

Theme: Hitting Targets - Working in Pairs

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"

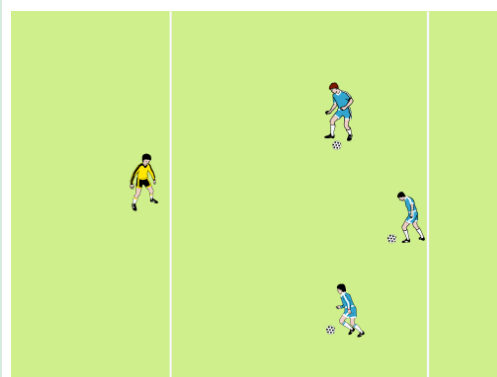
Players with a ball start at one line. the player that is "IT" is at the other.

"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.



Edge of the World

Each player has a ball, in a confined area.

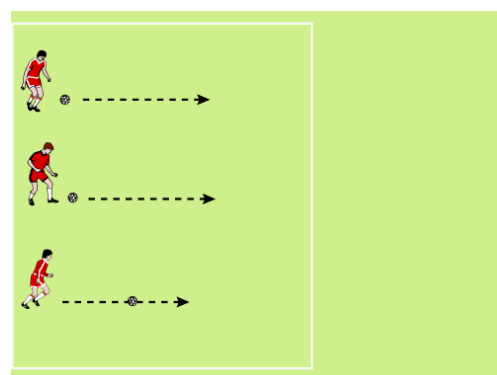
Players start at one end of the area and pass their ball to the other end line.

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.



Shadow Dribbling

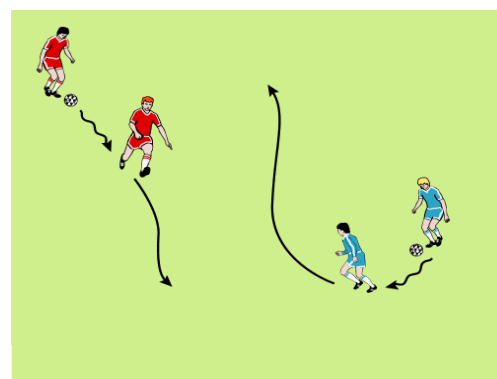
Players work in pairs, in an open area, with 1 ball per pair.

Player with the ball follows the player without the ball and attempts to stay within partner's shadow.

At the end of one minute players switch roles.

Key Points

- Dribbling while changing direction, changing speeds, and raising the head to keep partner in view. Allows player to expand field of vision without losing sight or control of the ball. Close control of ball.
- Balance, agility, fitness, changing direction and changing speed. Quick adjustments with ball using either foot.-
- Increasing field of vision, avoiding others.
- Working with a partner. Developing field vision and sense of control with ball.



Practice Activities

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Defrost Tag

Players work in two teams, one group with balls outside the area and one team without balls, inside a confined area of 20-30 yards square.

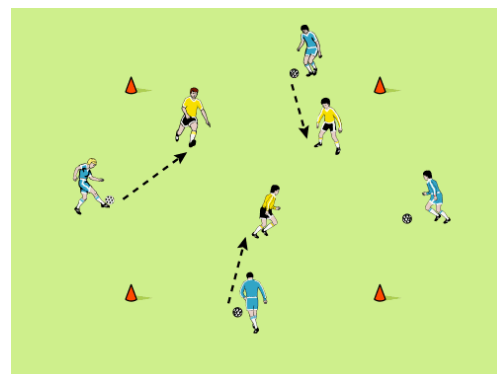
On the coaches signal, the team with the balls dribble into the area and try to hit the other players below the waist. Emphasis is placed on passing, not shooting the ball.

Players are allowed to run and jump to avoid getting hit. Once a player is hit with a ball (below the waist), they are frozen. The hit player then stands with his hands on his hips and legs apart.

The objective is to freeze the entire team. A frozen player can only get unfrozen and rejoin the game when a teammate crawls through his legs. However, as long as a part of the crawling player's body is still beneath the frozen player, both players are safe and a ball cannot be played.

Only when the player crawls completely through, can the frozen player become unfrozen; then both are actively back in the game. You can play with a time limit or until all players are frozen.

In either case, make sure that each team gets a chance to play both roles.



Key Points

- Develops quickness with the ball and deceptive dribbling and passing.
- High activity, cardiorespiratory endurance, agility, balance. Allow players to play regardless of their fitness level, since players have an opportunity to rest when they are frozen.
- Players develop on their own a system and plan to get everyone frozen. Allow them this opportunity.
- Team cooperation, high level of communication.

Tail Tag

This activity is a take-off from flag football and is appropriate for all ages.

All players tuck a T-shirt or scrimmage vest in their shorts. On the signal, the players see how many tails they can gather. If you lose your tail you continue to play.

Play for 30-60 seconds. The player with the most tails wins the round.

VARIATION: (for 9-12 year olds)

Groups of three form a train, placing their hands on the player in the front. You have an engine, passenger car and a caboose.

