

Practice Activities

Theme: Intro to Pairs: Working Together

Date:

Venue:

Time:

Duration:

Ball Retrieve - In Pairs

Each pair has a ball

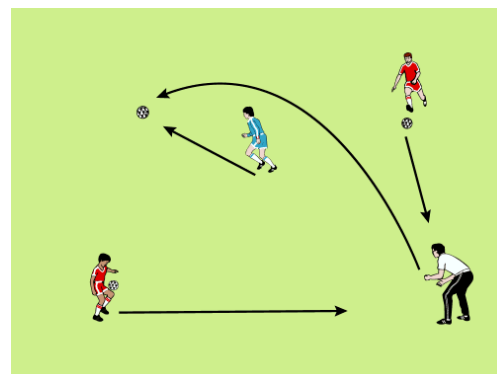
The player hands the coach their ball. (The coach can only handle one ball at a time).

The coach then tosses the ball away and the pair 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.



Snake in the Grass

Work in a confined area approximately 15 x 15 yards, with the team.

One player is to be the snake. The snake lies on the ground (belly down) and all the other players must place their hand somewhere on the snake.

When the coach yells 'snake in the grass', the players release and the snake tries to tag them.

The snake must crawl and move like a snake.

Once the snake tags someone, they also become a snake.

The game continues until all players are snakes. players run and jump to avoid getting tagged, but are not allowed to step on a snake!

Key Points

- Running, jumping, agility, balance.
- Looking for open spaces.
- Very high positive group interaction. A great warm up, or early season ice breaker.



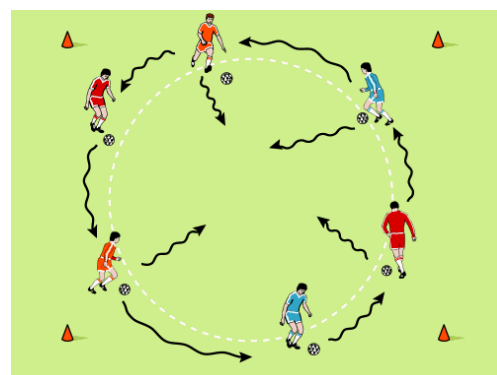
Cross Over

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.



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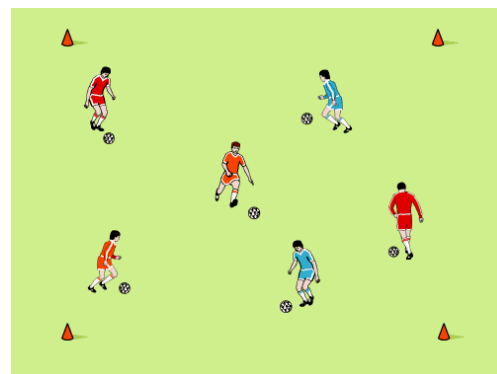
Everybody's It

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.



Hospital Tag

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

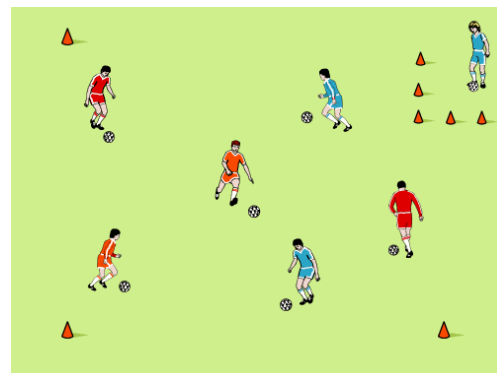
Each player dribbles within area attempting to tag anyone while maintaining control of the ball.

Each time a player tags someone, he/she receives a point.

Each time a player is tagged, the spot touched is now injured. The player must hold that spot and continue dribbling. The second time they are touched, they hold that spot, but do not release the first spot. The third time they are touched, the player goes to a designated place (hospital) and now must do some minimum activity to get healed and rejoin the game. (e.g. 5-10 alternating ball touches with feet.)

Key Points

- Dribbling, changing direction and speed.
- Constantly readjusting body's balance around a new centre of gravity, agility, strength.
- Expands peripheral vision, creates attitude for attacking people with the ball.
- An equalizing activity, problem solving skills. Positive interaction within the entire group. Developing an attack and defensive posture.



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



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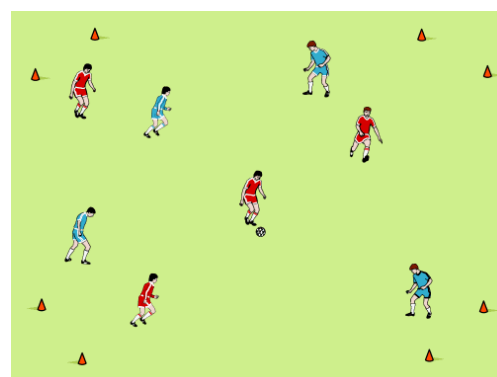
Four Corners

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.



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.



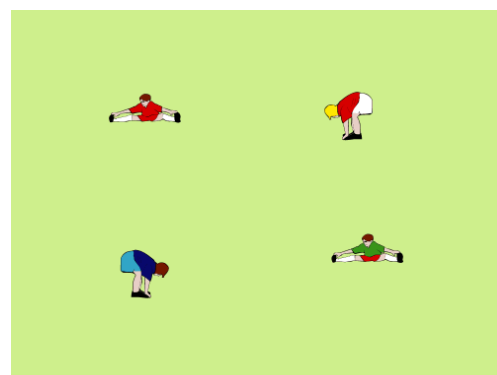
Toes

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: Intro to Pairs: Working Together

Date:

Objectives:

Time:

Venue:

Practice Roster










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Equipment List

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Drills

Total Duration 60 Minutes

| Drill | Duration (minutes) |
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|  Ball Retrieve - in pairs | 5 |
|  Snake in the Grass | 5 |
|  Cross Over | 5 |
|  Everybody's It | 5 |
|  Hospital tag | 5 |
|  The Blob | 5 |
|  Four Corners | 5 |
|  Small-sided 4v4 no goalkeepers | 20 |
|  Toes | 5 |
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Key

Notes

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