

Football3Color

www.football3color.com

Football basics for learning site colors

Email:football3color@gmail.com



*The method:
color shoe match The color accessory*

Training for ages 8-10

Game: touching with circle

Skill: Dribbling with the 6 parts of the feet speed

Number of participants: the entire group. (Each 8 players in a separate unit)

Equipment: 16 cones marking the circle, soccer shoes football3color for each player, 1 ball per player and color cones (all eight players one cone yellow, one green cone, one Black

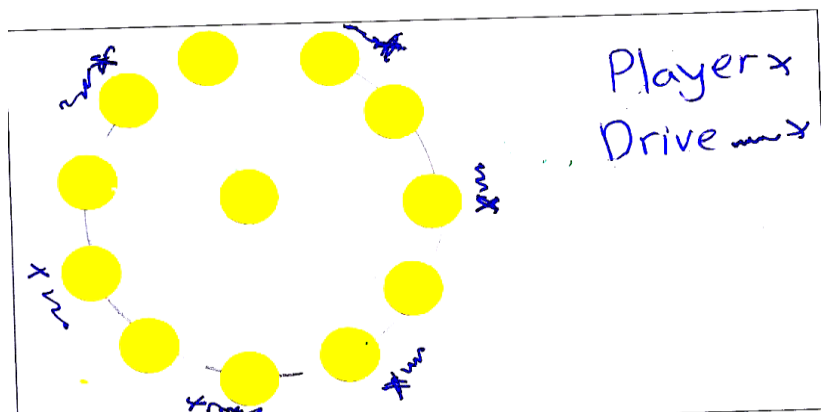
grid Size: 30x30 yards

Organization: a circle of 16 cones and 8 players. and in the center of the circle (1 cone yellow or green or black)

How the game is play? The players are standing between the cones of the circle. At the whistle of the coach all players dribble quickly with color shoe that matches the cone in the center of the circle (if it's yellow, with the yellow . (part of the shoe as well as green and black

Target: Each player tries to catch the player preceding. Player touched .immediately moved away and the game continues

The game is played between 2-3 minutes. Players staying in the circle won. one time dribble from right to left and one time left to right . (So that both legs will (work



Variations:

1. Fun and interesting game can play without the ball
2. Possible after about a minute and a half, the coach's whistle change direction and the player touching becomes the touché.

