

# Practice Activities

**Theme: Dribbling All-Around**

**Date:**

**Venue:**

**Time:**

**Duration:**

## I Can Do Something, Can You?

This is a fun, creative and empowering activity.

The challenges from the coach can be with and without a ball.

Examples:

The coach says, "I can do something without the ball, can you?" and begins skipping, at which time the players skip in a random fashion within a defined area.

The coach then repeats the challenge and demonstrates another movement.

Hopping, running and clapping, walking backwards, whatever you can think of.

After the players get the hang of it, the coach then asks the players, "Who can show us something they can do without the ball? (Be ready for anything)"

After several opportunities for the players to express themselves, the coach now goes through the same challenging phase, but this time with a ball.

i.e. "I can do something with the ball, can you?"

And then again, involve the players with the chance to show what they can do with the ball.



## Human Obstacle Course

You should first do this without the ball and then later with the ball for the players to dribble.

Coach asks one player to make a shape that they can hold for a period of time.

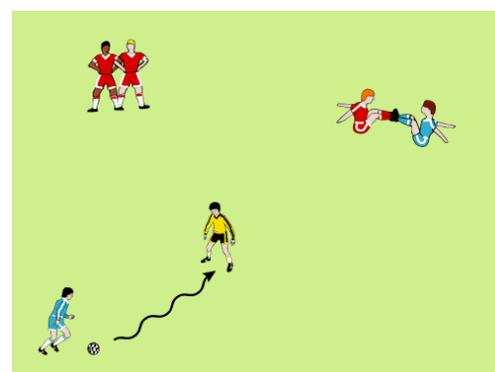
The next player then goes around, through, under or over the first player.

The third player goes through the first two.

This sequence continues until all the players are part of the obstacle course.

At this point allow the first players to go again so they can go through a complete course.

Once all players have gone through, add a ball and now each player must dribble through the course.



## Ball Retrieve

Each player has a ball.

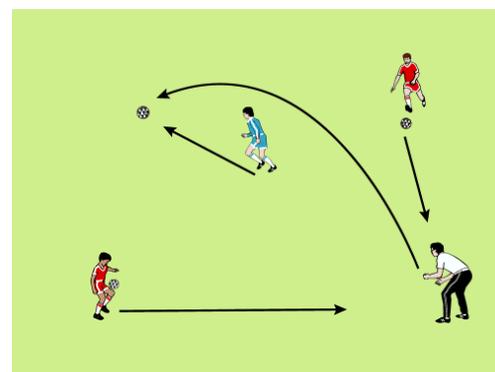
The player hands the coach their ball. (The coach can only handle one ball at a time).

The coach then tosses the ball away and the player must retrieve the ball as quickly as possible, bringing it back to the coach anyway they want. The players are encouraged to bring the ball back a different way each time.

After several opportunities to bring the ball back, the coach then calls out a number between 1 and 15 as the player gives the coach the ball. The player's challenge is to bring back the ball touching the ball that number of times.

VARIATION:

The coach can also move, so that the players must look up to see where the coach is now standing.



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## Find the Coach

This activity is similar to the Retrieve Activity, where the coach has each player hand him/her a ball, which the coach then throws in random directions for the players to retrieve and return to the coach in many different ways, i.e. rolling with hands, bouncing, throwing in the air and catching, etc. However, in each manner of returning the ball, the coach remains in the same spot where he/she threw the ball.

'FIND THE COACH' becomes a more complex activity for two reasons:

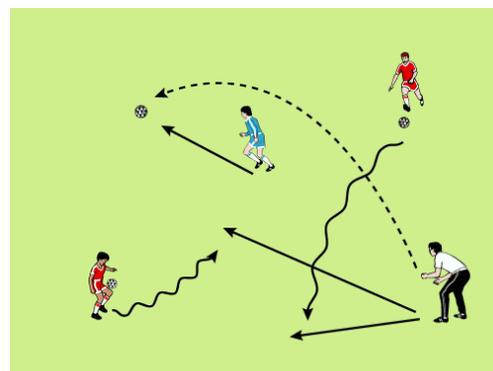
1. Each players must dribble the ball back to the coach with their feet.
2. The coach does not stand in one spot as he/she moves in all directions within the space provided for the activity.

