

I Can Do Something, Can You?



Implications for the Game

Technical

- Does not apply unless specific soccer skills are used

Physical

- Body awareness
- Body control

Tactical

- Looking for and repeating actions

Social/Psychological

- Creativity of body movements

Activity Organization:

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.

Related Activities

- Ballnastics - Individual
- Ballnastics - Competitive
- Human Obstacle Course