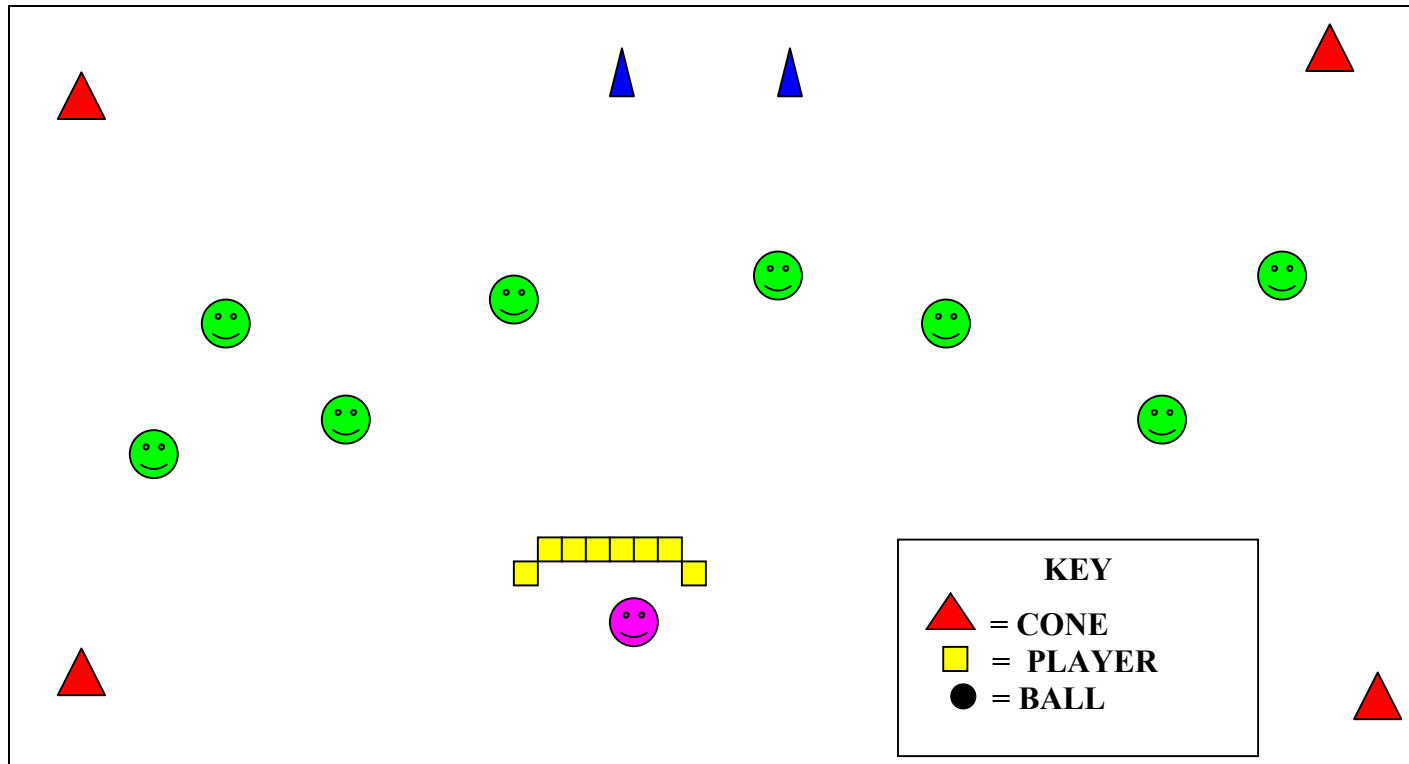


SESSION SEVEN

FIND THE EGG



SESSION SEVEN

Instructions

- 1. Gather all the players around you with their backs to the goal (Blue Cones)**
- 2. Place 8 Coach helpers in the coaching square spaced evenly.**
- 3. Each Coach should have a ball in their hands placed behind their back! (So the players cant see the ball)**
- 4. When the head coach gives the signal the players must turn and find an EGG (Ball) and kick it into the net**
- 5. The players will not be able to find a ball until the coach gives a second signal for the coach/helpers to drop the EGGS**

Drill Progression

- 1. The general progression from this is to gradually reduce the number of balls in play forcing the players to compete for the available balls. The ones without a ball are then excluded!! (THIS EXCLUSION IS POINTLESS FOR YOUNG CHILDREN. JUST KEEP THE DRILL FLOWING, THEY REALLY ENJOY IT)**

Coaching Points

- 1. Look up to find an egg!! (Head Up)**
- 2. Go Straight for goal!!**
- 3. Look at the ball as you strike it (Head Down)**
- 4. Give you best GOAL CHEER!!!!**

Equipment

- 1. A small Goal net or TWO Prominent CONES**
- 2. One COACH / HELPER for each player**
- 3. A ball for each player (initially with the coach)**