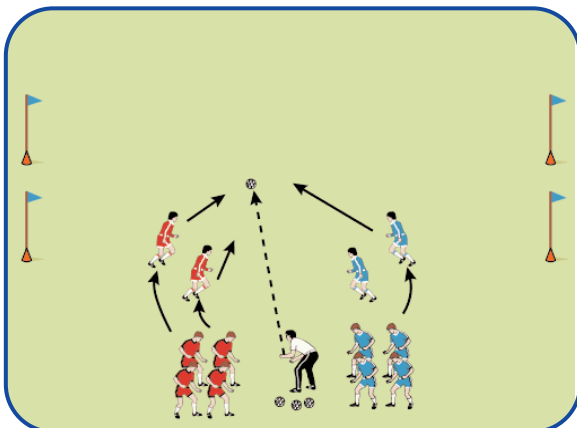


Get Outta Here



Activity Organization:

A modified playing area with two small goals and cones for the boundaries is all that is necessary to create the field of play. Next, all of the available balls are placed at the feet of the coach who is standing at the middle of the field on one of the touch lines. (This is absolutely necessary to keep the activity moving.)

Divide the players into two groups. The groups then line up in pairs on either side of the coach at the middle of the field. The play is begun by the coach playing a ball onto the field. At this point there is no 'ready, set, go' or 'play' or any other spoken cues given by the coach. The idea is to see which of the players is perceptive enough to know that the game is on when there is a ball on the field.

Now the real FUN part for the coach. When a ball goes out of bounds, the coach shouts "Get Outta Here," at which point, a pair of players from both teams race onto the field and enter the play. The coach plays one of the ball at his feet into the game enabling him/her to

pass a ball to a player who hasn't had a lot touches, or into an open space that might improve upon bunching.

In the event a goal is scored, "Get Outta Here" only applies to the team who were scored on while the team that scored the goal stay on the field ready for more action.

When the coach is completely out of balls, the game is halted and ALL of the players run with haste to get all the balls back to the coach so that the game can be resumed.

Trust me, it works and they LOVE IT!!

Implications for the Game

Technical

- Dribbling
- Short passing
- Receiving

Physical

- Quickness
- Sprinting
- Anaerobic endurance

Tactical

- Working in pairs
- Two player combinations

Social/Psychological

- Concentration
- Team work

Related Activities

- Open and Close Gates
- Four Corners
- Many Goals