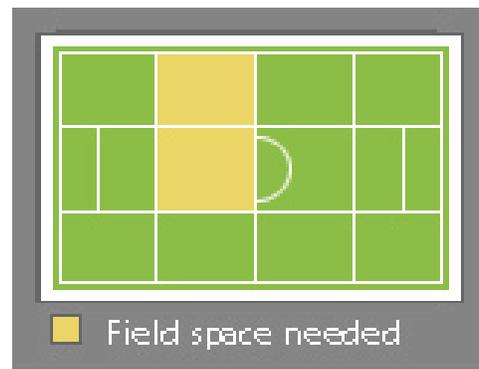


Pac - Man



Materials Needed



20 x 25 playing field

- Group of players
- Cones
- Large supply of balls

Pac - Man Passing

Set Up & Progressions:

Every child dribbles a soccer ball in a defined space while trying to tag other players with their soccer ball instead of their hand. Have them keep count of how many times they kick their soccer ball and tag another person. Have the tag count if their ball hits another player or that player's ball. Can have the players tag the coach for 10 or 20 points.

Players tag the coach by kicking their soccer ball at the coach, who is moving around the playing area. The coach moves around without a ball to avoid being tagged by ball. Challenge players to add up all their points and beat their score every time you play. Coach can split teams into two and have them play against each other.

Objectives:

To develop confidence in the players ability to manipulate the ball, keep it under control, work on their preparation touch and passing accuracy.

Coaching Points

- Head up while dribbling
- Bend knees and stay on balls of feet
- Lots of touches to ensure close control
- Keep ankle locked and toe down
- Non-kicking foot should be pointed toward the target; with both knees bent
- Strike through the center of the ball, following through; while leaning over the ball