

Practice Activities

Theme: Small Group Transition

Date:

Venue:

Time:

Duration:

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.



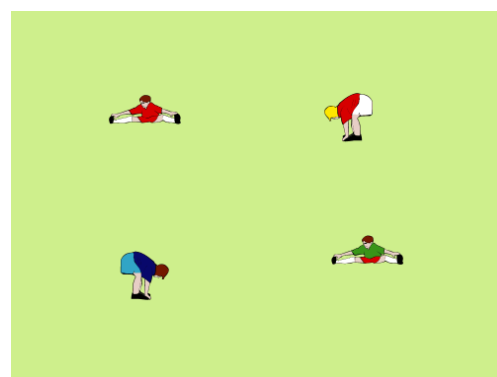
Toes

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?.



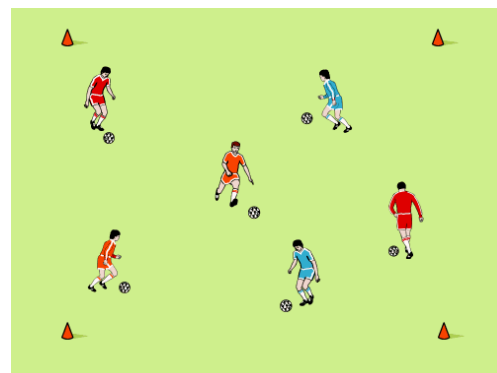
Everybody's It

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.



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Pac Man

Players work in a 20 x 20 yard area, with one player with the ball. Player with the ball dribbles and attempts to hit the other players below the waist by passing the ball at them. Players try to avoid getting hit with the ball. Once a player is hit, he gets his ball and becomes the second 'Pac Man'. Game continues until all players have been hit and have a ball.

Key Points

- Dribbling and passing, trying to hit a moving target. Encouraging quick preparation and passing of the ball. Deceptive passing and use of either foot.
- Cardiorespiratory endurance fitness, agility, jumping.
- Looking for players, chasing, tracking, playing to a target. The first step in teaching players to attack someone with the ball. Emphasis on creating an assertive and attack posture with the ball.
- Allows all ability levels to play equally. Allows each player to be successful. If players are hit early, they will dribble longer. If they manage to avoid getting hit until the end, their challenge greatly increases.



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



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.

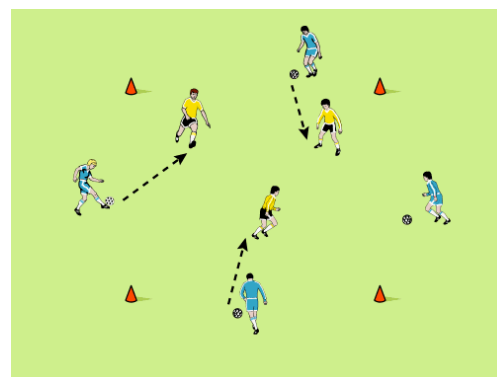
Players are allowed to run and jump to avoid getting hit. Once a player is hit with a ball (below the waist), they are frozen. The hit player then stands with his hands on his hips and legs apart. The objective is to freeze the entire team. A frozen player can only get unfrozen and rejoin the game when 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.



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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).

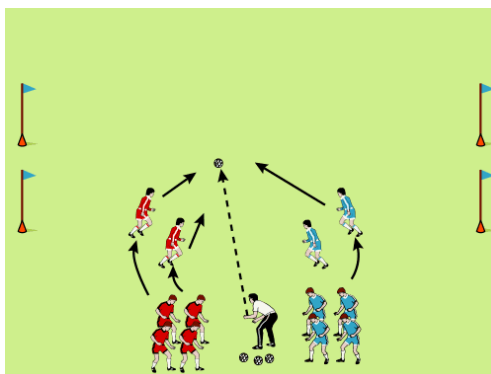
Divide the players into two groups. The groups then line up in pairs on either side of the coach at the middle of the field. The play is begun by the coach playing a ball onto the field. At this point there is no 'ready, set, go' or 'play' or any other spoken cues given by the coach. The idea is to see 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

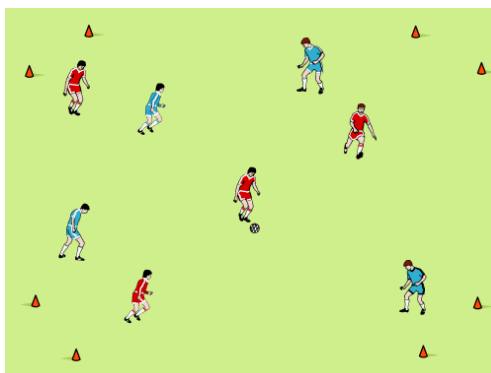
Four Corners

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.



Practice Activities

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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.



Golf

Each player has a ball.

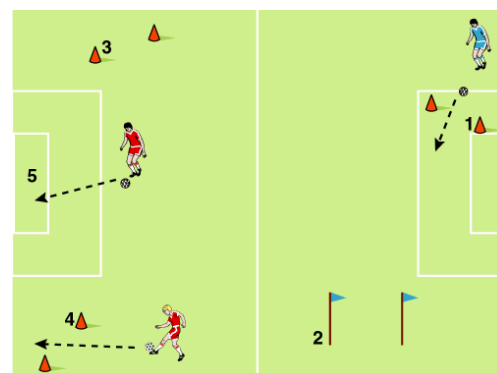
Select several objects around your facility and number them as holes on a golf course.

You can designate a goal post, side netting, flags, centre circle, bleachers, telephone poles, the goal itself, etc, as holes.

Demonstrate the course, then get the players to proceed one after another through the course. Each touch of the ball counts as a stroke. You could establish par for the course. Players keep their own scores.

Key Points

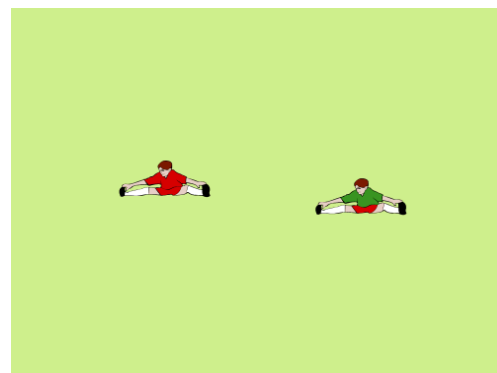
- Passing to a target, pacing the pass.
- Players should jog through the course.
- Decisions as to how to play each hole.
- Great end of practice activity. Allows players to relax and work on passing accuracy.



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

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Date:

Objectives:

Time:

Venue:

Practice Roster

Equipment List

Drills Total Duration 70 Minutes

Drill	Duration (minutes)
 Math Dribble	5
 Toes	5
 Everybody's It	5
 Pac Man	5
 Tail Tag	5
 Defrost Tag	5
 Get Outta Here	5
 Four Corners	5
 Small-sided 4v4, no goalkeepers	20
 Golf	5
 Static Stretching	5

Notes
