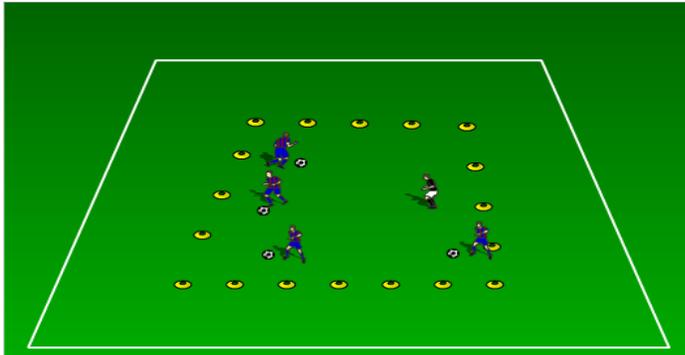
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RED LIGHT GREEN LIGHT - Players begin at line about 15-20 yds from coach. Green lights means go and red light means stop. If coach catches anyone moving when he/she calls red light that player has to start again. Add in other fun words such as OIL and players have to drop to ground.



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FROG ATTACK - In a similar area coach can either be a frog or select a frog. Frogs have to bounce around tackling players as they dribble from one end of the field to the other.



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BUNNY HOP TAG - Coach can be the tagger or select a player to be the tagger. Taggers (Bunny's) have to hop around tagging players. Once a player is tagged they become a bunny hopper.

RED LIGHT GREEN LIGHT - OBJECTIVE:
Dribbling and running in different directions.
Players must get their heads up and listen.

TIME – 5-10 minutes

Click here for video demo:

<https://www.youtube.com/watch?v=3X37QBIR-8>

LEARNING: Can you keep the ball close when dribbling.

FROG ATTACK - OBJECTIVE: Encourage players to start to make tactical decisions by dribbling away from pressure.

TIME – 5-10 minutes Click here for video demo:

<https://www.youtube.com/watch?v=MViYVss31io>

LEARNING: Players now have to be aware. Coaches should encourage players to look up so they go away from pressure (FROGS).

BUNNY HOP TAG - OBJECTIVE: Directional dribbling.

TIME – 5-10 minutes

Click here for video demo:

<https://www.youtube.com/watch?v=wONwB0byQ0s>

LEARNING: Get the heads up and dribble away from the bunny hoppers.

For the remainder of the session have the players scrimmage. Try to play 3v3 so have more than one field if you need to. Encourage players to get their heads up as they play and remind them that the ball does not get out of breath, hot, tired, or sweaty. Focus on getting them to get their heads up and dribble, pass, or shoot.