

Practice Activities

Theme: Meeting my Team Members and Coaches

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.

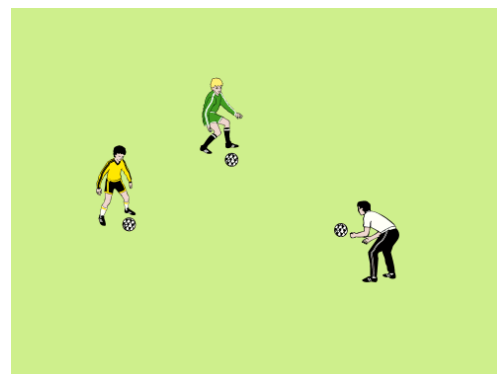
Hopping, running and clapping, walking backwards, whatever you can think of.

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.



Body Part Dribble

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

On the command, players dribble to keep control while avoiding touching others. While they dribble, coach calls out a body part and player immediately stops the ball with that body part. Call 'right elbow', 'chin', 'left knee' etc.

Vary by playing "Simon Says"

Key Points

- Dribbling in a confined area, close control, changing direction, changing speed.
- Reaction time, reinforce knowledge of body parts.
- Reading the environment, looking and moving into open spaces
- Working within a group, positive interaction. Listening skills, tuning into exactly what the coach/leader is saying.



Ball Retrieve

Each player has a ball.

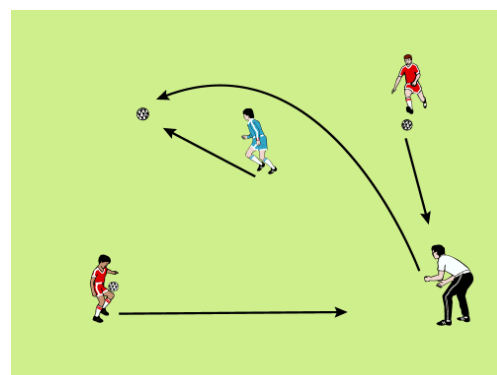
The player hands the coach their ball. (The coach can only handle one ball at a time).

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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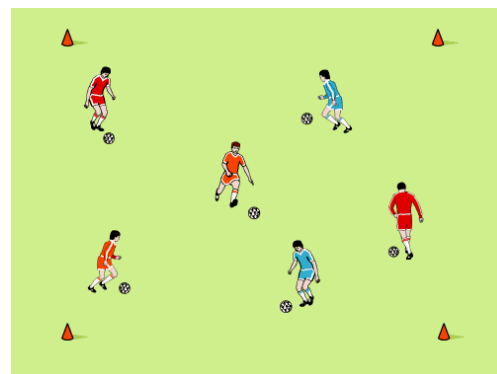
Everybody's It

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

Each player dribbles within 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.



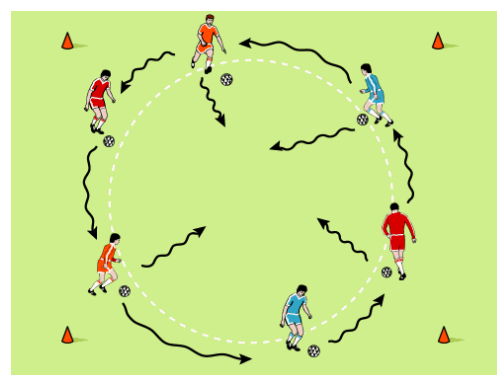
Cross Over

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.



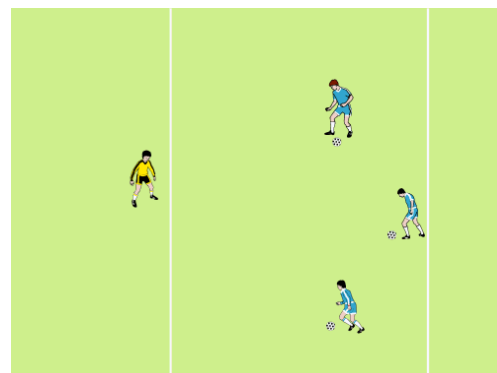
Red Light, Green Light

Two lines 20-30 yards apart. All players have a ball, except the player who is "IT". Players with a ball start at one line. The player that is "IT" is at the other.

"IT" is facing away from his or her teammates and calls "Green light". Players begin dribbling their ball towards "IT" and the other line. When "IT" calls "Red Light", players must freeze by placing their foot on top of the ball, before "IT" turns around and catches them still dribbling. Anyone caught must go back to the starting line. The first player to cross the end line, becomes the new "IT" or is permitted to pick someone else who may not have been "IT".

Key Points

- Dribbling under close control.
- Promotes quick reaction time and balance.
- Anticipation of stop signal.
- Everyone can play and allows for the observation of different personality types. Observe to see which players are risk takers and move quickly or which players are more cautious and may move slower, but under more control.



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Math Dribble

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

On the command, players dribble to keep control while avoiding touching others. While they dribble, coach calls out a math problem. The players immediately solve the problem by forming the appropriately sized group.

This activity organizes groups without asking players to choose a partner or counting off.

e.g.: If your next activity requires partners, call out 1+1.

Key Points

- Dribbling in confined area, changing directions, changing speed
- Reaction time, coordination, balance
- Looking for players, moving quickly, and quick reaction time
- Problem solving, forming groups with many different players not just a best friend. Listening skills, paying attention to the stated problems.



Balls Galore (4v4 No Goalkeepers)

Play on a half or full field with goals. Divide the players into two teams of 6-11 per team, including goal keepers, with 3-6 balls.

Play a normal small-sided game, with the exception of playing with more than one ball. If the players always chase after one ball in a bee-hive fashion, give them more honey!

Key Points

- A high degree of dribbling, passing, receiving, heading and shooting during a game.
- All the physical demands of a game. Short and long distance running. Changing direction, fighting for the ball, etc.
- A great opportunity for the execution of individual and group tactics. The game breaks down into many 1v1 duels, 2v1, 2v2, 3v1 3v2, 3v3, and so on under real pressure of a match. Some players will stay in the back and defend calling for help; some players will track others the length of the field; some will take leadership roles.
- A very high opportunity for success in scoring goals and becoming very involved in the game. Players call for help from teammates. Opportunity for creativity through a highly motivating game. Problem solving and risk taking skills.



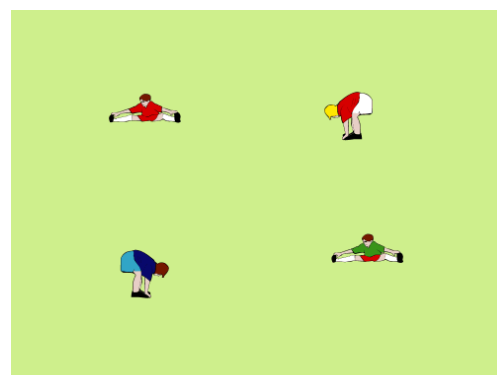
Toes

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: Meeting my Team Members and Coaches

Date:

Objectives:

Time:










Venue:

Practice Roster

Equipment List

Drills

Total Duration 55 Minutes

Drill	Duration (minutes)
 I Can Do Something, Can You?	5
 Body Part Dribble	5
 Ball Retrieve (individual)	5
 Everybody's It	5
 Cross Over	5
 Red Light, Green Light	5
 Math Dribble	5
 Balls Galore (4v4, NO Goalkeepers)	15
 Toes	5
	

Notes