By doing so, players not only dribble with speed to get back to the coach, but must dribble with their eyes up.

Did someone say, 'the first step to tactical instruction?' dribbling with one's head up leads to decision making.

### Key Points

- Dribbling for possession, dribbling with vision.
- Changing direction, running, balance
- Must keep eyes up, helps with decision making and increasing field of vision
- All players involved at their own level



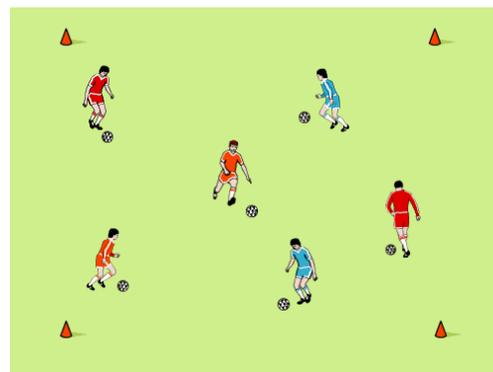
## Everybody's It

Within a confined area, players stand in random formation, each with a ball.

Each player dribbles within an area attempting to tag anyone while maintaining control of the ball. Each time a player tags someone, he/she receives a point.

### Key Points

- Dribbling, changing direction, changing speed. Using all foot surfaces, close control.
- Balance, expanding peripheral vision agility.
- Shielding, getting away from players, looking to attack players. Quick decision making.
- Positive interaction within entire group. Developing an attack and defensive posture.



## Gates

Place cones three yards apart as small goals or 'gates' randomly spaced in a 30 x 30 yard area. Each player has a ball.

On the signal, players must dribble their ball through as many gates as possible in 60 seconds. At the conclusion, ask the players "How many gates did you dribble through?" (Be ready for their answers.)

Then pose the next challenge: "Can you go again and improve on your last try?"

### Key Points

- Dribbling to many targets
- Changing direction, agility, running
- Deciding which gates to do in the shortest amount of time.
- All players are able to participate and improve at their level.



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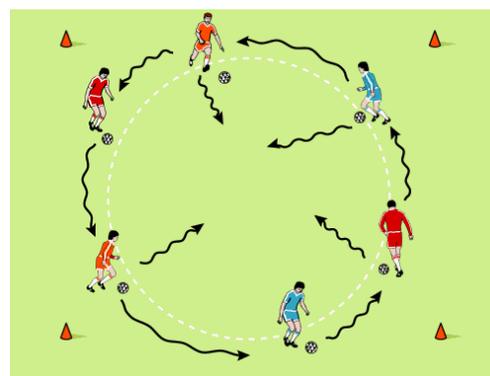
## Cross Over

Players work in a circle formation, each with a ball.

Players dribble around the circle. On the coach's signal, the players attempt to cross through the circle without touching each other. If group is large, have players count off by two. When the coach calls number one or two, players quickly turn and dribble across the circle without touching other players or their soccer balls.

### Key Points

- Dribbling changing direction, close control.
- Balance, agility, quick reaction time.
- Looking for space, reading the environment.
- Working within a group.



## Cooperative Kickball

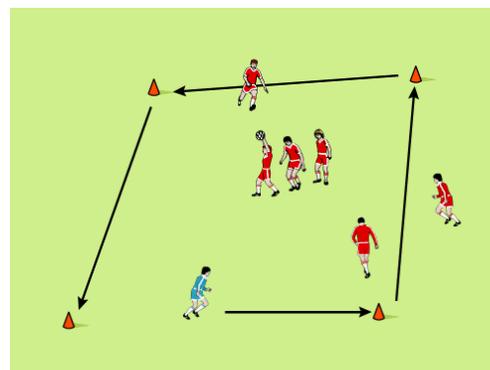
Divide players into two teams and arrange them on a kickball diamond with bases and outfield. Play this game like regular kickball except with the following two rule changes:

1. Play with no outs; everyone gets a turn at bat each inning. When everyone has kicked the inning is over.
2. All the teammates of the person who fields the ball quickly form a straight line behind him. Player in front passes the ball over his back to the next person, that person passes back between their legs. Follow an over-under sequence until the last person dribbles the ball to the front.

