

Practice Activities

Theme: Me and My Ball

Date:

Venue:

Time:

Duration:

Individual Ballnastics

1. Stationary ball

Touch the ball with the sole of the foot alternating feet as fast as you can. Younger players (5,6,7 year olds) will have difficulty with the coordination of the right and left feet. They will need more time. Older players (8 and older) will have a body rhythm and will be able to be challenged to develop faster foot movement.

a) How many touches in 20 seconds? In 30 seconds? Then ask, can you improve on your last try?

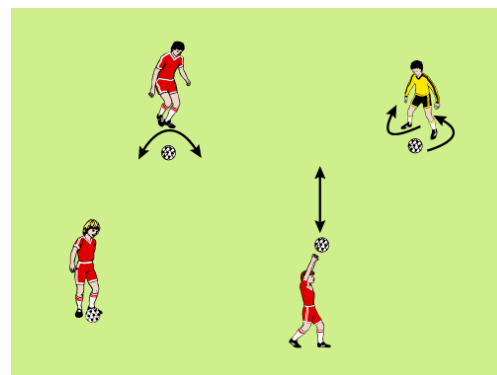
b) Using only the sole of the foot, can you move the ball forward, backward, side-ways? The task can either be for time or a fixed distance.

2. Rolling and Stretching.

a) Standing with your legs apart, can you roll the ball with your hands through your legs in a figure eight fashion?

b) Place one leg forward, the other behind you. Can you roll the ball with your hands around your front foot? Switch feet.

c) Sitting down, legs together and straight. Can you, without letting go and with both hands on the ball, roll the ball to your toes? Can you go past your toes? Don't drop the ball. d) Sitting with legs straight, but apart in a "V" shape. Can you roll the ball along the outside of your leg, around your foot, over to the other foot, and behind the back? Can you do this five times? Reverse direction.



Ball Retrieve

Each player has a ball.

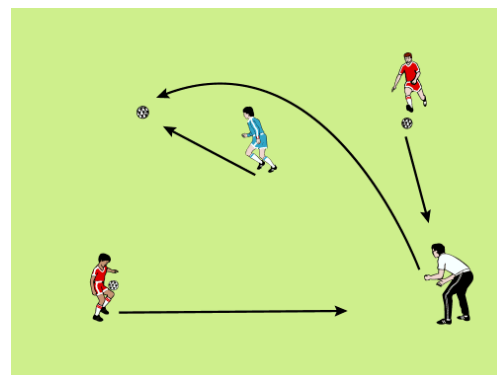
The player hands the coach their ball. (The coach can only handle one ball at a time).

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.



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.



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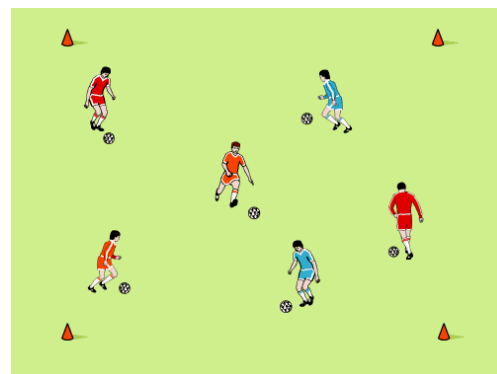
Everybody's It

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.



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.



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.



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The Blob

This is a variation of an age old tag game.

Players are randomly spaced on a half field, or an area of 30 x 40 yards.

The player that is 'it', runs and tries to tag the other players. As a player is tagged, they join hands and begin to form 'the blob'. Joined players try to tag others.

When the blob reaches six players, it can break up and mutate into 2 blobs of 3. Continue until all players are caught.

Key Points

- Running, changing direction
- Decision making
- Group Success, giving players a sense of belonging



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.



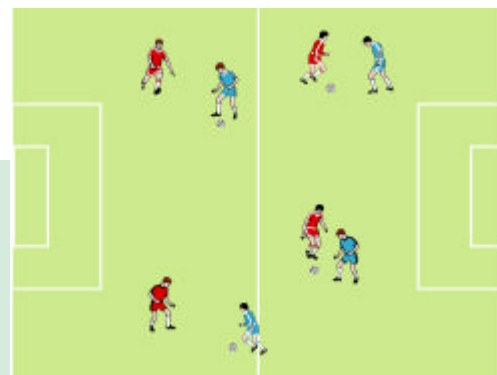
Balls Galore - 4v4, no goalkeepers

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 beehive 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.
- 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.



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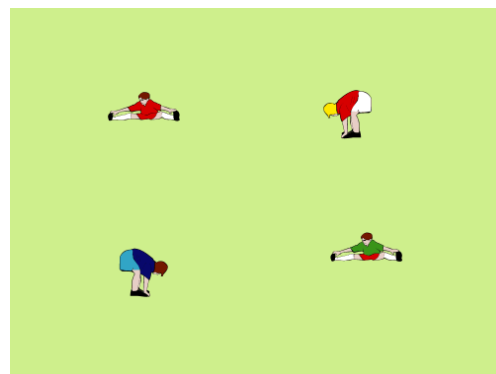
Toes

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:

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



Practice Summary

Theme: Me and My Ball

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Objectives:











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Practice Roster

Equipment List

Drills Total Duration 60 Minutes

Drill	Duration (minutes)
 Individual Ballnastics	5
 Ball Retrieve	5
 Body Part Dribble	5
 Everybody's It	5
 Math Dribble	5
 Human Obstacle Course	5
 The Blob	5
 Gates	5
 Balls Galore	15
 Toes	5

Notes
