

Ouch

U6

Phase: Warm-Up

Intensity: Low-Medium

Intervals: 1 minute

Recovery Time: 30 seconds - 1 minute

Coaching Points:

Dribbling with the head up. Striking the ball with the biggest part of the foot, which is the inside.



Instructions:

Players dribble their own soccer ball and try to hit the coach below the knee.

When coach gets hit, they yell "ouch."

Include parents or assistant coaches for other rounds.

