

Spencer Soccer Club
Youth Development Program

Weekend Session Plan Guidance

Under 4

Focus: Dribbling, Plus 1 Skills Pyramid

Time: Each weekend session lasts for 30 minutes

Planning:

- 1) Print out and read through Weekend Session Plan
- 2) Become familiar with the Plus 1 Skills triangle
- 3) Arrive at the field 15 minutes prior to scheduled start time
- 4) Set up pug nets and cones to facilitate a smooth session plan

Each Session Plan consists of the following:

- 1) Guidance (the page you are reading)
- 2) Plus 1 Skills Pyramid Diagram
- 3) Activity 1
- 4) Controlled Juggling
- 5) Activity 2



Session Structure:

Plus 1 Skills Pyramid (5 Minutes): Introduce skills from the Plus 1 Skills triangle by demonstrating to parents. Parents should work with players on individual skill in group setting. Skills Pyramid skills should be introduced one by one and no more than (2) per session. Work in succession of the pyramid. Players at this age group should be comfortable with skills 1 thru 4 by the end of the U-4 program and familiar with 5, 6, & 7. Advanced skills beyond skill 7 will be introduced and learned when the player enters the Under 5 program.

Activity 1 (10 Minutes): Activity 1 is a fun activity for the children. Incorporate the activity as described. Find ways that change the activity slightly so that you are not repeating the “exact” drill over and over. Adding skill moves (pull back) when collecting the ball or seeing which group can complete the activity first are ways to make the activities more interesting as they get later into the allowed timeframe.

Snack/Water Break (3 Minutes)

Controlled Juggling (2 Minutes): **Incorporate into every practice.** A few minutes only, players drop the ball to their thigh and foot and try to kick or bounce the ball back to their own hands (repeat). Concentrate more on foot juggling.

Activity 2 (10 Minutes): Same guidance as stated above in Activity 1



PLUS | SKILLS CHALLENGE PYRAMID™

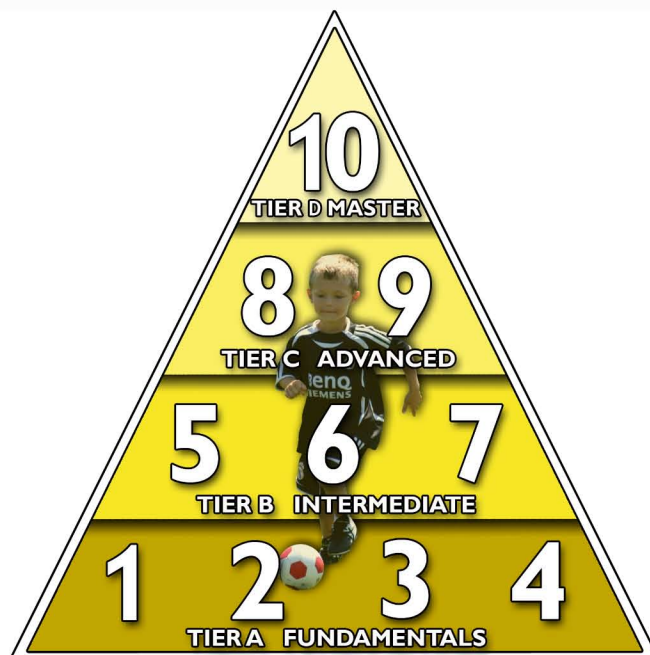
TIER A

1. Laces Dribble – With the toes pointing down towards the ground push the ball forward with the laces, knee bent over ball on contact. After each touch step through with the opposite foot.

2. Foundations – using the inside of both feet push the ball from one foot to the other. On the spot initially then moving forward and back when comfortable

3. Toe Taps Forward – Using the toe end of the sole, tap the top of the ball - alternating left and right feet. On the spot initially, with a slow rhythm and then hopping. Once competent in a stationary position, move forwards.

4. Toe Taps Backward – Using the toe end of the sole, tap the top of the ball - alternating left and right feet. On the spot initially, with a slow rhythm and then hopping. Once competent in a stationary position, move backwards.



TIER B

5. Step-On Turn – Dribble forward, place the sole of one foot on the ball to stop momentum, step beyond the ball with both feet leaving the ball, turn to face the ball and dribble back. Repeat several times using both feet.

6. Drag Back Turn – Dribble forward, stop forward momentum of the ball by reaching forward with one foot and placing the sole of the foot on top of the ball, drag (roll) the ball back down the side of the body away from the defender and accelerate into a dribble.

7. Back Heel – Dribble forward, step beyond the ball, make contact with the heel of one foot sending the ball backwards, turn and accelerate into a dribble.

TIER C

8. Inside Cut – Dribble forward, stop forward momentum of the ball by reaching forward with inside of one foot and 'cutting' the ball back down the inside of the body (away from the defender) in one movement and accelerate into a dribble.

9. Ball Rolls – Using the inside, outside and sole of one foot, roll the ball side to side, backwards and forwards and keeping contact with the ball at all times. Both feet.

TIER D

10. Outside Cut – Dribble forward, stop forward momentum of the ball by reaching forward

LEARN MORE:

To learn how Skill of the Week™ and Skills Challenge Pyramid™ can be incorporated into a comprehensive approach to Player and Coach Development, please contact David Newbery, dave@soccerplus.org, tel: 860-501-1165.

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1 v 1 - 4 Gates (Defending, Attacking)

Description:

Four pairs positioned on each side of the area. Start by alternating - Play games one after another (two teams opposite each other compete). The server sends a ball across the area to the attacker. The attacker attempts to score by dribbling the ball through either of the two gates either side of the server (defender). If the defender wins the ball they can score through the opposite two gates.

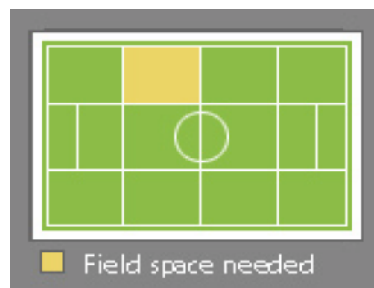
Coaching Points

- Defense - close down space quickly
- Defense - force attacker to their weaker side
- Defense - win possession when the attacker makes an error
- Attack - You have to beat a player to score
- Attack - Realism in the moves
- Attack - Speed to move away from the defender

Progressions:

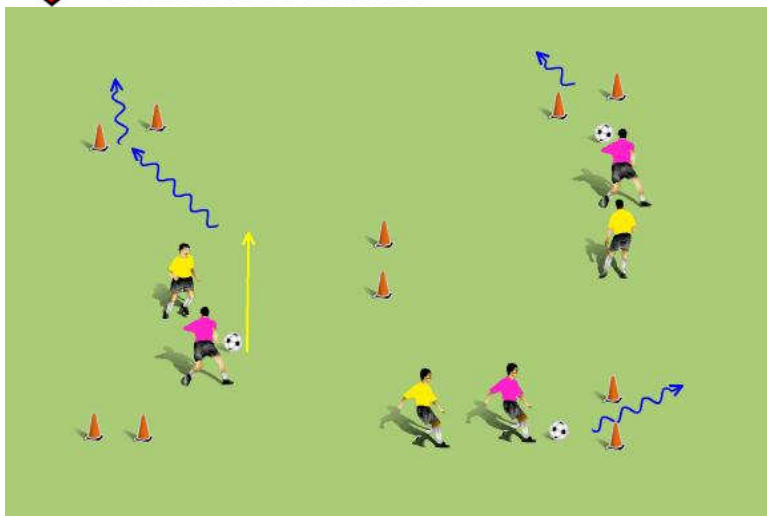
Play two games concurrently (two teams opposite each other compete).

Materials Needed

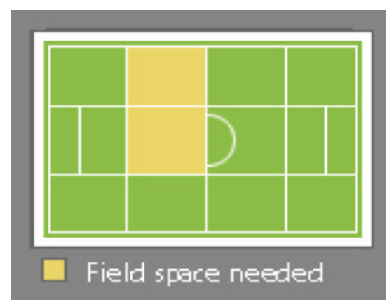


Area 20 x 20 yds

- Balls
- Cones
- Training Vests



Materials Needed



Area 30 x 30 yds

- Balls
- Cones
- Training vests

1 v 1 Challenge (Defending, Attacking)

Description:

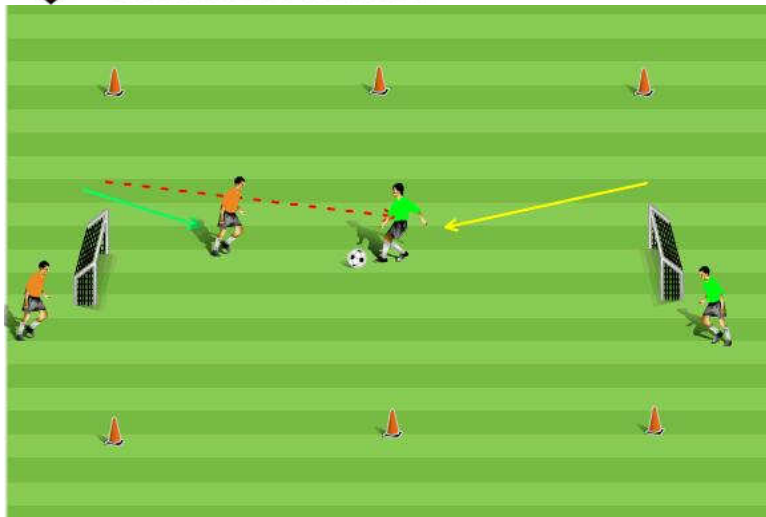
Players work in pairs. One player is the attacker with the ball and one player is the defender. The attacker's objective is to try and dribble through as many of the gates (two cones 2 yds apart) as possible. The defender must try to stop the attacker from scoring. After 45 seconds change roles.

Coaching Points

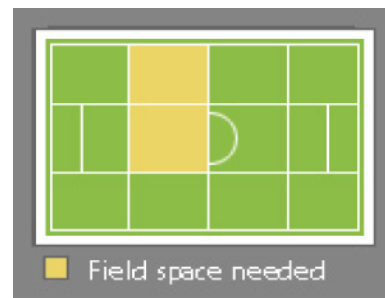
- Defense - try to slow the attacking player
- Defense - don't be overly concerned with winning the ball
- Defense - use body strength to force play to one direction
- Attack - awareness of the open space
- Attack - keep the ball moving but have control
- Attack - encourage take on or escape moves

Progressions:

Change the emphasis of defending to win possession - the first defender to win the ball gets a point - first defender to 3 points wins.



Materials Needed



Area 20 x 10 yds

- Ball per player
- Cones
- Training Vests
- Goals

Defending 1 v 1 B (Defending)

Description:

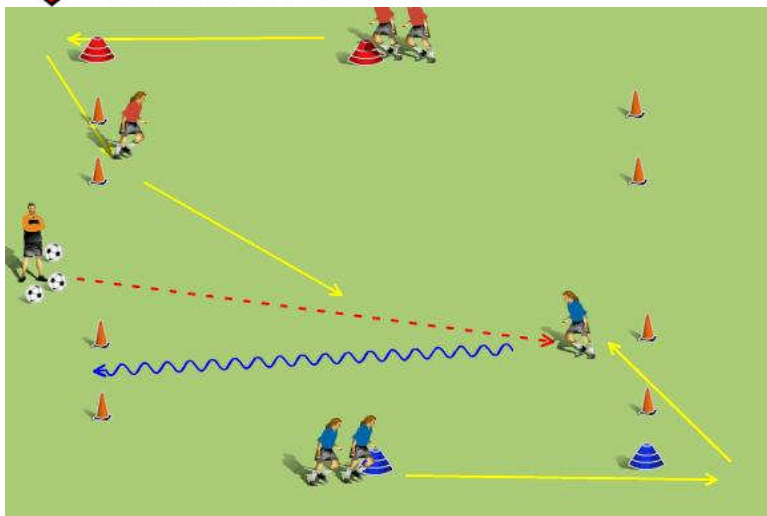
Play 1v1 - One goal at each end of the area. From the defensive end of the field, the defender passes the ball firmly along the ground to the attacker. On receipt, the attacker attacks the defender and attempts to score a goal. If the defender wins the ball, he/she can also score in the attacker's goal. 4 players to an area – next defender and attacker start when ball leaves the area or a goal is scored. Gradually introduce coaching points.

Coaching Points

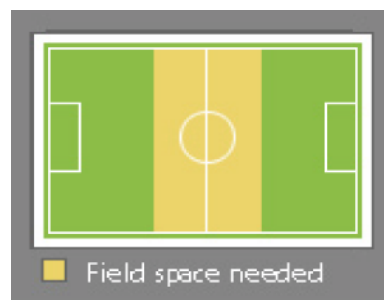
- Close space quickly to keep attacker away from goal
- Staggered stance and low center of gravity
- Stop opponent scoring - win possession (patience)
- Get tight to attacker – no turns
- Focus on the ball and not on body feints
- Stay balanced and on balls of the feet

Progressions:

- 1) Change starting position of defender to the side – curved run to cover the goal.
- 2) Attacker and defender start from either side of the goal – defender passes the ball in the area and attacker and defender chase forward – attacker must turn and score.



