U6 u8 pick up

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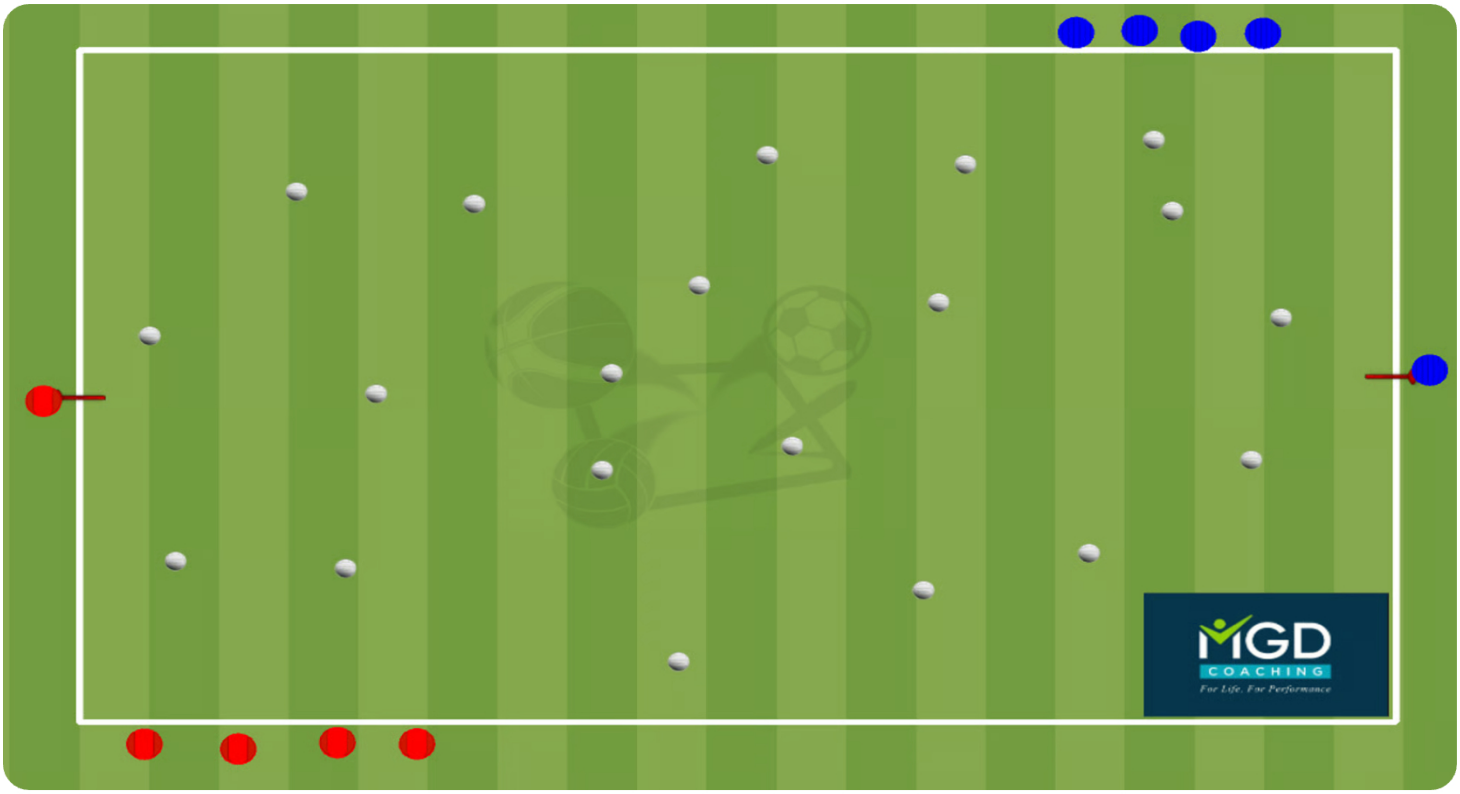
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PICK UP CHAMPIONS

