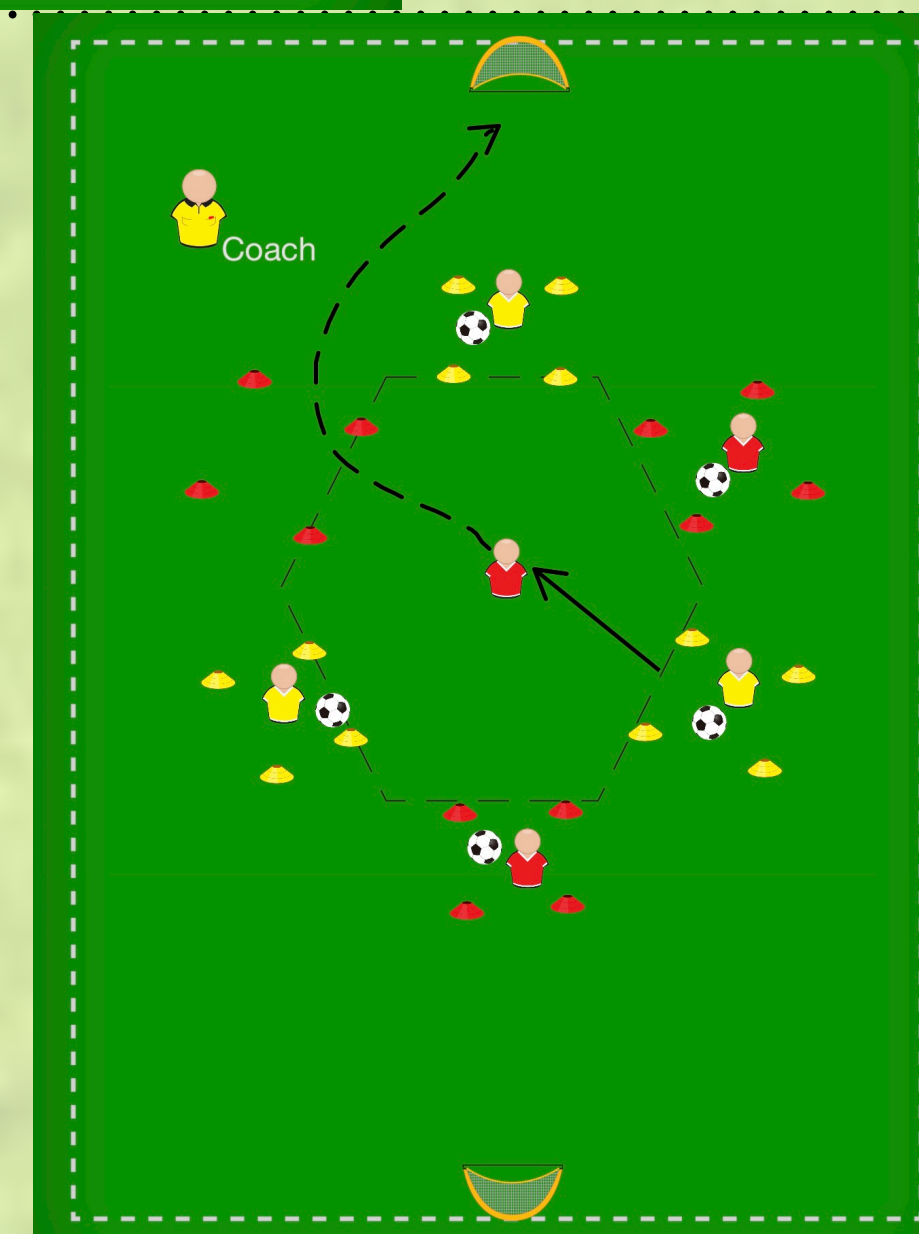|	DESCRIPTION	COACHING POINTS	DIAGRAM
GAME 1	Game 1 - Soccer Olympics - players in their squares which form a circle, we suggest using two different colored squares to go straight in to game 2 when ready - players from team 1 go first, they have a partner from the opposite team who'll count their score and then they'll switch. Whichever partner gets the higher score wins a point. If the individual competition isn't suitable for your players make it a team game and combine scores. Players have thirty seconds to do as many reps as possible, choose easier skills to begin then make it harder. We suggest; toe taps, tik -toks , knee taps on the ball, sole rolls, pull back turns, scissors, etc	**FIRST COACHING POINT - CONCENTRATION** Players should keep focused for their entire 60 seconds **SECOND COACHING - RHYTHM** Players may find this easier if they get in to a steady rhythm rather than going too fast	
GAME 2	Game 2 - Lets Score Some Goals - set up a small goal as shown. Players take a turn in the middle. They have 60 seconds to receive a ball, dribble and score. They return to the middle and do it again. Count how many they score to make it exciting. Again, play as teams, rather than individuals, if that's best for your players.	**FIRST COACHING POINT - ENERGY** Explain to players that it will be hard work but they only have one minute. They should be aggressive to go and get a ball and score **SECOND COACHING POINT - PRECISION** Players may try to shoot early or late. Encourage them to find the distance where they think they can score from	
SCRIMMAGE	Game 3 - Numbers Soccer - two teams (dictated by square color). Give each player on the team a number, do the same with team 2. Coach will shout a number and its a1v1 race for those players to dribble to their goal and score. As the game goes on, add in some challenges before they can score, like they must do 2 pull back turns then score	This should be a fun, high-energy way to finish the session with a little competition. Add-in coaching points as needed but allow the players to enjoy the game.	