Materials Needed



Area: 30 x 30 yds

- Balls
- Cones
- Training Vests

1v1 Series #2 (Four Goals)

Description:

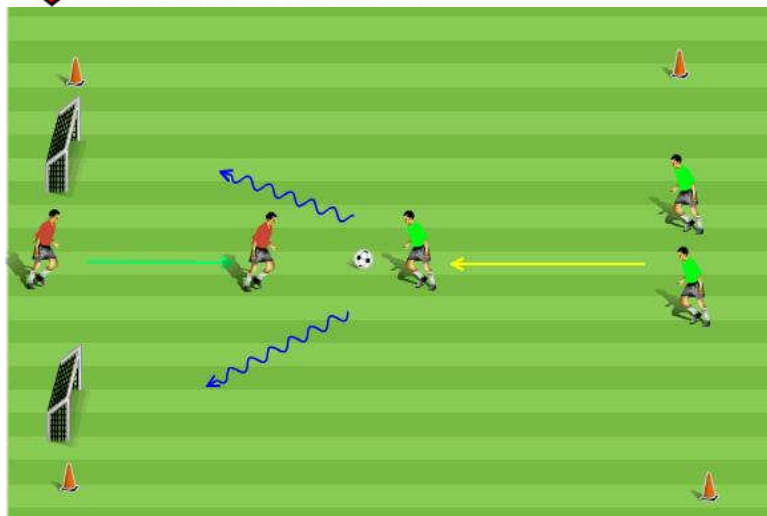
First player from each team runs around the far cone and thru the small gated goal. Whoever gets onto the field quickest gets the ball from the coach and attempts to dribble thru either of the two gated goals by beating the opposing player. If the defender wins the ball they attack the far two goals to score.

Coaching Points

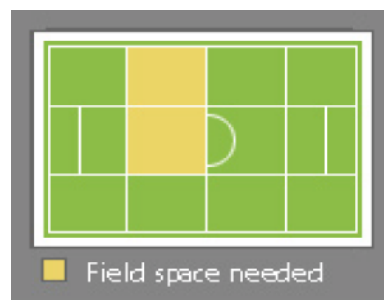
- Players have to beat the defender to score
- Match tempo from all players
- Realism in the moves to beat defender

Progressions:

1. Timed competition to see which team scores the most goals
2. Progress to 2v2
3. Use of pugg goals to score rather than dribbling thru gates



Materials Needed



Area 30*20

- Several balls
- Cones
- Training vests
- 2 Small Goals

Defending 1v1 two goals (Defending)

Description:

3-4 players at one end of the rectangle with the balls. 2-3 defenders at the other end defending two goals. 1 attacker dribbles towards the goal and 1 defender attempts to win the ball. Defender must close down space and get into a staggered position to win possession.

Coaching Points

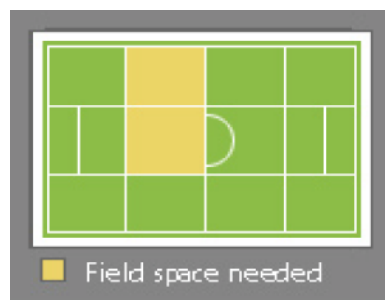
- Close space quickly keeping attacker from goal
- Final approach get into a staggered stance position
- Don't be too eager to win the ball - let the attacker make a mistake

Progressions:

Progress to the 'game with gates' or small sided game.



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Individual Ball Warm Up 1 (Dribbling)

Description:

Players have a ball each. Set the players tasks - don't let the ball stop moving! Don't let the ball go outside the area. Progress to having the players react to the coach's commands. Toe taps, boxes, stop and go, change balls, etc.

Coaching Points

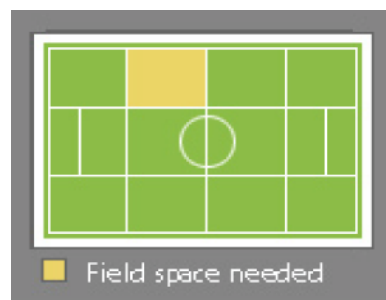
- Keep the ball moving at all times
- Soft touches and keep head up
- Move into the open space

Progressions:

Each time you play add a different movement, turn and mastery skill. For example: Movement sequence: 1) **Dribble with laces** - slow down and push the ball lightly with the laces (left, right and both) 2) **Boxes** – push the ball from side-to-side, right to the left foot and back again, 3) **Toe taps** – hopping from one foot to the other touching the top of the ball with the opposite foot each time. Ball stays does not move. 4) **Sole drag back** – hopping between feet, move backwards dragging the ball back alternating between the sole of the shoes, 5) **Sole push** – push the ball forward with the sole of the shoes, 6) **Laterals** – move to the left by dragging the right foot over the top of the ball (rolling the foot over the top of the ball). Move right with the left foot. Turns: It is anticipated players at the end of this stage of development will be able to perform the following turns 1) **Inside of the foot**, 2) **Outside of the foot**, 3) **Drag back**, 4) **Step over**, 5) **Back heel**. Add others! This is also an excellent opportunity to bring in fundamental movements such as running, skipping, galloping, balancing, dodging etc. As this is your warm up ensure you inject the enthusiasm and excitement with the players.



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Individual Ball Warm Up 2 (Dribbling)

Description:

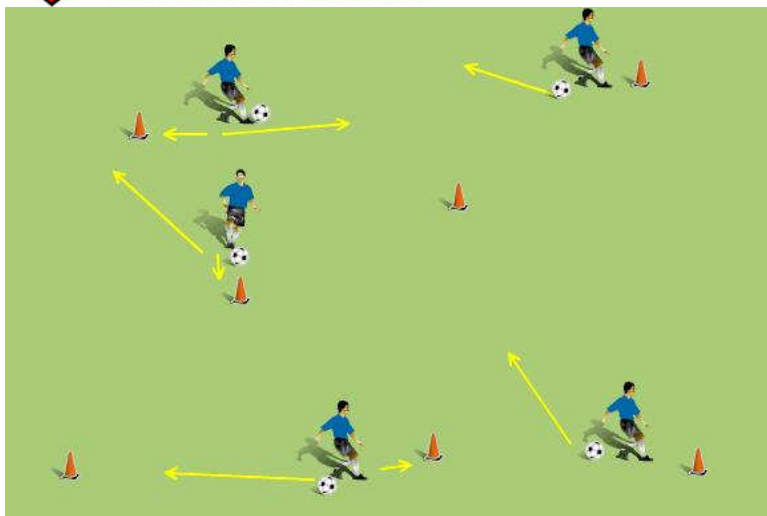
Each player has a ball and dribbles around the inside of the square. The coach challenges the players to complete a variety of tasks within 30 seconds. For example 1) Travel to all 4 sides of the box in any order, 2) How many touches on the ball can you get with your right foot or left foot?, 3) How many people can you tag?, 4) How many soccer balls dribbled by other players can you tag?

Coaching Points

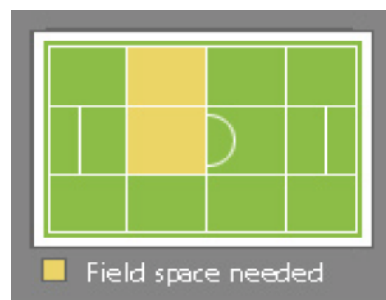
- Keep the ball moving at all times
- Keep your head up
- Move into the open space

Progressions:

As this is the warm up the coach must inject enthusiasm and energy into the players at this stage of the practice. Coaches can be creative with these small 30 second games. Introduce skills from the appropriate Skills Challenge Pyramid



Materials Needed



Area: 20 x 20

- Balls
- Cones

Academy Escape Moves (Skill)

Description:

Players have a ball each. They must dribble around the small area keeping their ball under close control. Dotted around the small area are a number of small cones who act as defenders. Players on the ball must dribble up to the defender and perform an escape move. Then repeat at another defender.

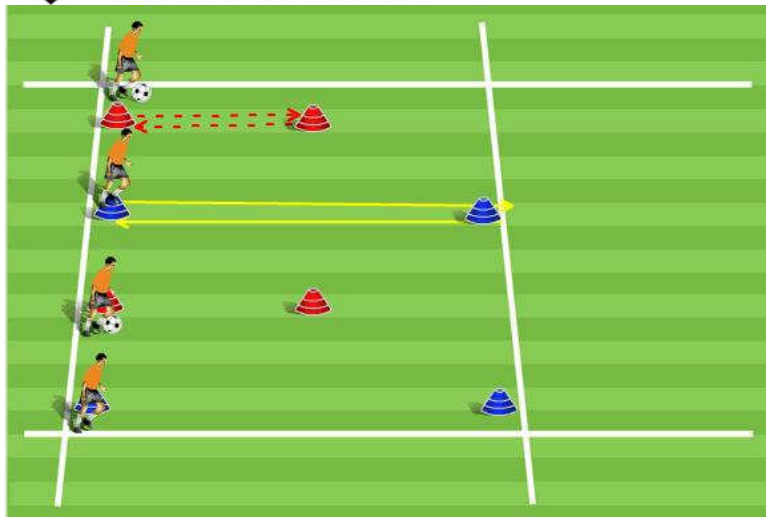
Coaching Points

- Awareness of defenders and space
- Close control of the ball
- Quick change of direction and speed.

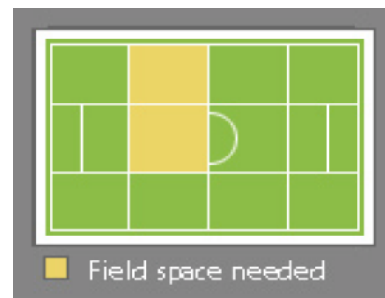
Progressions:

Escape moves are; The drag back, The outside hook, The L turn.

Progression - play a competition, see who can escape the most defenders in 30 seconds.



Materials Needed



Area 30 x 20 yds

- Balls
- Cones
- Training Vests

Speed Dribble # 1 (Dribbling)

Description:

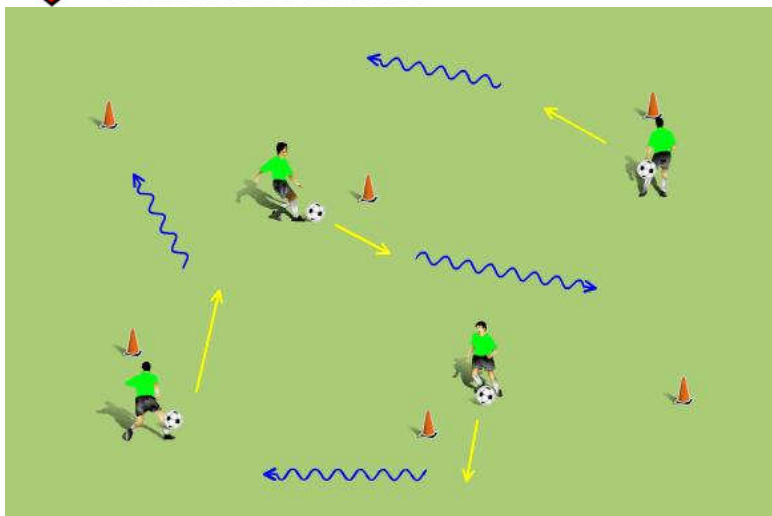
Players work in pairs with one ball between them. The partner with the ball stands by the red cone with their partner without a ball standing by the blue cone. On coaches command all players work at the same time - players with a ball dribbling to the near cone and back and the players without a ball running around the far cone and back. All balls must be stopped within one yard of the starting cone on returning. Players swap roles every time with their partner. 1) Step on turn, 2) Drag back. This is a competition between the partners to see who returns to the start line quickest with a point awarded for good technique or speed and a bonus point awarded for the first player back at the starting cone.

Coaching Points

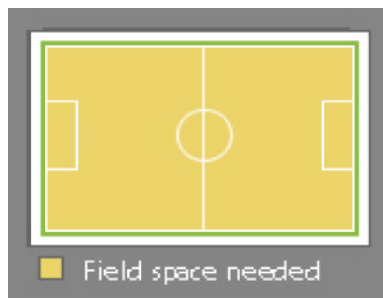
- Minimal touches of the ball to turn
- Controlled pace into the turn and accelerate away
- Focus on technique before speed

Progressions:

- 1) Player with the ball to perform 3 turns so dribbling to cone and back four times whilst partner runs four lengths
- 2) After each round everyone gets a new partner so we get an overall winner of the competition



Materials Needed



Area: 20 x 20

- Balls
- Cones

Academy Take On Moves (Skill)

Description:

Players have a ball each. They must dribble around the small area keeping their ball under close control. Dotted around the small area are a number of small cones who act as defenders. Players on the ball must dribble up to the defender and perform an take on move . Then repeat at another defender.

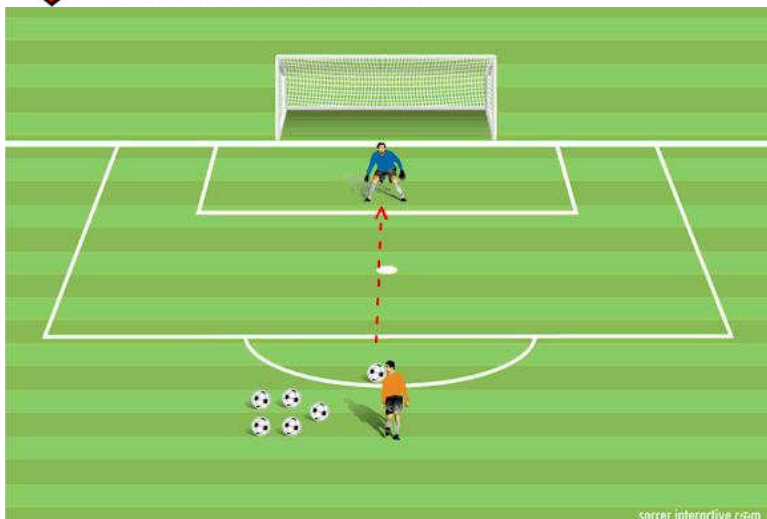
Coaching Points

- Awareness of defenders and space
- Close control of the ball
- Clear change of direction and speed.

