	Skill Level	Skill Focus	Age Groups
	Beginner	Shooting Passing	U5/U6 U8

Title: Clean Your Room **Duration:** 10-15-minutes

Setup: 15' x 15' bigger if needed

Description: Split the area into two equal halves with balls scatter around the area. Split the players up into two teams one on each side of the area. When the coach gives the signal, the players find a ball and attempt to send it to the other side. Players can not cross the line in the middle. Any ball that comes into their area they try to send back. Play several rounds each 2-3 minutes in length. The team with the cleanest room wins.

Coaching Points:

- Kick the ball from distance
- Keep your toe down and use the top part of your foot to strike the ball

Progressions:

- Set up defenders at the border in the middle