The caboose places the tail in their shorts. Trains try to avoid each other and the engines try to grab the tails from the other cabooses.

Key Points

- Changing direction, balance, quickness
- Some deception, players scheme together
- Good for small group interaction



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Marbles

Players work in a large open space, in pairs, with one ball per pair.

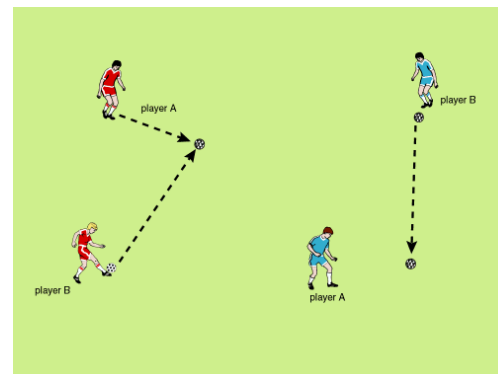
This is a passing game where players take turns trying to hit each other's ball through passing.

Begin with one player playing his/her ball away 5-10 yards. The second player then attempts to pass his/her ball to hit their partner's ball. For a hit, score one point. For a miss, the moment the passed ball moves completely past the other ball, that player's turn begins and they now try and hit their partner's ball.

There is an advantage to immediately chasing your ball after passing so that in the event your partner misses, you can be right there to strike your ball. There is also a fairness component; should a player score a point and their ball is now only inches away from the other one, the player restarts the game with a new pass away from the area.

Key Points

- Passing for accuracy, hitting a moving target, quickness of preparation and pass, one touch passing.
- Cardiorespiratory endurance.
- Decisions regarding type of pass, timing and pace of the pass.
- Positive interaction between two players. Activity is self-motivating, providing immediate feedback of results. Develops the tendency to follow the pass.



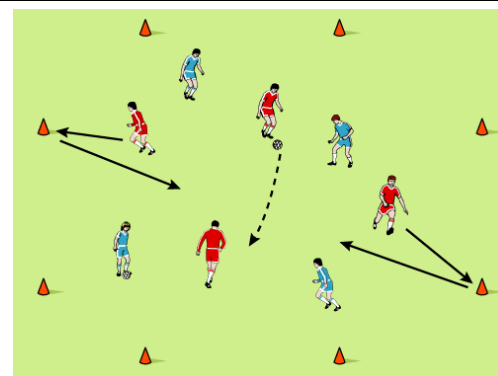
Touch the Cones

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.



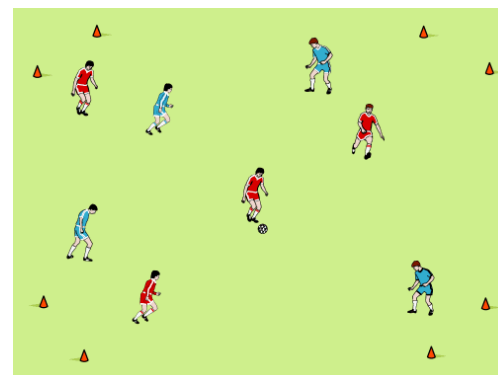
Four Corners

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.



Practice Activities

Theme: Hitting Targets - Working in Pairs

Date:

Venue:

Time:

Duration:

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.



Human Obstacle Course (In Pairs)

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.

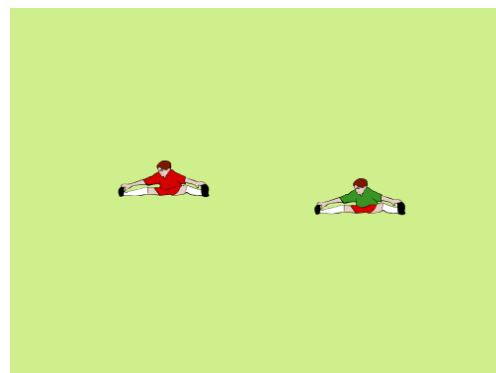
Once all players have gone through, add a ball and now each player must dribble through the course.



Static Stretching

Use stretches that target the specific muscle groups used while playing soccer.

- Before stretching, one should do a simple warm-up to get the muscles warm and ready to stretch.
- Hold stretches for at least 30 seconds.
- Be sure to breathe while stretching; do not hold your breath
- Stretch to a comfortable tension and don't 'bounce'.



Practice Summary

Theme: Hitting Targets - Working in Pairs

Date:

Objectives:

Time:








Venue:

Practice Roster

Equipment List

Drills

Total Duration 70 Minutes

Drill	Duration (minutes)
 Red Light, Green Light	5
 Edge of the World	5
 Shadow Dribbling	5
 Defrost Tag	5
 Tail Tag	5
 Marbles	5
 Touch the Cones	5
 Four Corners	5
 Small-sided 4v4, no goalkeepers	20
 Human Obstacle Course - in pairs	5
 Static Stretching	5

Notes