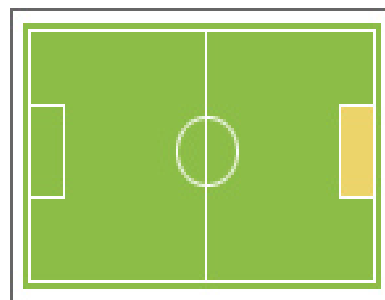
Progressions:

Take on moves are; The lunge , the scissors, The step over.

Variaition - If your players struggle to perform the above you must break the move down into 5 stages.



Materials Needed



Penalty box

- 6 balls
- 1 goal

GK - The Set Postion (Goal Keeping)

Description:

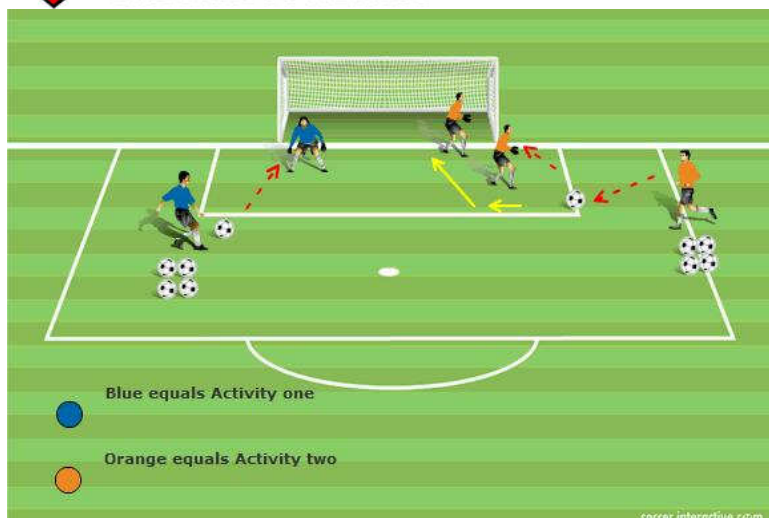
The coach has 6 balls at the edge of the 18 yard box. The coach shoots the ball in around the keeper for them to make a save. The keeper must look to get into the Set Position before trying to make a save. 6 reps at a time to ensure quality , rest then repeat

Coaching Points

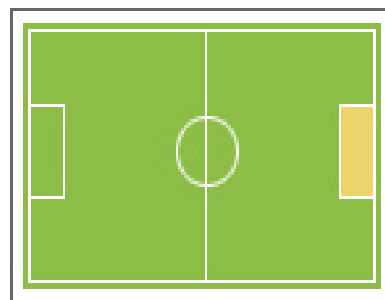
- Stance is relaxed
- Keep on balls of feet
- Keep weight foward

Progressions:

- 1, The coach starts with a ball at their feet. Coach now has to take a touch out of their feet before shooting on goal. As the ball comes out of the coaches feet the keeper should look to steal a yard by moving foward but get's into his or her's Set Position before trying to make the save.
- 2, The keeper starts with there back to the coach. The coach calls "Turn" , The keeper must turn and get into there Set Position before trying to make the save.



Materials Needed



Penalty box

- Balls
- Goal

GK - Basket Catch (Goal Keeping)

Description:

Server starts with ball in hands, the goalkeeper is stood in their set position 4 yards away. Using two hands the server throws the ball into the keeper's midriff area for the keeper to make a basket catch. With quality service you can step this exercise up by volleying the ball into the keeper's midriff. 8-10 reps then allow rest before you repeat.

Coaching Points

- Create basket with hands, forearms and upper body
- Secure catch by getting upper body behind ball
- Keep weight and momentum forward

Progressions:

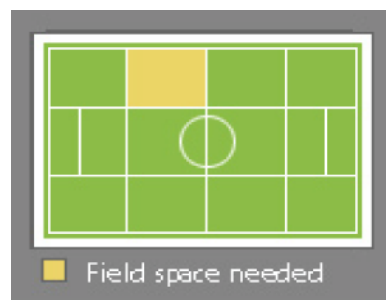
Same setup as above however now the server needs to pitch the ball so it bounces in front of the keeper's feet causing it to kick up. Again if you can provide quality service, as a progression volley the ball in so it bounces before reaching the keeper .

Variation

As a variation you may use more than one keeper so each keeper gets a short break after each save.



Materials Needed



Area: 10 x 10

- Balls

GK - The Side Contour (Goal Keeping)

Description:

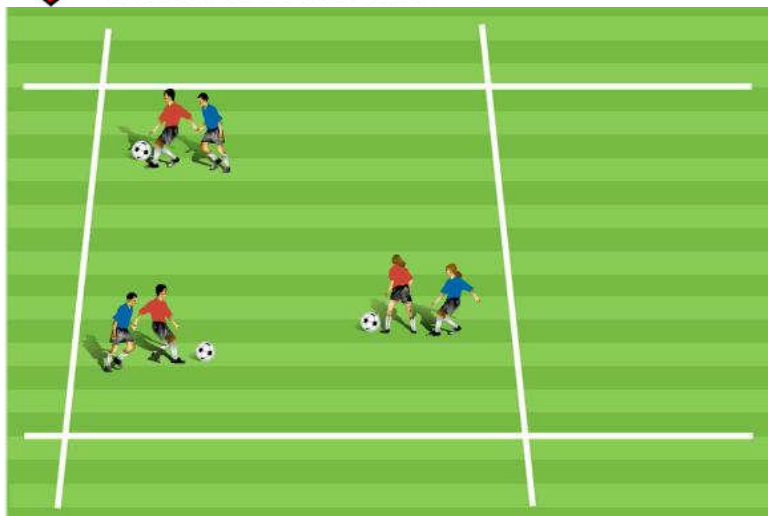
Server starts by holding the ball out to one side of their body, Gk steps towards the ball and makes a one touch contour catch with two hands. Keeper returns the ball and repeats the opposite side. In this part of the exercise have the keepers stay on their feet

Coaching Points

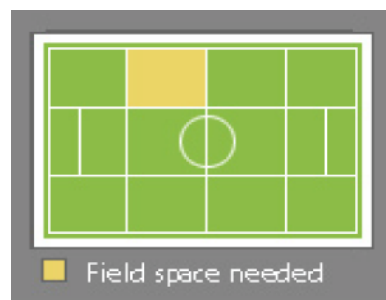
- Bring hands and head to the ball to control the catch.
- Step forward to make the goal smaller.
- Lead both hands to the ball.
- Near hand behind , far hand on top and use the ground as a third hand to cushion the ball landing.

Progressions:

As above but now have the keepers step to the ball, make the catch and collapse after making the side contour save. To step the tempo of the exercise up have the keeper repeat 4-6 reps from left to right , rest and repeat.



Materials Needed



Area 20 x 20 yds

- 1 Ball per pair
- 4 Cones

Possession 1 v 1 (Possession)

Description:

In pairs - one attacker and one defender. On the command of "GO", the attacker attempts to maintain possession for 20 seconds - preventing the defender from stealing the ball.

Coaching Points

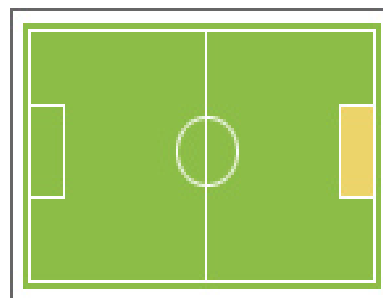
- Use body as a barrier to the ball
- Control and move the ball away from pressure
- Use body to hold off and push opponent away from the ball

Progressions:

The defender attempts to touch the ball as many times as he/she can in 30 seconds.



Materials Needed



Area 30 x 30 yds

- Balls
- Cones
- Training Vests

Technique - Turning With Speed (Beat The Keeper)

Description:

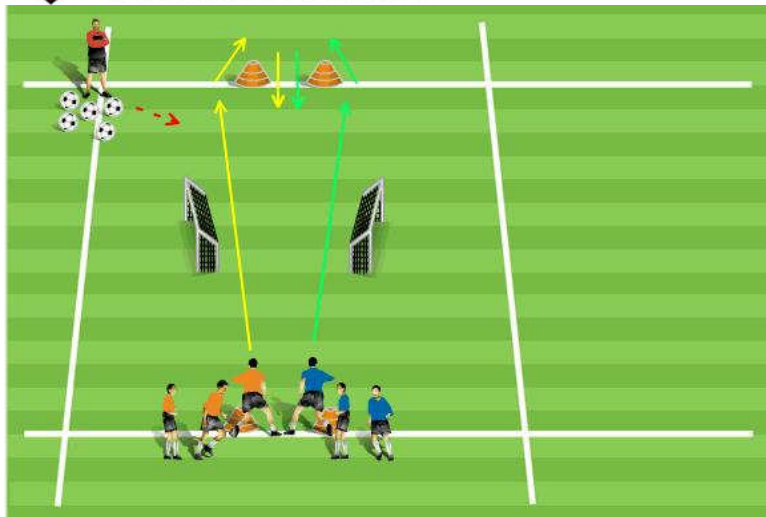
On coaches command first player in line with a ball dribbles across the square, leaves the ball in the centre of the square using a step on turn, runs around the first red cone and sprints to get into goal. First player without a ball sprints around the far cone and back into the square to finish on goal. Go to the back of the opposite line each time to swap roles. Ensure GK running into goal is facing the play to avoid potential injury with balls being struck from behind. Depending on the ability of the players they can dribble to the end line, perform a specified turn as practised earlier in the session before leaving the ball in the square and running to get in goal.

Coaching Points

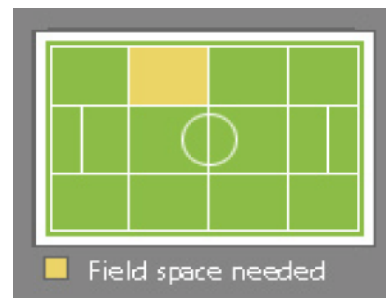
- Speed of dribble and turn to be in goal before the shot
- Minimal touches to turn for increased speed
- Speed to get around cone and get shot off early

Progressions:

- 1) Don't specify the turns for the players so they make their own decisions on technique
- 2) Make it a team competition - next two players go as soon as shot comes in so players must be ready to play at all times



Materials Needed



Area 20 x 20 yds

- Balls
- Cones
- Training Vests

Treasure Chest (Dribbling, Attacking, Defending)

Description:

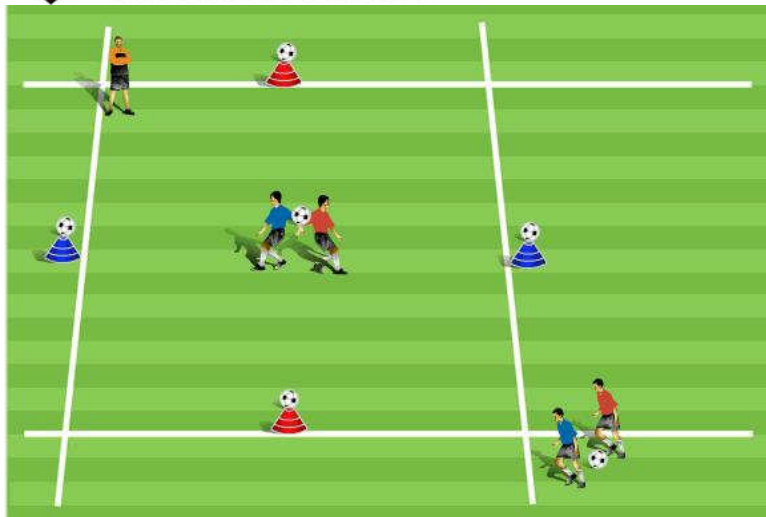
Split group into two even teams. Players stand in teams opposite the coach 20 yds away with a pile of balls. Two small goals (Treasure Chest) are placed 10 yds between the players and the coach facing towards the outside of the square. Goals are sufficiently spaced to create a lane for players to run between. On the coach's command, players sprint to a cone placed near the coach. Players round the cone and the coach drops one ball (Treasure). Players compete to score in either goal.

Coaching Points

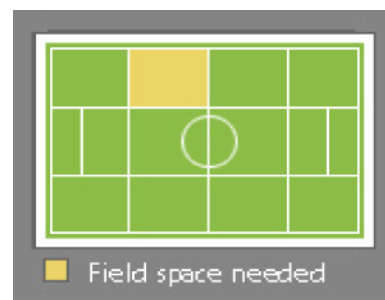
- Beat the defender using various moves
- Take a chance on goal
- Be creative

Progressions:

- 1) Coach can drop two balls into play; first one to score gets a point.
- 2) Adjust the distance players have to sprint.
- 3) Create boundaries around the perimeter to force close control.



Materials Needed



Area: 20 x 20 yds

- Balls
- Cones
- Training Vests

Back to Back Four Goals (Dribbling, attacking, defending)

Description:

Two opposition players stand back to back in the centre of the area with a ball balanced between them at chest height. On coaches command both players spin round allowing the ball to drop to the ground. Both players compete to gain possession of the ball and dribble it to any of the four outside cones to knock that ball off the cone. As soon as the game is over the next two resting players take their positions in the centre of the area. A point is awarded for a 'goal' with a bonus point awarded if a player makes a turn to get away from his / her opponent.

