



GET OUTTA HERE

Emphasis:

This game focuses on situational play from 1v1 up to the number of players on each team. This focuses on the individual dynamics of the game such as dribbling, shooting, shielding, turning, beating an opponent and attacking.

Game Info:

This is for ages U6-U14. It is best run with at least 6 players but no more than 16 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, goals, alternate jerseys.

Setup:

Create a small 1v1 field approximately 15X20 with two small goals on each end line. Split the group into two even teams and have them line up on each side of the coach. One group should wear alternate jerseys.

Instructions:

The coach will play a ball into the area and call out a number. That number of players from each team must then sprint onto the field and play.

The game should continue until a goal is scored or the ball goes out of bounds. When the ball goes in the goal or out of bounds, the coach yells "get outta here" and plays a new ball in immediately.

Progression:

- Assign a number to each player and they go out when their number is called
- Have more than one 1v1 going at the same time.
- Call out two or more numbers to create a 2v2 or 3v3.
- Have players run around and through the goal to compete for the ball
- Coach can stop yelling "get outta here" and just play a new ball in to see if players are engaged
- Call two different numbers. This is how many players go out from each team.

Coaching Points:

- Encourage players to get to the ball first and take on their opponent.
- Encourage players to shoot when they have a chance to score.
- Instruct the players to shield/protect the ball when necessary.
- Alert the players to think and listen and always be engaged