

Draw



Activity Organization:

Players work in pairs with a ball.

The 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.

Implications for the Game

Technical

- Quick foot movement
- Immediate ball control

Physical

- Reaction time
- Speed to initiate movement
- Legs are in a flexed ready state
- Players are in a good balanced position

Tactical

- Anticipation of a movement decision

Social/Psychological

- Positive interaction playing with a partner
- Coach can have additional fun by calling out words that are close to "draw", such as "drum" or "dragon", to see if the players can tune into exactly what is being said.

Of course, they are only to react to the word "draw". This helps develop listening skills.

Related Activities

- Ballnastics - Individual
- Body Part Dribble
- Snake in the Grass