Coaching Points

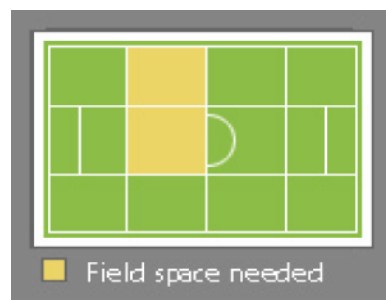
- Be ready to react to the ball dropping to gain possession
- Dribble at pace to get to an outside cone to score a 'goal'
- If needed quick turns with minimal touches and accelerate away fr

Progressions:

- 1) Players can only score by knocking the ball off their own coloured cones
- 2) Have two or more 1v1 match ups in the area at the same time to create traffic and confusion



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones
- Training Vests
- Goal

Numbers Turn (Shooting, Attacking)

Description:

Players are separated into 2, 3 or 4 teams and each team stands between two cones. A square, 5 x 5 yds is created between the players and the goal. Place a cone for each team 10 yards behind the teams. When a number is called the players run out to the center square, collect one of the balls and dribble around the cone behind their team. Once around the cone, the players go for goal and attempt to be the first team to score. 1pt for each goal - first team to 5 points wins the game.

Coaching Points

- Quick sprint to the ball
- Use a turn to change direction

- Dribble and shoot with laces

Progressions:

- 1) Multiple numbers called at once.
- 2) One ball – players compete to score.



One Goal 1 v 1 (Attacking, Defending)

Description:

Players are in pairs with a ball. Within a 10 x 10 square players place a goal (cone with ball on top) in the center. Players play for one minute. If a goal is scored, player retains possession, if ball goes out of the square the ball goes to the opponent. Between each game (or every other game), bring player together and make coaching points.

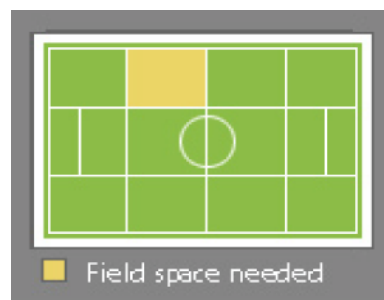
Coaching Points

- Attack - change pace of attack
- Attack - attack the front foot of the defender
- Attack - use body feints and ball movements to beat defender
- Defense – force play to weaker foot
- Defense – keep attacker from goal
- Defense – be patient to win possession

Progressions:

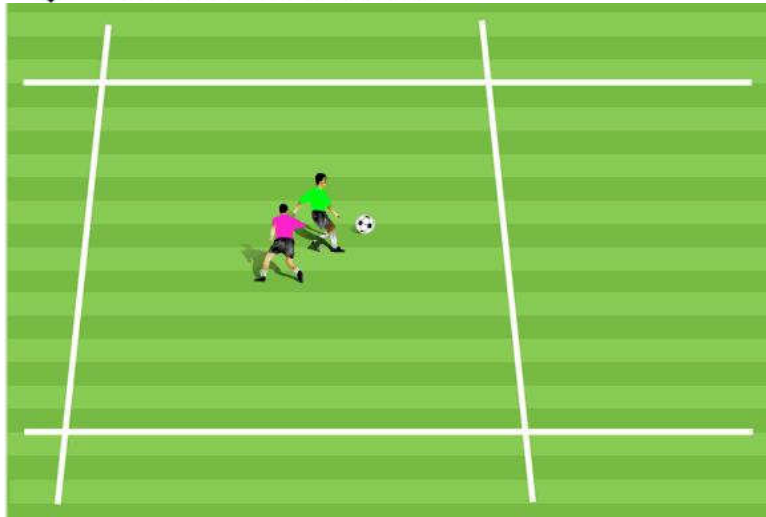
Each game is played against a different opponent – score based on coaching focus: i.e. – Defending 1 pt win and extra 2pts for no goals conceded.

Materials Needed

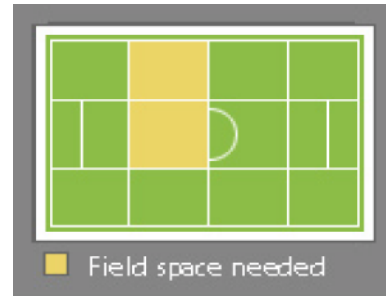


Area 10 x 10 yds

- Ball per player
- Cones



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones

Escape Move - Cruyff Turn (Dribbling, Creating Space)

Description:

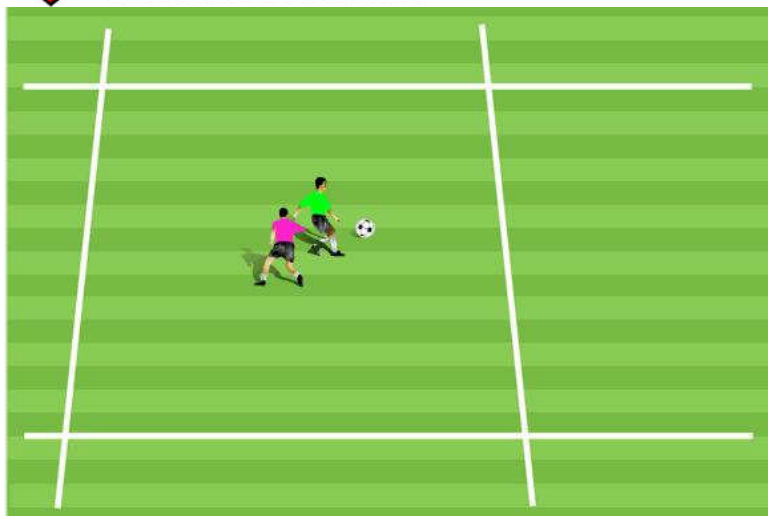
One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. The Cruyff Turn is performed by faking to kick/or dribble the ball in one direction and then playing the ball between the legs. Using the toe end of the shoe, the ball is flicked through the legs and the attacker pivots on the other leg to the outside. Accelerate away with pace. Progress to 1) performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates, 5) Small sided game.

Coaching Points

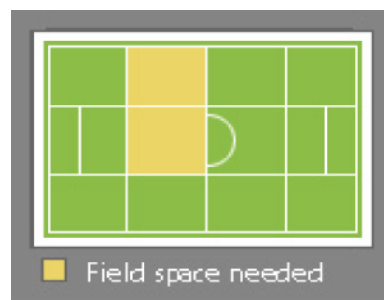
- Start in stationary position - not a dribble
- Fake to pass and quick turn
- Accelerate away leaving defender behind

Progressions:

The freedom to experiment and practice 'escape' skills against an opponent is critical to their development. The more proficient a player becomes in dribbling and creating space as a young player, the more confident they will become in a game situation and the more likely they are to perform the skill. Repetition is very important, but ensuring the technique is correct (the players are able to 'sell' the opponent and escape) is essential. This activity is a good warm-up with the ball. To emphasize the skill in a small sided game award points/goals to a player who escapes a defender.



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones

Escape Move - Step Over (Dribbling, Creating Space)

Description:

One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. Dribbling forward, the attacker steps over the top of the ball with the foot furthest from the defender and quickly pivots 180 degrees (away from the defender). The attacker quickly turns and accelerates away.

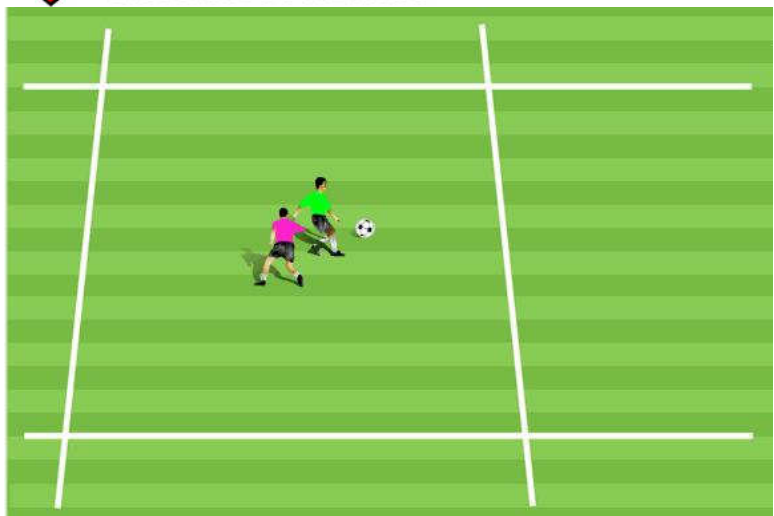
Progress to: 1) Performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates, 5) Small sided game.

Coaching Points

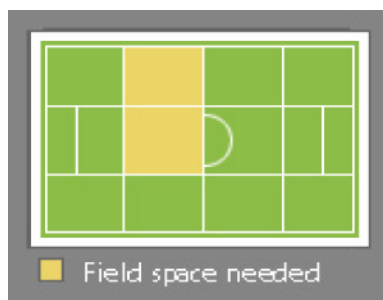
- Start in stationary position - not a dribble
- Repeat and repeat again
- Accelerate away leaving defender behind

Progressions:

The freedom to experiment and practice 'escape' skills against an opponent is critical to their development. The more proficient a player becomes in dribbling and creating space as a young player, the more confident they will become in a game situation and the more likely they are to perform the skill. Repetition is very important and ensuring the technique is correct is essential (the players are able to 'sell' the opponent and escape). This activity is a good warm-up with the ball. The starting point will depend on the players' proficiency - the skill can be progressed from performing on one spot, to a small sided game. To emphasize the skill in a small sided game award points/goals to a player who escapes a defender.



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones

Escape Moves - The 'V' (Dribbling, Creating Space)

Description:

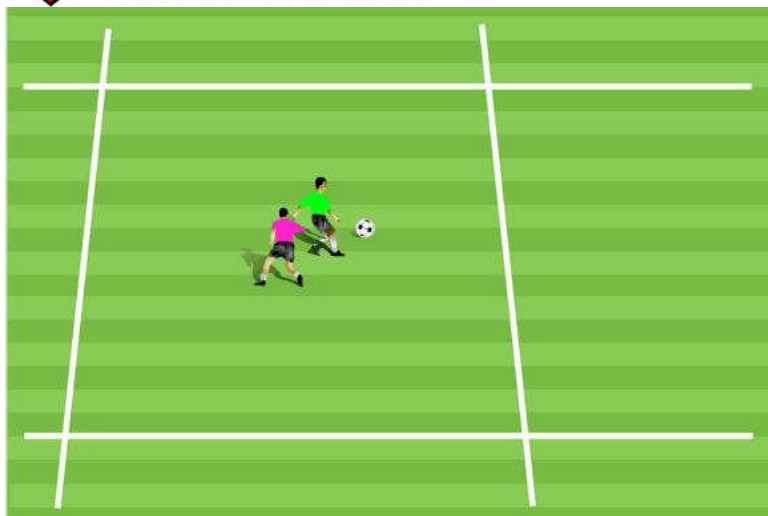
One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. The 'V' is performed by dragging the ball away from a defender with the sole of the foot (back towards the attacker) and then pushing the ball forward past the defender on the other side. The movement pattern 'draws' a V in the grass. Progress to: 1) Performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates, 5) Small sided game.

Coaching Points

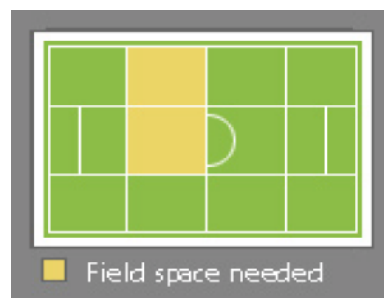
- Start in stationary position - not a dribble
- Quick transfer of the ball from one foot to the other
- Accelerate away leaving defender behind

Progressions:

The freedom to experiment and practice 'escape' skills against an opponent is critical to their development. The more proficient a player becomes in dribbling and creating space as a young player, the more confident they will become in a game situation and the more likely they are to perform the skill. Repetition is very important, but ensuring the technique is correct is essential (the players are able to 'sell' the opponent and escape). This activity is a good warm-up with the ball. The starting point will depend on the players proficiency - the skill can be progressed from performing on one spot, to a small sided game. To emphasize the skill in a small sided game award points/goals to a player who escapes a defender.



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones

Take On - Hesitation (Dribbling, Creating Space)

Description:

One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. The hesitation move requires the attacker to momentarily pause in the dribble causing the defender to either overrun or stop. The attacker can then accelerate away. Progress to 1) performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates & 5) Small sided game.

Coaching Points

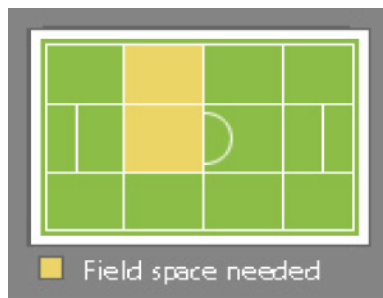
- Determine a speed of approach that works for each individual
- Realistic movement to unbalance the defender
- Accelerate away leaving defender behind

Progressions:

The freedom to experiment and practice 'take on' skills against an opponent is critical to their development. The more proficient a player becomes in dribbling and creating space as a young player, the more confident they will become in a game situation and the more likely they are to perform the skill. Repetition is very important, but ensuring the technique is correct is essential (the players are able to 'sell' the opponent and escape). This activity is a good warm-up with the ball. The starting point will depend on the players proficiency - the skill can be progressed from performing on one spot, to a small sided game. To emphasize the skill in a small sided game award points/goals to a player who takes on a defender.



