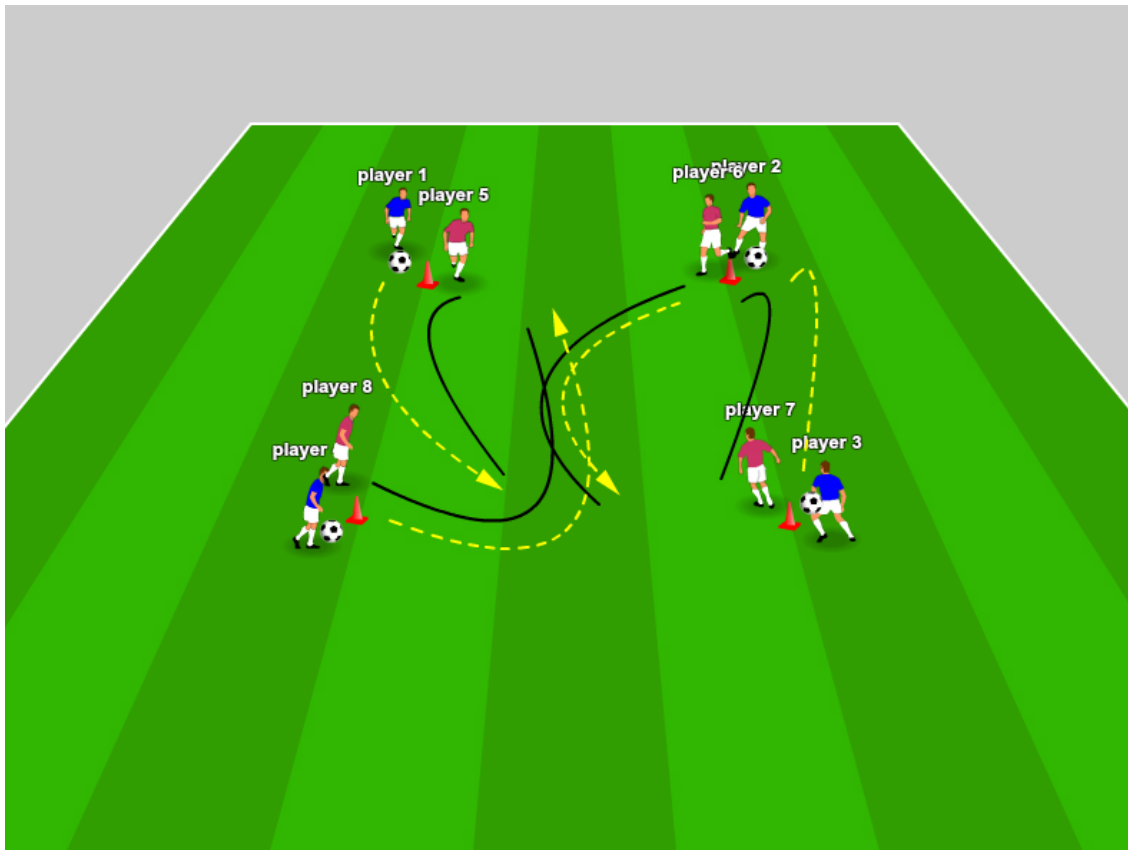




GHOSTBUSTERS



Date: 10/Jul/2015

Measurement: 20 x 30 Yards

Time: N/A:N/A

Players: 0

Duration: N/A

Level: U5 - U7

Objective: When the coach says GHOSTBUSTER, all players must freeze and the coach measures the distance between the players to see who the best trackers were. Multiple winners

Description: Players are partnered. Player PINK is the Ghost; Player BLUE is the Ghostbuster and has the soccer ball. PINK is trying to lose the Ghostbuster by moving away from BLUE. BLUE must move the ball at speed tracking down PINK.
Each exercise should last between 10 and 20 seconds and be completed within eight minutes.

Coaching Points: Change of speed and direction, accelerate (celery away), use both feet, use different surfaces, stop and go with the ball-
Use small positive comments and non-verbal gestures (smiles, thumbs up, & High Fives), seek demonstrators, and give suggestions for improvement

Progression: 1- chase without a ball 2- one person with ball one without ball 3- both players with ball 4- both with ball, left foot only and then right foot only 5- opposite feet ghostbuster left foot only/ ghost right foot only (and then switch)