

**Theme: Small Group Problem Solving**

**Date:**

**Venue:**

**Time:**

**Duration:**

## Ballnastics - Competitive in Pairs

### 1. Over and Under

Standing back to back with some space in between and with one ball. One player hands the ball to the other player "over" their head with hands outstretched, then they both bend forward and hand the ball back "under" between the legs.

The ball is handed not tossed.

Continue in an "over-under" sequence for 20-30 seconds.

### 2. Side to Side

Standing back to back with some space in between and with one ball. Both players twist to the same side and exchange the ball. They then twist to the other side and hand the ball back.

Continue in a "side to side" sequence for 20-30 seconds.

### VARIATION:

Side to Side Opposite.

Standing back to back with some space in between and with one ball. Both players twist to their right (which makes it an opposite or full twist motion) and exchange the ball.

They then twist to the left and hand the ball back.

Continue in a right to left sequence for 20-30 seconds.

### 3. Ball Wrestling

A competitive and strength activity. One ball between two players. Both players get a good grasp of the ball.

On the coach's signal, the players try to wrestle the ball free from their partner. The player who rips the ball free wins the point. You can play the best of three or five and then switch partners.

### 4. Draw

Players work in pairs with a ball.

Players face each other with the ball between them at a distance of one step away. Both players stand with feet parallel so that a straight line is across their toes.

On the signal 'Draw', they try to be the first one to pull the ball back with the sole of their foot. Players then repeat taking turns calling "draw".

This can also be used to start small-sided games or as a lead up to one versus one exercises.

### 5. Head/Catch

Players work in a confined area, in pairs, with one ball per pair.

Partner tosses the ball at head level to his teammate and calls out 'Head' or 'Catch'. Player receiving the ball reacts accordingly by catching or heading it back. This process is repeated rapidly for approximately one minute, then players switch roles.

Players must toss the ball at the same height each time and call out 'Head' or 'Catch' upon release.

Once they are familiar with this routine, throw a wrench in the works and play a game of opposites. Now the player does the opposite of the call. If head is called they catch it and vice versa.

### 6. Toe Fencing

Partners facing each other with arms on each others' shoulders and without a ball.

On the coach's signal, players try to touch their partners toes without being touched.

Score one point for each touch. Play for 30-60 seconds. No kicking allowed.

A good exercise for improving fast feet.

### 7. Fundominals

Players work in pairs. They sit facing each other, knees bent and feet off the ground.

In a balanced position, players using only their feet, attempt to push each other off balance. Hands cannot touch the ground.

Play 30-60 second intervals.

### 8. Pull Downs

Pairs facing each other in a push-up position. On the coach's signal, players try to pull each other down. Players may not slap at each other's arms. Strongly encourage players to grab their partners wrist from the inside and pull out. You want to be extremely careful that players do not strike the elbow from the outside, since the arm does not bend that way. You can play the best of three or five and then switch partners.

### 9. Human Springs

A cooperative activity.

Players stand facing each other with hands up and touching only each other's palms. Both players lean in and push off and 'spring' back. Do this a few times to get into a rhythm. Players then take a step backward getting a little further apart.

Now they do the same springing motion. Be sure to meet each other in the middle at the same time. Continue to get further apart. How far apart can you get before falling down?

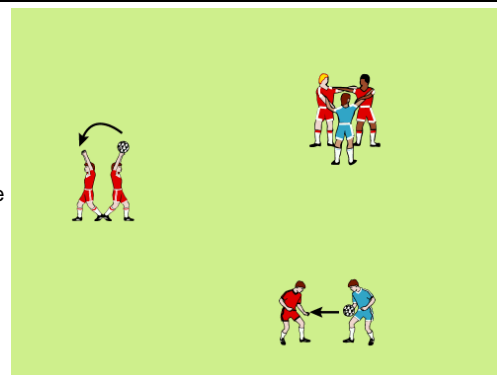
### 10. Trust Fall

For 10 years and older.

Two players, one standing behind the other. Player in front should close their eyes and put their arms out slightly. Staying as stiff as possible, player should fall backward so that their partner may catch them under the arms.

Once a catch is made, the catching partner should take one step back. Partner should fall back again. This time they will fall a little further and must trust their teammate to catch them. Certainly there is a safety factor that must be emphasized. Players must not drop anyone. Partners should be of similar weight and strength so they will be able to catch each other.

Reverse roles after a few tries.



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## I Can Do Something, Can You (In Pairs)

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.

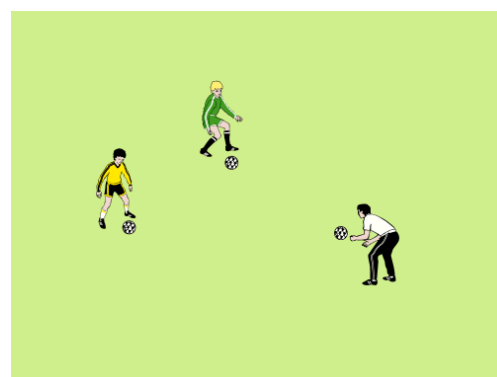
Hopping, running and clapping, walking backwards, whatever you can think of).

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.



## Hospital Tag

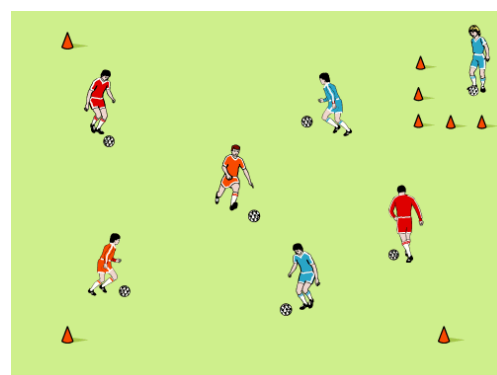
Within a confined area, players stand in random formation, each with a ball.