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones

Take On - Inside Outside (Dribbling, Creating Space)

Description:

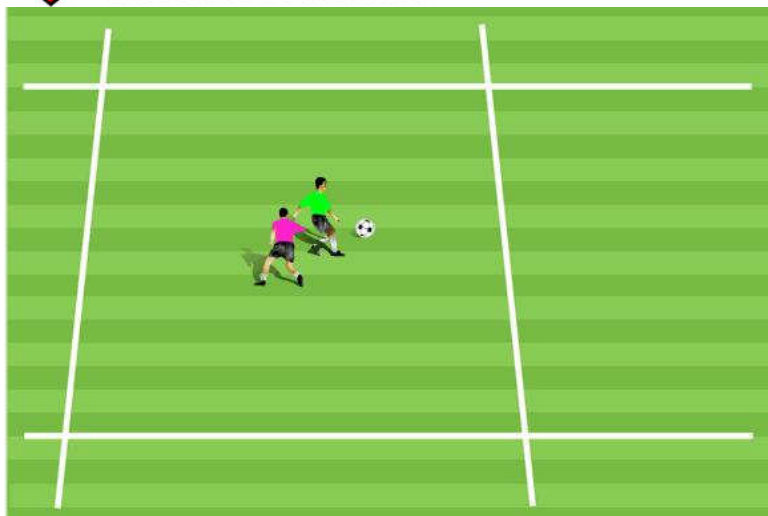
One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. The attacker dribbles the ball towards the defender. As the defender approaches, the attacker starts to dribble at an angle to one side of the defender using the inside of the foot. As the defender commits to the challenge, the attacker uses the outside of the same foot and pushes the ball to the other side of the defender. The attacker can then accelerate away.

Coaching Points

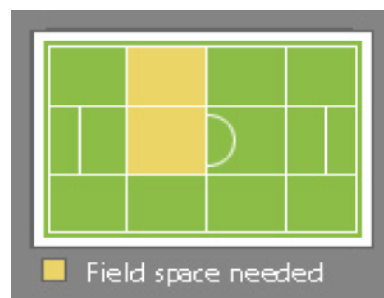
- Determine a speed of approach for each individual
- Realistic movement to unbalance the defender
- Accelerate away leaving defender behind

Progressions:

Progress to 1) Performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates. 5) Small sided game. The freedom to experiment and practice 'take on' skills against an opponent is critical to their development. The more proficient a player becomes in dribbling and creating space as a young player, the more confident they will become in a game situation and the more likely they are to perform the skill. Repetition is very important, but ensuring the technique is correct is essential (the players are able to 'sell' the opponent and escape). This activity is a good warm-up with the ball.



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones

Take On - The Scissors (Dribbling, Creating Space)

Description:

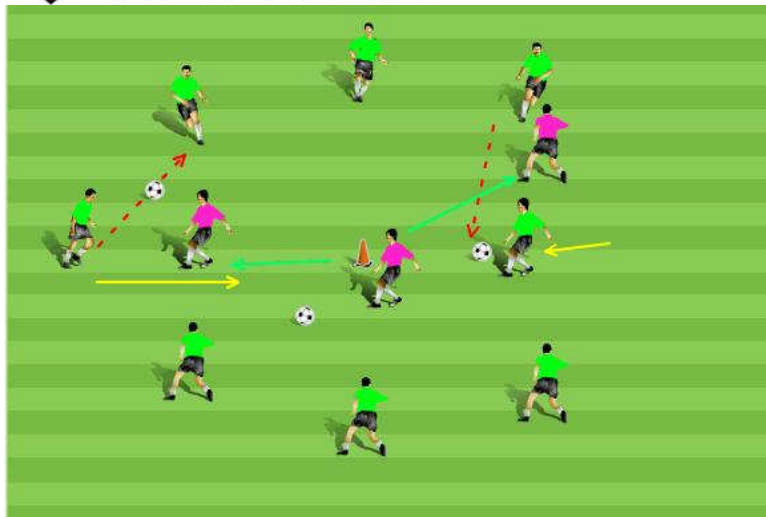
One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. The Scissors move normally starts with a slow approach towards the defender. The attacker then unbalances and creates uncertainty for the defender by kicking over the ball with left and right foot (The move can be multiple scissors). The attacker should also move their body in the direction of the scissors to add to the uncertainty. Once the defender is flat-footed, the attacker can then accelerate away. Progress to 1) Performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates 5) Small sided game.

Coaching Points

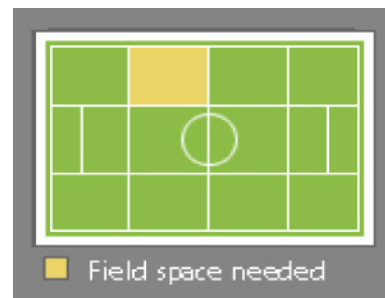
- Determine a speed of approach that works for each individual
- Realistic movement to unbalance the defender
- Accelerate away leaving defender behind

Progressions:

The freedom to experiment and practice 'take on' skills against an opponent is critical to their development. The more proficient a player becomes in dribbling and creating space as a young player, the more confident they will become in a game situation and the more likely they are to perform the skill. Repetition is very important, but ensuring the technique is correct is essential (the players are able to 'sell' the opponent and escape). This activity is a good warm-up with the ball. The starting point will depend on the players proficiency - the skill can be progressed from performing on one spot, to a small sided game. To emphasize the skill in a small sided game award points/goals to a player who takes on a defender.



Materials Needed



Area: 20 x 20

- Balls
- Center cone

Wall Pass (Passing, receiving)

Description:

All players are involved in this activity that can be used as a warm-up. Players in the inside of the circle (with the ball) pass to a perimeter player and follows the ball. The receiving player plays a first time ball to either side and runs around oncoming player and receives the wall pass.

Coaching Points

- Play firm pass to open player
- First time pass to adjacent partner
- Move around oncoming player and receive pass

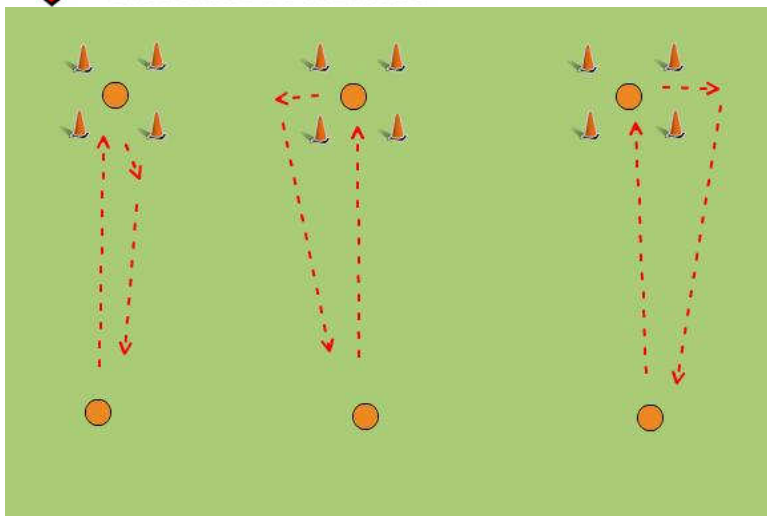
Progressions:

Create a large circle with 3-4 players in the middle with the ball. Start with a jog and then increase to game pace. Make the wall pass and the defending realistic by stressing accuracy and firmness of pass and acceleration beyond the defender.

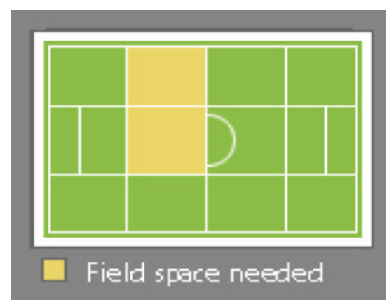
Progress to emphasizing communication – Increase size of the circle by 10 yards. Half the players on the perimeter have a ball each. Ball is played into 4 or 5 central players who come to meet the ball. On receipt, the perimeter player give a command of:

Man on - player plays ball back to server and then spins (blind side run etc) and receives pass back from server.

Turn - player spins and finds a perimeter player without a ball.



Materials Needed



Area 30 x 20 yds

- Balls
- Cones

Box Receiving (Receiving)

Description:

Two players work together with one ball. One player starts inside a 3 x 3 yds box and the other player starts opposite with the ball 10 yds away. The ball is played to the player in the box. The receiver's first touch must take the ball to either side and outside of the box. The next touch should be a pass back to the server.

Coaching Points

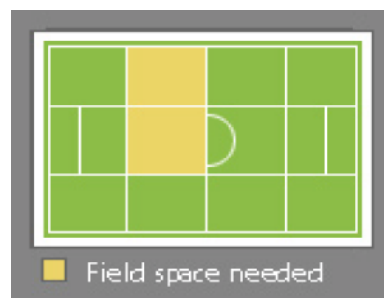
- Be ready to receive the pass
- Present the receiving surface to the ball
- Cushion the ball in the direction to set up the pass

Progressions:

1) 1st touch can be with the inside or outside of the foot, 2) Fake to play one direction and play out the opposite.



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Individual Receiving (Receiving)

Description:

Players have a ball each and dribble around the area. The players must react to the coach's command. When the coach calls "FOOT" - players throw ball into the air to receive with their laces, "THIGH" - players receive with the thigh, "CHEST" receive with the chest, "HEAD" cushion header into players path.

Coaching Points

- Keep eyes on the ball
- Present surface to the ball

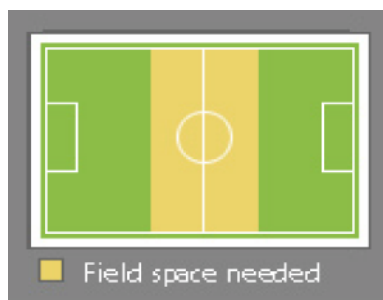
- Cushion ball

Progressions:

The coach can be creative with the commands.



Materials Needed



20 Cones

- Ball per player

Circle Receive & Pass (Passing & Receiving)

Description:

Players to work within a circular area.

#1 Players work on the outside of the circle and #2 Players work on the inside of the circle. Players to swap roles after an allotted time.

Players within the circle to receive and pass from players on the outside.

Coaching Points

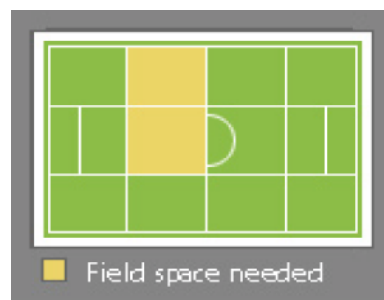
- Movement within the circle, change direction & speed
- Receive the ball on the move
- Be creative when receiving the ball, on the half turn or using a trick
- Communication
- Accuracy and pace of pass
- Outside players to stay alert and on toes

Progressions:

1. Player to receive the ball and dribble to another player on the outside of the circle
2. On delivery of the ball, produce a supporting movement for the player on the ball
3. When dribbling the ball, using a trick or turn
4. When dribbling the ball change speed and direction
5. Players to change the distance of each pass



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones
- Training Vests
- Goals x 2
- Hurdles, ladders, rings etc

Numbers Game (Dribbling, attacking, shooting, defending)

Description:

A coach's favorite – players play individually and as a small group to score a goal!

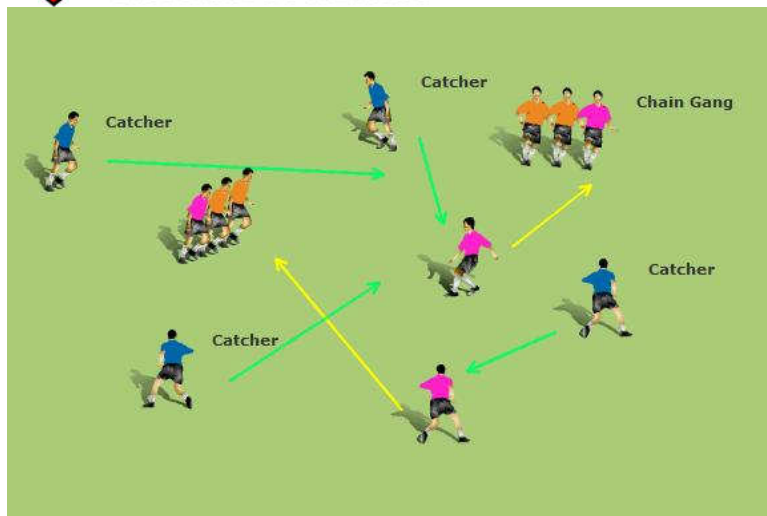
Coaching Points

- Get to the ball quickly
- Look for the goal not protected
- Move quickly to the goal

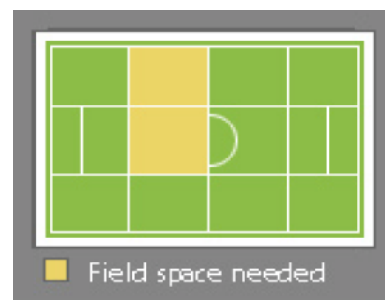
Progressions:

Two, three or four teams situated on each side of the field. One or two goals at end - coach rolls a ball out and calls a number. The player in each team corresponding to the number/s runs out and attempts to score a goal.

