



FRUIT MARKET

Category: Technical: Coerver/Individual Skills
Difficulty: Beginner

Am-Club: PEI Soccer Association
Graeme McDonald, Charlottetown, Canada

Screen 1 (20 mins)

Collect the Fruit

1. One player from each team dribbles into the middle to steal some fruit or specific colour shouted by coach (yellow, green, red) and then comes back to their base and tagging next team mate who goes in to steal same or different colour if shouted by coach.

MOST CONES IS WINNER!

PROGRESSION:

2 - Now have to dribble around 3 cones before they go into steal cone

3 - Now players can kick away opposing players ball when they get into square - if ball kicked away they have to go out and dribble in again before they steal cone.