If the team can complete this task before the kicker gets across home plate, the kicker is out. If the kicker crosses first, score one run. Play as many innings as you desire. Depending on the skill level of your group, you may want them to use only soccer skills when receiving the ball or allow them to use their hands.

### Key Points

- For the kicker - kicking with various foot surfaces.
- For the fielding team - receiving.
- For the kicker - running speed around the bases.
- For the fielding team - flexibility.
- For the kicker - decisions on ball placement.
- Everyone receives a turn at bat each inning. Cooperative effort by fielding team to get runner out, everyone is involved. Promotes development of teamwork.



## Four Corners

This is a small-sided game played with 4-8 players per team. The field size is 30-50 yards long and 20-40 yards wide. Goals are placed at each of the four corners of the field. These goals can be made with flags or cones and could be 4-7 yards apart.

The game is first played with no goal keepers. Each team must defend and attack two goals.

### Key Points

- Dribbling, passing, receiving, shooting and heading.
- Cardiovascular endurance and quickness.
- Organizing and reorganizing an attack and defense. Collective play. Small group tactics of pressure, cover and balance.
- Teamwork and communication.



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## Edge of the World

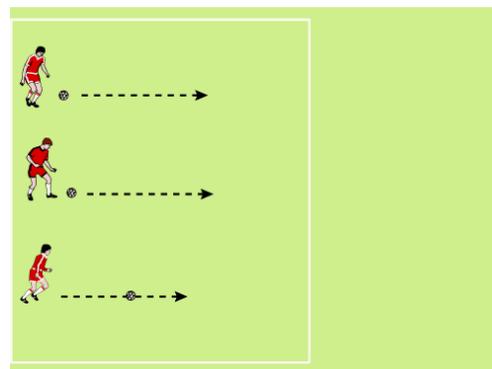
Each player has a ball, in a confined area. Players start at one end of the area and pass their ball to the other end line. They must run after their own ball and control it before it 'falls off the edge of the earth.'

Players can only strike the ball once when passing it. The challenge is to get as close to the line without going over.

Why not try it with a partner? The partners run to control each other's ball.

### Key Points

- Proper pacing of pass. Passing accuracy.
- Sprinting.
- Creates tendency for immediate movement after the ball following a pass.
- Self-pacing activity. Allows players to take safe risks.



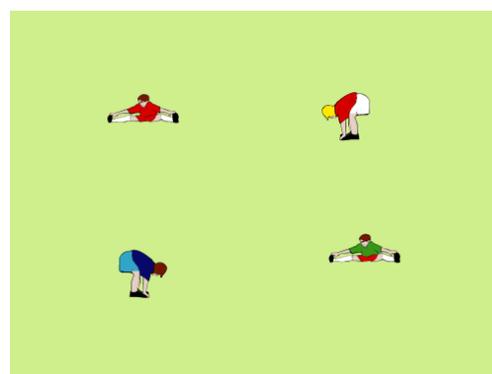
## Toes

Toes is a creative body awareness and challenging activity.

Players are sitting down holding their toes. Through all of the instructions, players must not let go of their toes.

Suggested challenges:

- Can you make one leg longer than the other, without letting go of your toes?
- Can you make the other leg longer, without letting go of your toes?
- How wide can you make your legs, without letting go of your toes?
- How small can you make yourself, without letting go of your toes?
- Can you make yourself as large as possible, without letting go of your toes?
- Can you make yourself as narrow as possible, without letting go of your toes?
- Can you get your feet higher than your head, without letting go of your toes?
- Can you place your feet behind your head, without letting go of your toes?
- The grand finale. Can you stand up and walk, without letting go of your toes?



# Practice Summary

Theme: **Dribbling All-Around**

Date:

Objectives:

Time:

Venue:

## Practice Roster

## Equipment List



## Drills Total Duration 60 Minutes

Drill	Duration (minutes)
 I Can Do Something, Can You?	5
 Human Obstacle Course	5
 Ball Retrieve	5
 Find the Coach	5
 Everybody's It	5
 Gates	5
 Cross Over	5
 Cooperative Kickball	5
 Four Corners	5
 Edge of the World	10
 Toes	5

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## Notes

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