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.



## Marbles

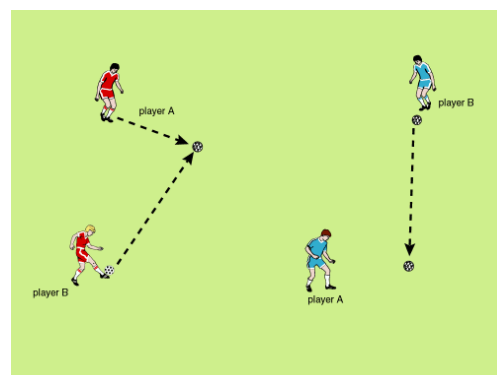
Players work in a large open space, in pairs, with one ball per pair.

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.



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## Bridge Passing

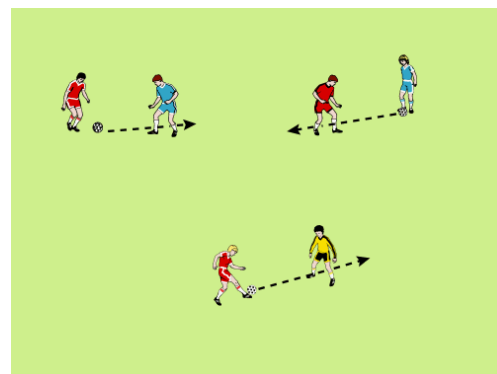
Players work in pairs with one ball per pair.

Each player must pass the ball through their partner's legs. Player with the ball begins by attempting to pass the ball through partner's legs who is standing with legs apart as the goal or target. The goal player does not move until the ball either goes through or passes him. At the moment the ball goes through or misses the goal, the player quickly turns and sprints after the ball. The ball is controlled, player turns and now makes a pass to the other player who is now a goal.

Players work together to see how far apart they can get and still score goals. Encourage players to run quickly and prepare the ball for the next pass to goal.

### Key Points

- Turning and passing. Passing to a target. Direction and accuracy.
- Initiating quick turning movements.
- No tactical concerns in this form.
- Competition and cooperation between two players.

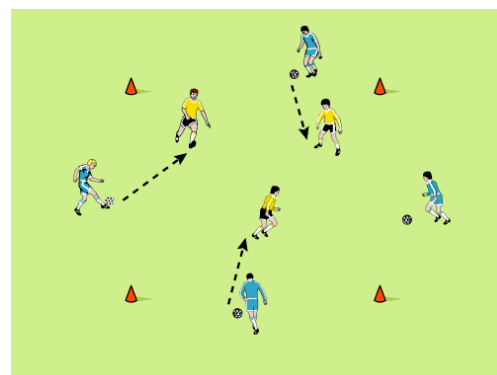


## Defrost Tag

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 coach's 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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## Touch the Cones

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

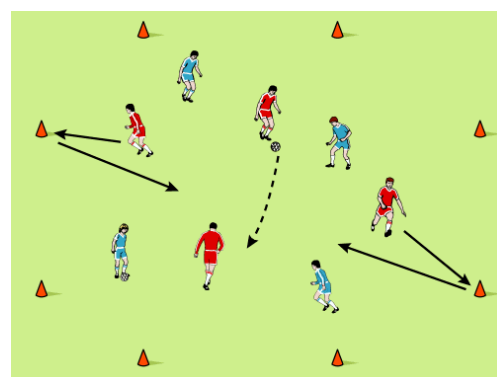
Play on half or full field, depending on the size of your teams and age of your players. Place the cones evenly on the side and end lines around the field.

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.



## 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.

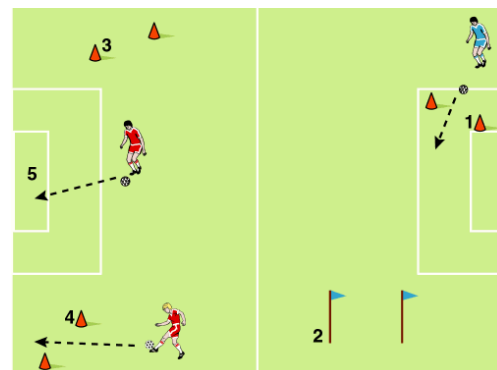
Select several objects around your facility and number them as holes on a golf course.

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.



# Practice Activities

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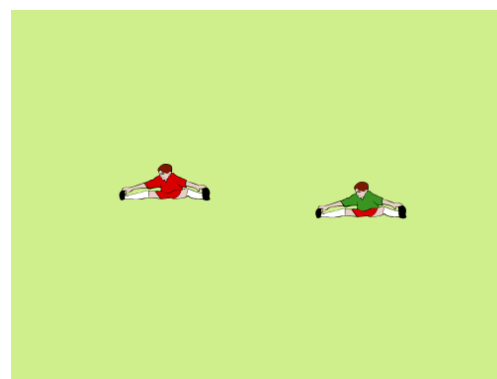
**Duration:**

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## 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 65 Minutes

Drill	Duration (minutes)
 Ballnastics - Competitive/Cooperative	5
 I Can Do Something, Can You? (in Pairs)	5
 Hospital Tag	5
 Marbles	5
 Bridge Passing	5
 Defrost Tag	5
 Touch the Cones	5
 Small-sided 4v4 with no goalkeepers	20
 Golf	5
 Static Stretching	5

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## Notes

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