



Get Outta' There

*by Tom Goodman, M.Ed.
MYSA Director of Training and Evaluation*

Place two small (2 yard) goals at each end of a field, 15 yards long x 10 yards wide. Separate the team into two groups, red and blue.

The coach is positioned at midfield, outside the field, equipped with all of the soccer balls. Position the red team in a single file line on one side of the coach and the blue team in a single file line on the other side of the coach.

When the coach kicks or throws a ball onto the field, the first person in each line enters the field and it is a 1v1, red vs. blue game. Each player is attempting to score on their opponent's goal. If the ball is scored into the goal or goes out of bounds, the coach yells, "Get Outta' There!" and the players just competing must return to the end of their lines. The coach then plays a new ball onto the field. The next red player and blue player in line run onto the field and begin their 1v1 game.

This action continues until all of the soccer balls have been used up. Then the coach asks the players to run and retrieve the soccer balls and dribble them back to him/her for another round of games.

After a while, the coach can stop yelling, "Get Outta' There" and see if the players can simply respond to the ball going out of bounds or going into the goal.

The coach can vary the areas he/she plays the ball into. The coach can vary the type of services as well...on the ground, low bouncing, high bouncing, etc.

The coach can change the game so that 2 players from each team enter the field when the ball is played, creating a 2v2 game.

