

**Theme: Passing to Targets**

**Date:**

**Venue:**

**Time:**

**Duration:**

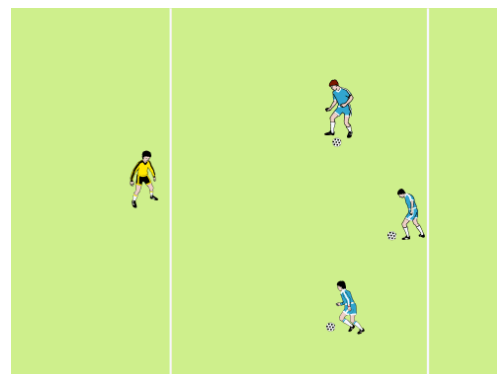
## Red Light, Green Light

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.



## 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:

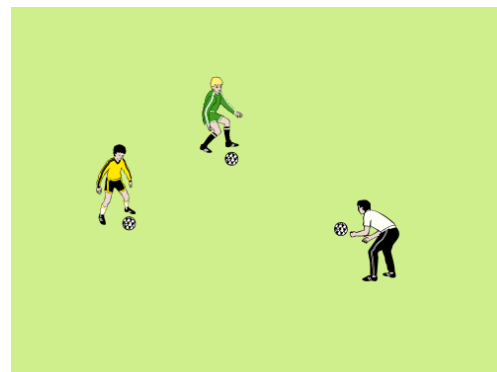
The coach says, "I can do something without the ball, can you?" and begins skipping, at which time the players skip in a random fashion within a defined area.

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.



## Ballnastics - Individual

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, sideways? The task can either be for time or a fixed distance.

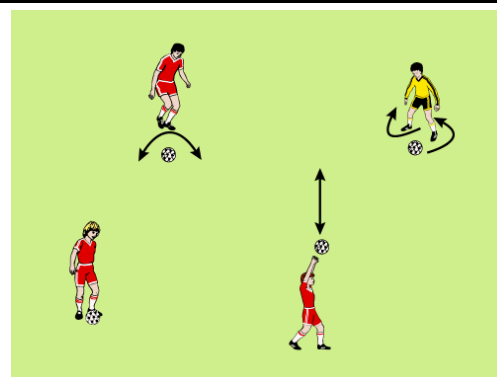
2. Rolling and Stretching.

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.



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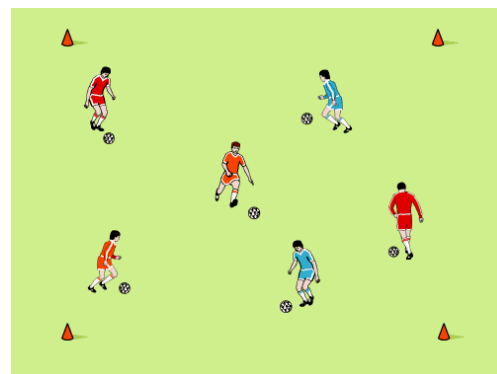
## Everybody's It

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.



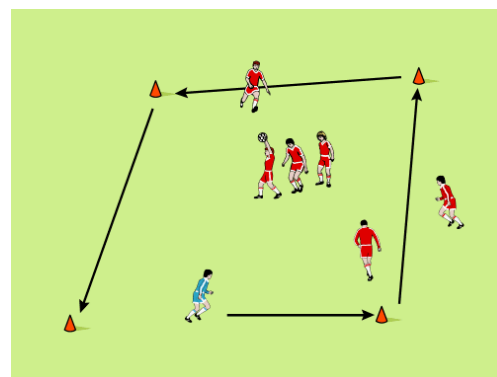
## Cooperative Kickball

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.

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## Get Outta Here

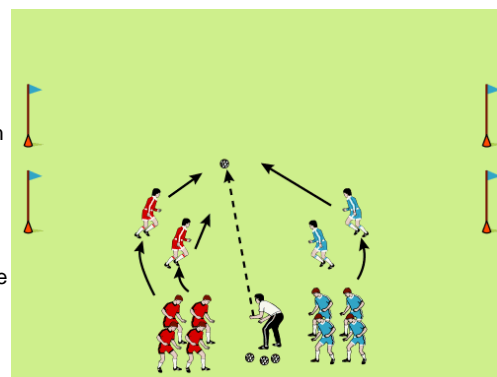
A modified playing area with two small goals and cones for the boundaries is all that is necessary to create the field of play. Next, all of the available balls are placed at the feet of the coach who is standing at the middle of the field on one of the touch lines. (This is absolutely necessary to keep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



### Key Points

- Dribbling, short passing, receiving
- Quickness, sprinting, anaerobic endurance
- Working in pairs, two player combinations
- Concentration, team work.

