



Wembley

Level: Warm Up with Ball

Objective: Dribbling at speed & running with the ball.

Organisation

Set out a 30 x 30 yard playing area.

Each player must have a ball and starts by standing on one side of the grid.

The grid is a stadium, e.g., Wembley, and has 4 sides that can be named: Scoreboard End, Royal Box, Players Tunnel and Fans Terrace.

The coach shouts a specific sideline name, i.e., Scoreboard End. On this command all the players must turn and dribble towards the sideline called and get there as quick as possible.

At each sideline the players perform a specific action.

Scoreboard End - Celebrate like there team have scored a goal. Royal Box - Curtsy to the Queen. Fans Terrace - Jump around like a celebrating soccer fan.

Players Tunnel - Hand across your chest for the National

You can also get the players to perform actions whilst they are dribbling around the within the square:

Queens coming - Boys bow, girls curtsy to the Queen

Goal - Players celebrate like they have scored a goal

Referee - Players pull out an imaginary yellow card

Ronaldo - Players fall over looking to get a free kick

National Anthem - Stand to attention with your hand across your chest

The aim of the game is for the players is to dribble from one sideline to the other as quickly as possible.

Encourage players to dribble faster by giving penalties to those players who are last. Make sure it is not the same player all the time.

The coach can also add additional fun items into the game when players are dribbling inside the square.

On command, you can instruct players to get a Free-Kick where the players fall to the ground and fake an injury.

If the coach shouts Referee, players have to stop their ball and stand still as if they were statues.

If the coach shouts Fan On The Field, players must dribble away from the coach who tries to kick their ball out of the square.

Progression:

You can progress this activity by having the players race to each side or by changing the side call during t



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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*