1) Players run around a cone before coming onto the field, 2) Run through the ladder, 3) Under and over the hurdle etc, 4) Player must play the ball to their team on the sideline and receive it back before scoring, 5) Two or more numbers are called and each player must touch the ball before scoring.



Materials Needed



Area 20x20 yds

- Training Vests
- Balls
- Cones

Chain Gang (Warm-up)

Description:

The group is split into 3 and each group has a different colored pinnie. Group 1 are in pairs with their arms linked at the elbow. Group 2 are trying to escape the catchers and Group 3 are the catchers.

Coaching Points

- Avoid collisions with others - dodge

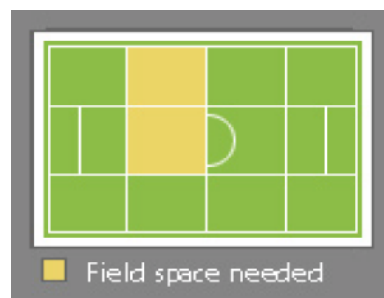
Progressions:

On the command of "GO", Group 1 start to walk around the area keeping their arms linked (Chain). Players in group 2 have to try and link with the member of group 1 - if they do, they are safe (Chain Gang). The catchers (group 3) have to try and tag players in group 2 before they link with the group 1. If a player is tagged, they are out of the game - 30 seconds and then change.

Progression: Add 1 ball between 2 for Group 1 (they have to dribble it between them whilst joined), a ball each for players in group 2 and no ball for the catchers.



Materials Needed



Area 30x30

- Ball per player
- Cones

Kentucky Derby (Dribbling, running with the ball)

Description:

Players must move quickly with the ball to beat an opponent.

Coaching Points

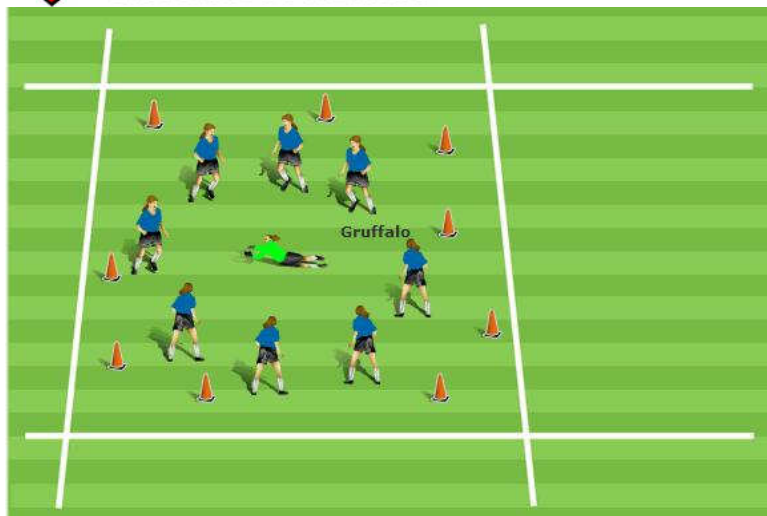
- Quick dribble
- Keep ball close to the outside of the circle as you dribble
- Head up to avoid collision

Progressions:

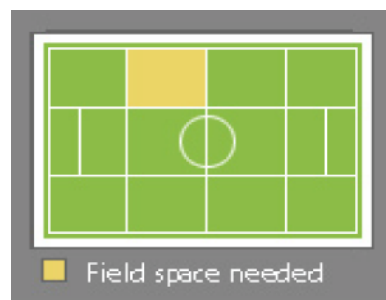
Instructions

Coach forms a large circle using cones equally spaced (one cone per pair). In pairs, players stand side by side next to the cone. On the command of saddle up, one player (rider) stands over his/her partner (horse) on all 4's – when in position shouts “Yeah Ha”. On the command of ride, the rider jumps off the horse – through the horse's legs and sprint around the circle in a clockwise direction. On return to the horse, the rider goes through the horse's legs and remounts.

Story: “ The bid race of the day is here – the Kentucky Derby – riders and horses are you ready ”



Materials Needed



Area: 20 x 20

- Ball per player
- Training vests

The Gruffalo (Movement skills, Dribbling, turns)

Description:

Players perform a number of movement patterns to escape the terrible jaws and terrible claws of the Gruffalo!

Coaching Points

- Become part of the story and have fun
- Move quickly to the cones
- Keep balls close by

Progressions:

Instructions

Start without the ball. In the area place randomly enough cones for one per player. All players (mice) join hands to form a circle around the sleeping Gruffalo (coach). Bouncing around as a circle around the Gruffalo, the Gruffalo awakens from his/her sleep and chases the mice – The mice need to get to their own cone for safety – any mice caught by the Gruffalo join the Gruffalo – play until all mice are caught.

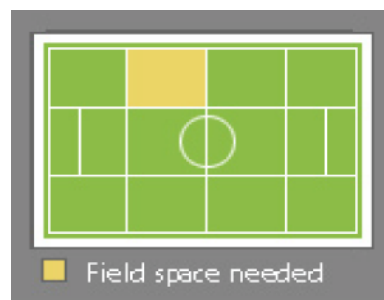
Story: 'What's a Gruffalo? He has terrible tasks and terrible claws and terrible teeth in his terrible jaws – his eyes are orange, his tongue is black and he has purple prickles all over his back.'

Progression/variations

This is an excellent opportunity to bring in fundamental movements such as running, skipping, galloping, balancing, dogging etc. Condition the players to escape using only the movements prescribed – the Gruffalo also has to move in the same way. Add balls.



Materials Needed



Area 30 x 30 yds

- Cones
- Ball per player

Traffic Lights (Dribbling Warm Up)

Description:

Use the theme of the popular movie 'CARS'. Every player has a soccer ball. When the coach calls "Green light" the players must dribble their ball around the area. On the call of "Red light" the player must stop and place their foot on the ball. Other commands of "Mater" (tow truck) for dribbling slowly, and "Lightning McQueen" - dribble as fast as you can, "Car Wash" - ball rolls forward & back (both feet), "Wipers" - foundations back and forth, "Sheriff" - the coach gives a 'ticket' (5 toe taps) to runaway cars, and 'Rev the Engines' - foot on top of the ball and vibrate faster and faster and make revving noise.

Coaching Points

- Keep ball close and under control
- Keep head up
- Keep the ball moving

Progressions:

This is a really good activity to coach and improve technique - dribbling, turning and ball mastery. Each time you play Traffic Lights add a different movement, turn and mastery skill. For example:

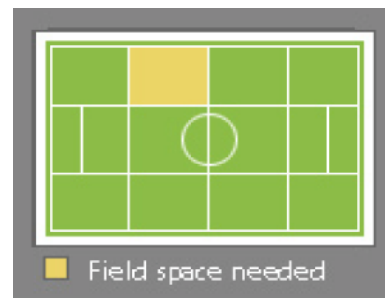
Movement sequence: 1) **Dribble with laces** - slow down and push the ball lightly with the laces (left, right and both) 2) **Boxes** - push the ball from side-to-side, right to the left foot and back again, 3) **Toe taps** - hopping from one foot to the other touching the top of the ball with the opposite foot each time. Ball stays - does not move. 4) **Sole drag back** - hopping between feet, move backwards dragging the ball back alternating between the sole of the shoes, 5) **Sole push** - push the ball forward with the sole of the shoes. 6) **Laterals** - move to the left by dragging the right foot over the top of the ball (rolling the foot over the top of the ball). Move right with the left foot.

Turns: It is anticipated players at the end of this stage of development will be able to perform the following turns 1) **Inside of the foot**, 2) **Outside of the foot**, 3) **Drag back**, 4) **Step over**, and 5) **Back heel**. Add others!

Also if you have a number of coaches or parents you could add toll bridges. Have coaches and parents stand with their legs apart. Every time a player sees an open toll bridge they must play the ball through the legs and collect it from the other side.



Materials Needed



Area 20 x 20 yds

- Ball per Player
- Cones
- Training Vests

Antz Nests (Dribbling, Turns)

Description:

Four equal teams of Antz must work quickly to build their ants nest. In the four corners of the square the coach sets 3x3 yd squares. The objective is to fill the nest with supplies first – three balls.

Coaching Points

- Quick turns and dribble
- Look around to see which groups are closest to winning
- Stay upright when competing for a ball

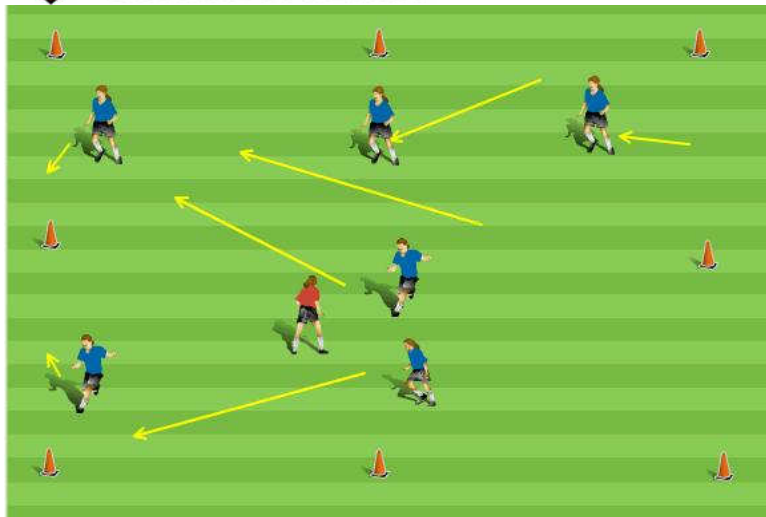
Progressions:

Each Ant has a name (characters from the movie) – Z, Weaver, Princess Bala and Barbatus. When the coach shouts a name, the ants of the same name from each team collect supplies (balls) from the center of the square – one at a time only. The objective is to fill the nest with supplies first – three balls.

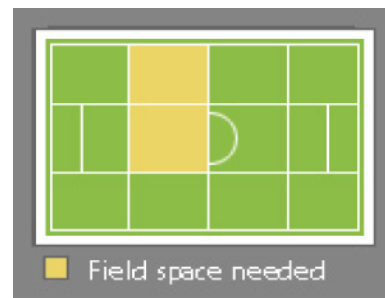
Story: 'Z, Weaver, Princess Bala and Barbatus need to collect supplies for the Antz nest before the supplies run out – three rival colonies are also sharing so the team must move fast?'

Progression/variations:

Eliminate balls each round so there are not enough for each team to have three balls. Allow the players to steal one ball at a time from an opposing group until they have three.



Materials Needed



Area 30 x 15 yds

- Ball per player
- Cones
- Training Vests

British Bull Dog (Dribbling & Movement)

Description:

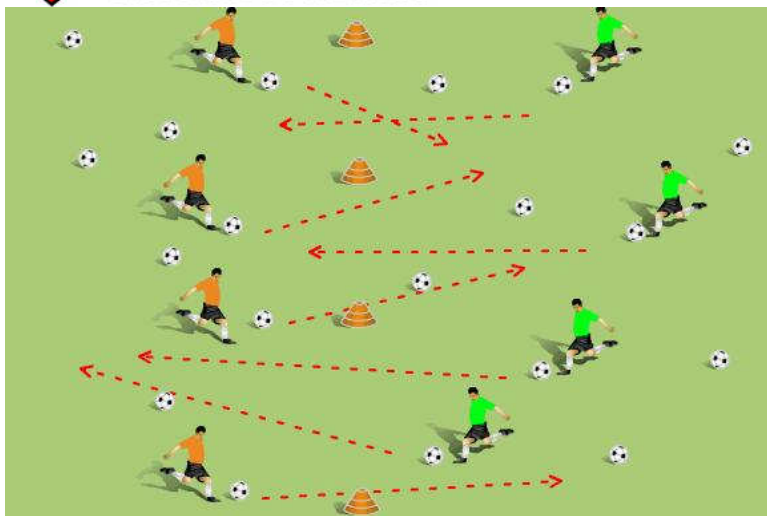
One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. Cats who were tagged join the Bull Dog.

Coaching Points

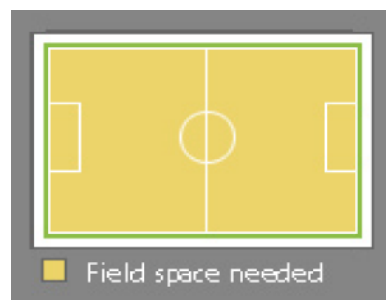
- Encourage players to use body movements to elude the bull dog
- When dribbling, keep soccer balls close to allow quick changes in direction
- Lift head to avoid collision and see routes for escape

Progressions:

One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. The Cats start the game by chanting in unison "British Bull Dog 1, 2, 3", the Bull Dog then responds by giving the command "BRITISH BULL DOG" – the Cats then try to make their way to the opposite end of the rectangle without being tagged by Bull Dog. Any Cat who is tagged or dribbles outside the rectangle must step out of the area. Once the remaining Cats have made it to the other end line, the Cats who were tagged join the Bull Dog. The game continues until there is only one player left to be tagged. That player then gets to be Bull Dog for the next round. Change the way players move from one end to the other - gallop, skip, walk, or slide. Bull Dog and Cats become crabs – must remain in crab position to move. Instead of tagging the players, Bull Dog must pull the training vests hanging in the back of the Cats shorts (the tail).



