U.K.International Soccer Camps - Online Curriculum

Star Wars

Level: Warm Up with Ball

Objective: Dribbling and close control

Organisation

Set out a grid 20 x 20 yards.

Each player has a ball and finds a space within the grid.

The grid is a spaceship and each player must keep their ball inside the ship.

The coach can shout various commands to challenge the players in relation to the theme of star wars:

Cruise - Dribble the ball around the spaceship with both feet.

Hyper speed - Dribble the ball around the space ship as fast as possible whilst maintaining control of the ball.

Air brakes - Player must stop and put one foot on their ball.

Force field - Players bounce off an invisible force field and do a turn with the ball.

Jedi fighter pilots - Each player must find a partner and sit down behind each other.

Ewoks - Find a partner and jump on each others back.

Darth Vader, The coach becomes Darth Vader and moves around the spaceship attempting to kick the players soccer balls into space.

Whenever a player has to go outside the spaceship to retrieve the ball they must cover their ears with their hands to prevent an internal body explosion.

Coaching Points:

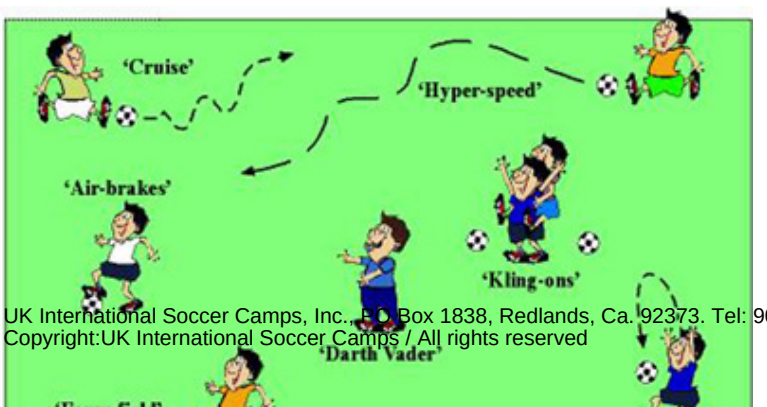
1: Let the game be the teacher

2: Encourage the players to keep the ball close to them and change directions quickly

3: Keep head up as often as possible

4: Encourage players to use both feet and different parts of their feet

5: Practice practice practice



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