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s

MGD Coaching



RULES

Two teams line up on the outside of the area with a number of balls inside.
Each team nominates a tagger with a noodle
On the whistle both teams try and pick up as many balls each before being tagged by the catcher. The team with the most pick ups, wins.
We can also add a skill element here. If you are tagged you must complete 5 pick ups outside the pitch before you can come back in. Play for a set time then

QUESTIONS

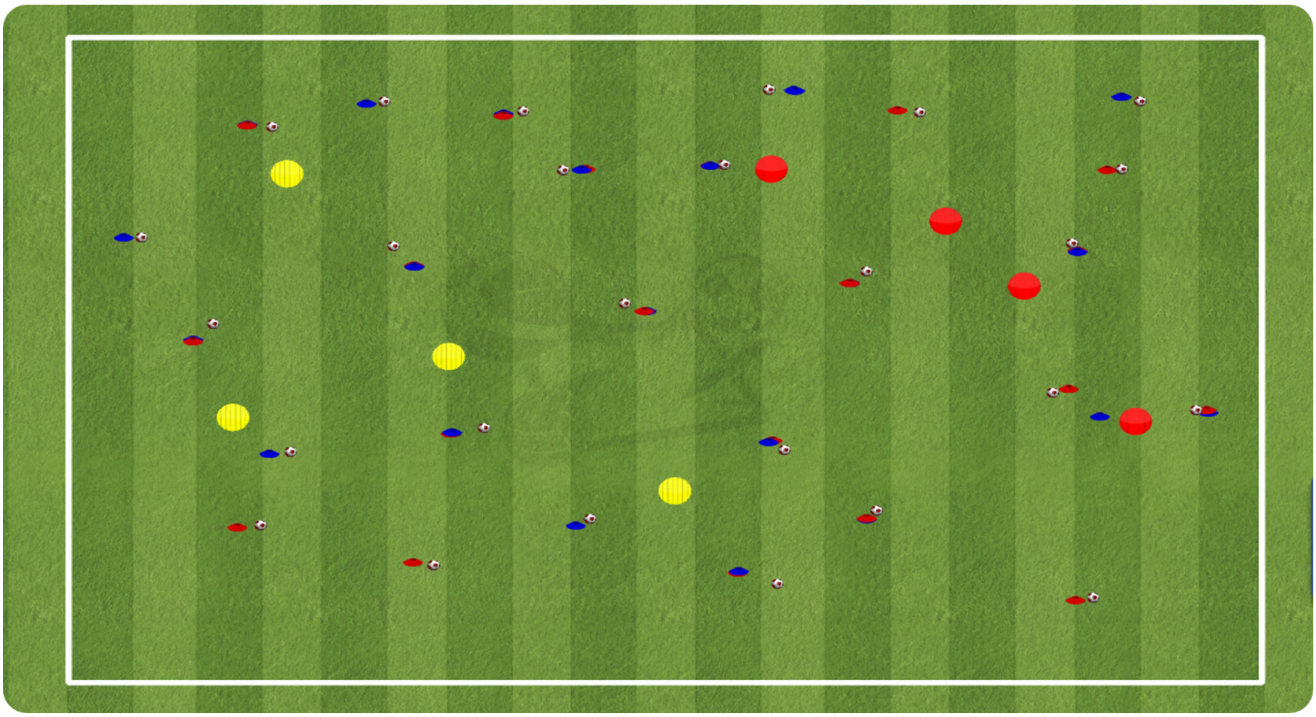
NOTES

PICK UP KINGS

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Crouch Lift



RULES

Place a number of two coloured cones around the pitch. Place one colour on top of the other in various places
Each team is assigned a colour. Coach blows whistle.
On coach's whistle, players go around attempting to pick up the ball.
If they are successful, they place their team's coloured cone on top. Team with most cones on top, wins.
To progress the difficulty, the coach can decrease time or call out different lifts as the game progresses.

QUESTIONS

Cues: • Make the letter W with your hands • Bend your knee • Welcome th ball into your chest with a hug

NOTES