Materials Needed



20 soccer balls

- cones
- 20x30

Cleaning my Room (Attacking)

Description:

My room is a mess and has soccer balls ever where. I have helpers to help clean my room. Their job is to clean my room but make my brother room a mess. At the same time my brother is trying to clean his room and also has helpers. The aim is to strike the balls across into the other room. The cleanest room after 1 minute is the winner.

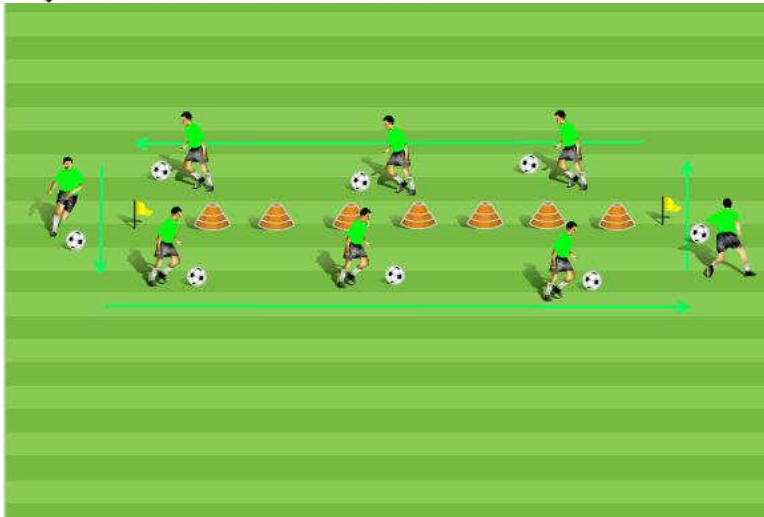
Coaching Points

- Lock ankle
- Strike ball with Laces

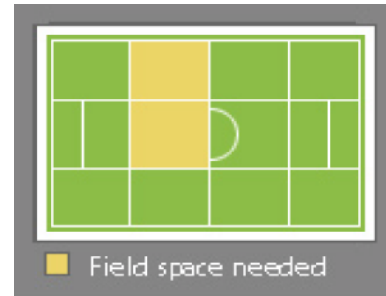
- aim for the space

Progressions:

Players must stay in their room at all times. They are not allowed to cross the line into the other room.



Materials Needed



Area 20 x 10 yds

- Ball per player
- Cones

Musical Cones (Dribbling, turns)

Description:

Place 2 coaching sticks (or cones) 20 yards apart and in between place a straight line of cones (representing chairs) – enough for one cone per player. Choose a song to sing with the players and when the song is being sung, players dribble the ball from one coaching stick to the other creating a loop – no loitering. When the singing stops, the players hustle to a cone dribbling their ball – no hands. Once the players understand the game, eliminate one or two cones (chairs) – eliminated players get to choose and sing the song.

Coaching Points

- Don't be shy – sing nice and loud!
- Keep balls close by
- Quick response - avoid using hands

Progressions:

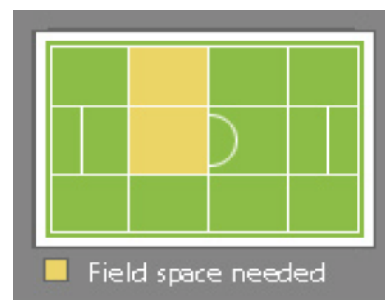
Story: Everyone knows the party game musical chairs!

Progression:

Add fundamental movements such as running, skipping, galloping, balancing, dodging etc.



Materials Needed



Area 40x30

- Ball per player
- Cones
- Training Vests

Cat & Mouse (Dribbling, turns & running with ball)

Description:

Players chase one and other whilst keeping control of the ball.

Coaching Points

- Quick first movement – low center of gravity
- Get ball out of feet to allow for high speed
- Dribble with laces

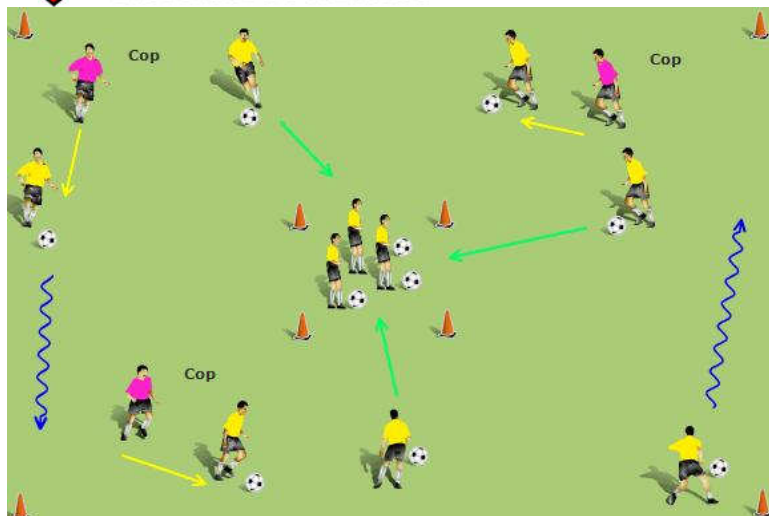
Progressions:

Instructions

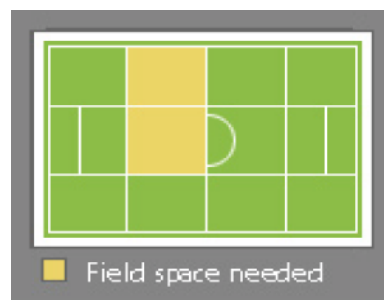
In pairs, one player is a cat and one a mouse. In channels 5 yards apart from each pair, the cat and the mouse stand next to a cone that is 5 yards apart. When the coach shouts go, the mouse must dribble the ball – 15-20 yards to the safety of the end line and the cat chases the mouse to attempt to catch the tail (vest in back of shorts).

Story: “Cats love to chase mice – but the mouse has a head start with a piece of cheese – can the mouse make the mouse hole before being caught?”

Vary the starting positions and change over the roles every 2-3 goes: 1) Mouse with a ball and cat without, 2) Both have balls 3) both face each other (Mouse has to turn) 4) ball played between feet 5) Toe taps on top of ball 6) Mouse is seated on the ball 7) both with nose on the ball 8) ask the players to come up with starting positions.



Materials Needed



Area: 30 x 30 yds

- Ball per player
- Cones
- Training Vests

Cops and Robbers (Dribbling)

Description:

'Robbers' have a ball each which they dribble around the soccer streets. The 'Cops' (who don't have a ball) have to get a touch on the robber's ball in order to send them to the jail in the middle of the area. Once in jail the robber must sit on their ball and call out "HELP". The only way a robber can be saved is by a fellow robber, who must dribble their ball into the jail and give them a high five. The cops aim is to get all the robbers into the jail.

Coaching Points

- Head up
- Close Control
- Shield the ball to protect

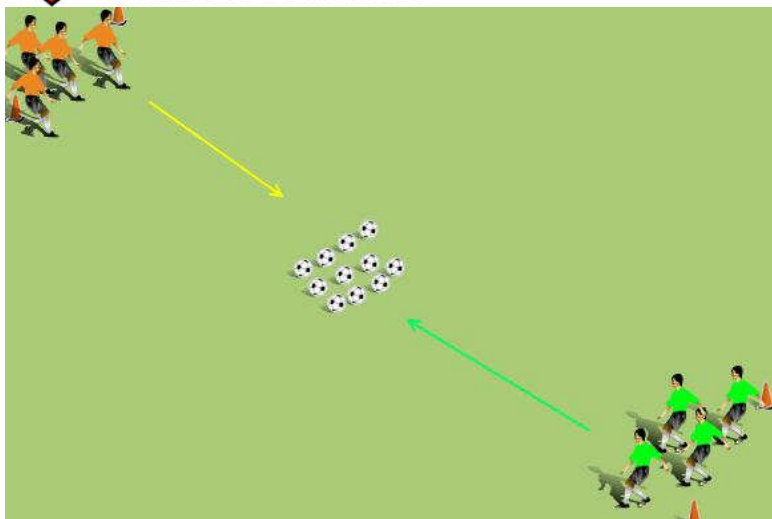
Progressions:

Story

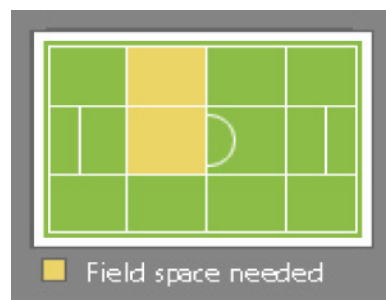
The robbers have stolen treasure (the soccer ball). But hot on the robbers tails are the cops who are looking to send the robbers straight to jail. The question is can the cops get all the robbers in the jail at once? Good Luck!!!

Variations

For some players getting a touch on the robber's ball may be too hard. If this is the case play the game with robbers having a training vest tucked into the back of their shorts, if the cop pulls the training vest out then the robber must go to jail. To make the game harder add more cops per game. This will ensure more pressure is on the robbers.



Materials Needed



Area 20 x 20 yds

- Balls
- Cones

Tree House (Dribbling)

Description:

At either end of the area you have a tree house. At one end you have the 'Greedy Gorillas' and at the other end you have the 'Cheeky Chimps'. In the middle are all the soccer coconuts. On the call of "GO" the Chimps and Gorillas run to the middle and collect a coconut and return back to their tree house before going to collect another one.

Coaching Points

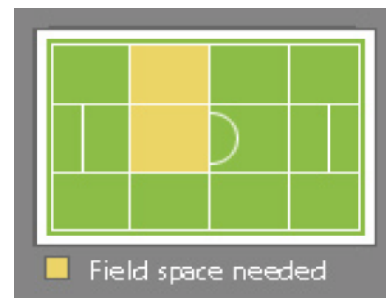
- Keep ball moving
- Keep ball close
- Keep head up

Progressions:

Have the Chimps and Gorillas attack each others tree house. After one minute see who has the most coconuts.



Materials Needed



Area 40 x 20 yds

- Ball per player
- Cones
- Training Vests

Looters (Dribbling, attacking, and defending)

Description:

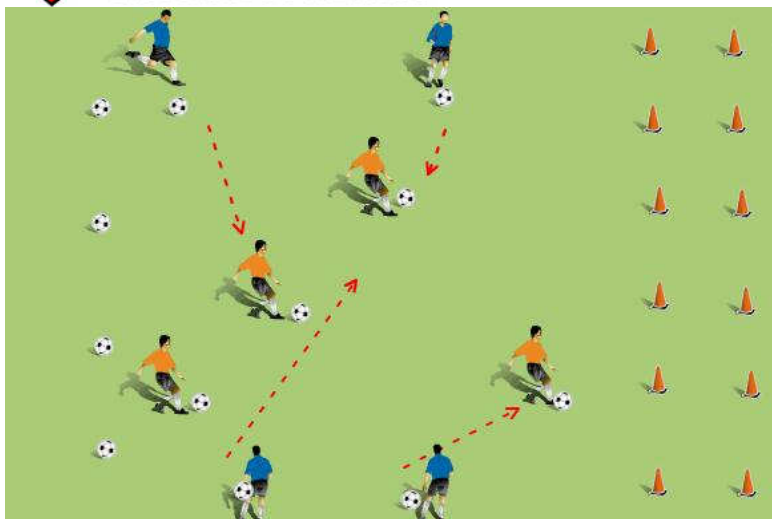
Two or more teams. To play the activity with two teams, two 5 x 5 yds square are marked 5 yards from each end line. Players from both teams stand inside their team square and all the balls are lined up on center line of the area. On the command of "GO" players leave their square and attempt to dribble a ball back to their square. An opponent cannot steal the ball. Play until all balls are in either of the two squares.

Coaching Points

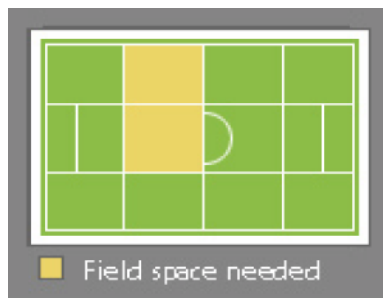
- Get to the ball quickly
- Move into space
- Dribble with laces for speed

Progressions:

1) All players can enter either square to steal (Loot) the balls (90 second time limit), 2) Split each team into attackers and defenders – each cannot enter the other half of the field and must pass to get the ball back to the square, 3) Create equal numbers of small 'home' squares around the area – once the ball enters this area, the ball cannot be removed.



Materials Needed



Area: 20 x 30 yds

- Balls
- Cones
- Training Vests

Bob The Builder (Dribbling and Attacking)

Description:

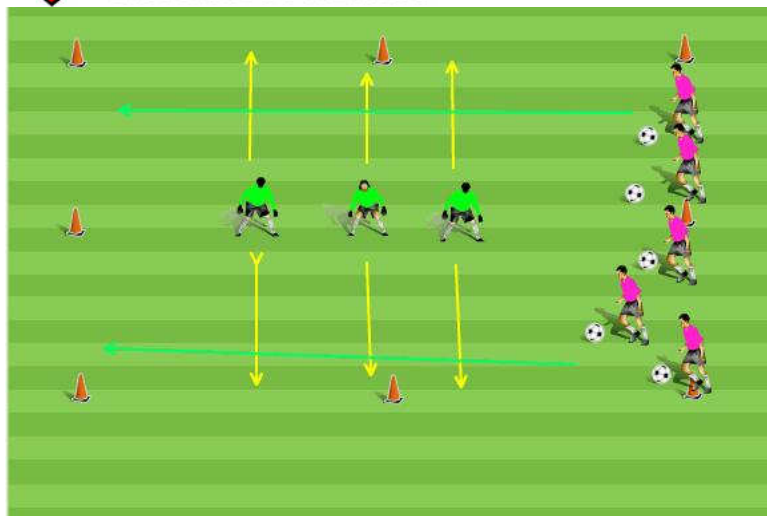
Bob (the players) have a ball each. On the other side there are Bob's 'bricks'. Bob must dribble his/her ball across the building site and collect a brick and return it back to the other side of the building site. Trying to stop Bob collecting the bricks are soccer players on the side who must shoot their balls at Bob. If they hit Bob then that player moves to the outside.

