



## **OUCH!**

### **Emphasis:**

This game should be used with younger players (U6 and U8) to introduce dribbling, looking up and properly passing the ball at a target.

### **Game Info:**

This is for ages U6, U8. It is best run with at least 2 players but no more than 20 players. The game should be run approximately 15 minutes on a small field.

The coach will also make sure they have the following equipment: cones.

### **Setup:**

Build a grid 20X30 (may adjust if too large or small). Every player must be in the grid with their own ball.

### **Instructions:**

The coach jogs around in the grid and players try to kick their balls and hit the coach. The players get a point each time they hit the coach.

The coach should yell **OUCH** each time they are hit to make the game FUN!'. Make sure the players are striking the ball with the proper part of the foot.

### **Progression:**

- If the players are struggling to hit the coach, the coach should stop for a couple seconds to give the players a chance.
- Use different parts of the foot: Inside, Instep
- Have the players hit each other with the ball
- Players use their weaker foot

### **Coaching Points:**

- Close control of the ball
- Keep your head up
- Move the ball with the inside and outside of the foot
- Body over the ball, knees bent and on the balls of the feet
- Anticipate the other player's movement.
- Movement away from the other players when in danger of getting hit.