## 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.



## Touch the Cones

Work with two teams of 6-9 players, 1 ball (Ok to use more) and 10-20 cones.

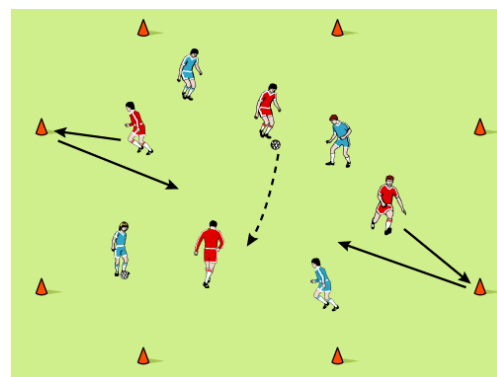
Play on half or full field, depending on the size of your teams and age of your players. Place the cones evenly on the side and end lines around the field.

Play a normal small-sided game to goals. Each time a player passes a ball, they must run and touch a cone and then they can run back to the ball. It can be the closest one or the furthest one.

This is a great game for reducing the 'bee-hive' effect

### Key Points

- Dribbling, passing, receiving, heading and shooting under game speed and pressure.
- All the physical demands of a game. Short and long distance running. Changing direction, fighting for balls, etc.
- Running in and out of support of the ball.
- Provides opportunities for equal participation, particularly if you have a few players who have a tendency to dominate the play.



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## Small-sided 4v4, no goalkeepers

The final activity of every practice session should be a small-sided match randomly selected by the coach (do not pick captains to choose teams). The coach should simply divide by shirt colours, count off, or just split the group in two.

This small-sided match should ideally be a four vs four scrimmage without goalkeepers. The feedback from the coach should continue to be positive, but reduced to let children play. This is their time and their game. The coach should concentrate on observing player behaviours and to make sure that the players are safe.

The area should be adjusted to meet the needs of the players, but generally an area 25-30 yards wide and 35-40 yards in length should work.



## Edge of the World

Each player has a ball, in a confined area.

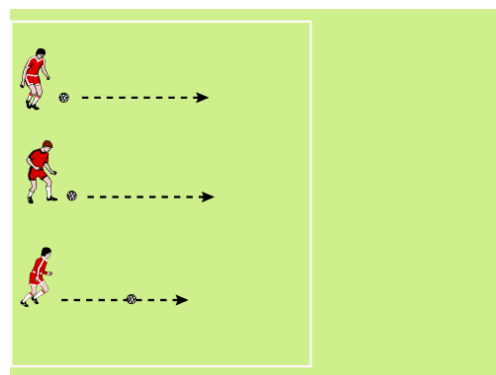
Players start at one end of the area and pass their ball to the other end line. They must run after their own ball and control it before it 'falls off the edge of the earth.'

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.



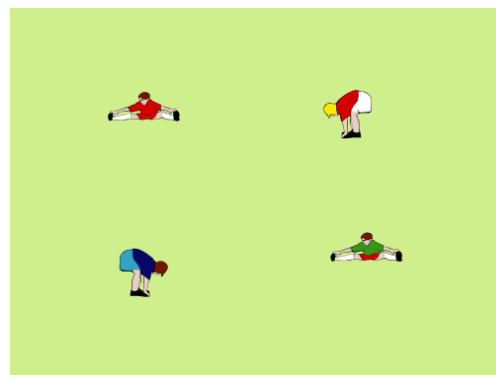
## Toes

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: Passing to Targets

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Objectives:












Time:

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## Practice Roster


## Equipment List


## Drills Total Duration 60 Minutes

Drill	Duration (minutes)
 Red Light, Green Light	5
 I Can Do Something with the Ball, Can You?	5
 Ballnastics - Individual	5
 Everybody's It	5
 Cooperative Kickball	5
 Get Outta Here	5
 Four Corners	5
 Touch the Cones	5
 Small-sided 4v4, no goalkeepers	10
 Edge of the World	5
 Toes	5

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## Notes

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