Coaching Points

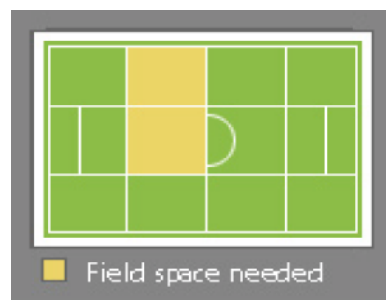
- Keep head up
- Keep ball close and under control
- Change of speed and direction

Progressions:

1) Every play must have a ball, 2) Increase/decrease amount of 'bricks'.



Materials Needed



Area: 30 x 20 yds

- Ball per player
- Cones
- Training Vests

Crab Soccer (Dribbling)

Description:

Three defenders 'Crabs' in a line move side to side to prevent the attackers 'Fish' from reaching the end line. On the command of "GO", all the attackers move forward with the ball, keeping close control and using turns and body moves to avoid the crabs (who must stay in a crab position – hands and feet). If the fish's ball is kicked out, the fish joins the crabs. Play until the last fish is captured.

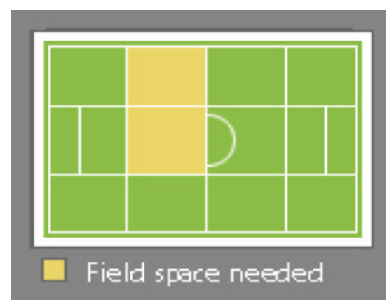
Coaching Points

- Encourage players to use body movements to elude the crabs
- When dribbling, keep soccer balls close to allow quick changes in direction
- Lift head to avoid collision and see routes for escape

Progressions:



Materials Needed



Ball per player

- Cones

Got Ya (Dribbling)

Description:

Players start on the line with a ball each. The coach starts by facing all of the players. When the coach turns his/her back the players can start to dribble. As soon as the coach turns back around to face the players they must stop straight away with foot on the ball. If they don't they must return the start. First player across wins.

Coaching Points

- Keep head up
- Keep ball close and under control

- Stop with foot on the ball

Progressions:

This is a great game that builds awareness.



Stamford Bridge (Dribbling)

Description:

1) North, South, East or West stands; players dribble to that side 2) 'The boss is here'; players stand still 3) 'Trainer is here'; players roll around holding their knee 4) 'Drogba'; players take a Drogba dive 5) 'Goal' celebration 6) 'Lampard'; raise two arms to the sky and give a pose for the cameras 7) Cech; dive to save the ball like Petr Cech

Coaching Points

- Attack space quickly
- Keep ball close to allow change of direction
- Use different turns

Progressions:

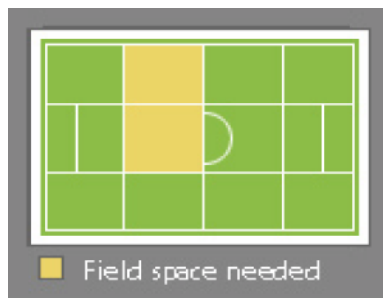
Instructions

The coach assumes the role of the 'Boss' (Head Coach) and the young apprentice players follow the boss's instructions.

Story: Stamford Bridge is the home of Chelsea Football Club in London, England. The young apprentice players have been given the opportunity to show their skills to Chelsea Head Coach 'Carlo Ancelotti' – the boss. There are very few professional contracts to give out, so apprentice players must perform expertly!

Commands: 1) North, South, East or West stands – players dribble their ball to the appropriate side of the area 2) 'The boss is here' – players stand still with arms down by their sides 3) 'Trainer is here' – players roll around holding their knee 4) 'Drogba' – players take a Drogba dive 5) 'Goal' – goal celebration 6) 'Lampard' – raise two arms to the sky and give a pose for the cameras 7) Cech – dive to save the ball like Petr Cech

Materials Needed

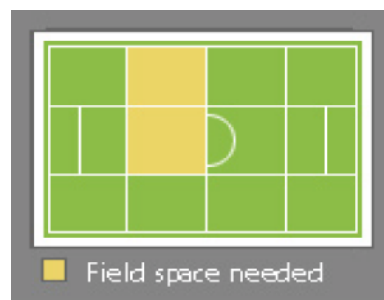


Area 20*20

- Ball per player
- Cones
- Training Vests



Materials Needed



Balls

- Cones
- Training Vest

Follow the leader (Dribbling)

Description:

Player 1 starts without a ball and player 2 has a ball at his/her feet. Player 1 starts by slowly jogging around the area for player 2 to follow (with the ball). The aim for player 2 is to stay as close to player 1 as possible. After 45 seconds change roles.

Coaching Points

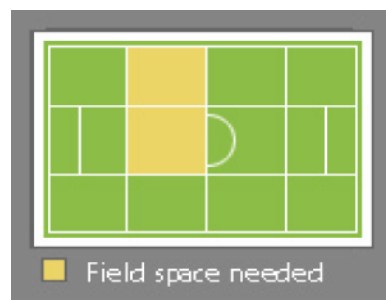
- Awareness of the leader
- Keep head up
- Keep close and moving at all times.

Progressions:

Players must be prepared to be sharp with the change of direction.



Materials Needed



Area 30 x 20 yds x 2

- Ball per player
- Cones
- Training Vests

Dribbling Tag (Dribbling, Creating Space)

Description:

Two 30 x 20 yds areas with 5 yds of space between. Two teams of 4 players create a 3v1 scenario in each area. Every player has a ball (including the defensive player). The defender attempts to tag as many players as he/she can in 30 seconds. At the end of 30 seconds, rotate the players. Add the total score for the teams. If a player dribbles outside of the area - count one point for the defender.

Coaching Points

- Use the laces
- Find space – head up
- Change pace to escape the defender

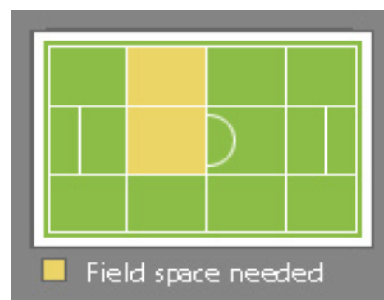
Progressions:

Award additional points if the attacking player performs a skill/move practiced during the session.

- 1) Increase/decrease the amount of time to encourage success and learning.
- 2) Adjust the area according to the number of players in each grid.



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones

Escape Move - Drag Back (Dribbling, Creating Space)

Description:

One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. Dribbling forward, stop the ball with the sole of the foot and roll the ball back down the side of the body then dribble back. Progress to: 1) Performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates, 5) Small sided game.

Coaching Points

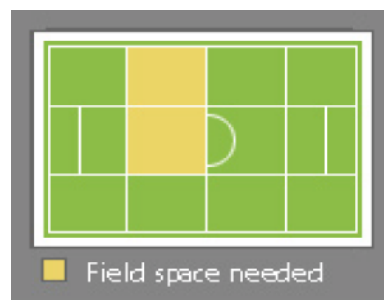
- Several touches on the ball with the sole
- Sell the move to the defender
- Accelerate away after the move

Progressions:

The freedom to experiment and practice 'escape' skills against an opponent is critical to their development. The more proficient a player becomes at dribbling and creating space as a young player, the more confident they will become in a game situation and the more likely they are to perform the skill. Repetition is very important, but ensuring the technique is correct - the player must be able to 'sell' the opponent and escape. This activity is a good warm-up with the ball. The starting point will depend on the players proficiency - the skill can be progressed from performing on-the-spot to a small sided game. To emphasize the skill in a small sided game award points/goals to a player who escapes a defender.



Materials Needed



Group of Players

- Cones and Flags
- Large supply of balls
- 20 x 25 playing field

Body Part Dribbling (Dribbling)

Description:

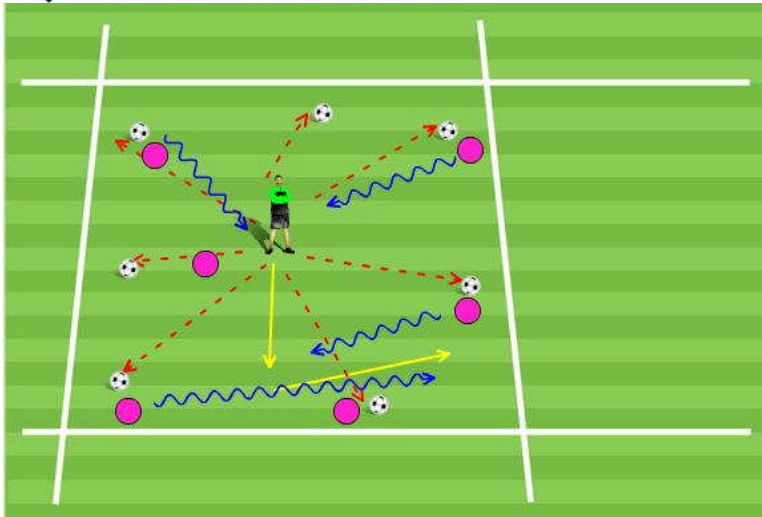
In a designated area, determined by the coach and number of players, all the players dribble a soccer ball. When the coach calls out the name of a body part, players must touch the body part to the ball as quickly as possible.

Coaching Points

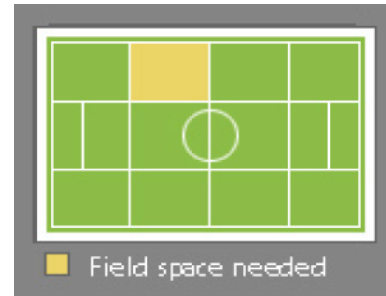
- Head up while dribbling
- Bend knees and stay on balls of feet
- Lots of touches to ensure close control

Progressions:

Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once. (i.e. both hands or both feet.)



Materials Needed



Area 20 x 20 yds

- Ball each player
- Cones

Fetch (Dribbling, Ball Mastery)

Description:

No more than 5 minutes - 4-8 players. Ball each. Coach kneels on the ground. Players surround the coach so they are close enough for the coach to reach their ball when the player puts their foot on top. Coach rolls the balls randomly in the area and the players sprint to collect and dribble back, stopping the ball within touching distance for the coach.

Coaching Points

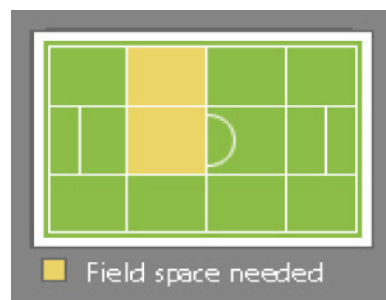
- Move quickly to the ball
- Dribble with laces
- Use different surfaces to change direction

Progressions:

- 1) Coach becomes mobile and the players dribble the ball and change direction as the coach moves. The coach pauses for 2 seconds and picks up balls within touching distance.
- 2) On receiving the ball, the players must perform a task before dribbling back - i.e. toe taps, turn, dribble around a cone etc.
- 3) Select 2-3 players and they perform the coach's role - players must dribble to a different server each time.



Materials Needed



Area 20 x 30 yds

- Ball per player
- Cones
- Training Vest

Hide and Seek (Dribbling)

Description:

Each player has a ball. Players close their eyes and count to 10. The coach takes a training vest and hides it under one of the cones dotted around the area. Players then dribble around the area going to each cone. Every time they reach a cone they must stop the ball and pick up the cone to look under it.

Coaching Points

- Keep ball close and under control
- Keep head up
- Keep ball moving

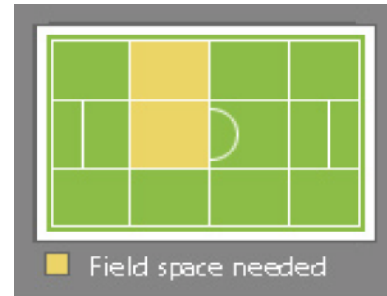
Progressions:

Progression

Have the players perform 5 toe taps or 5 boxes at each cone before picking it up.



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones

What Time is it Mr Fox? (Dribbling)

Description:

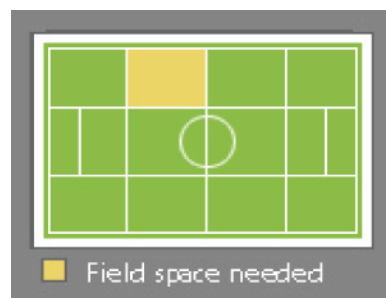
Mr Fox stands at one end facing the players. The players call "what time is it Mr Fox" and the Fox answers in one of two ways - "3 O'CLOCK" and the players take three small touches of the ball. If the Fox calls "DINNER TIME" the players must dribble back to the starting line and if they are caught by the Fox they become a Fox.

Coaching Points

- Keep the ball close when approaching Mr. Fox.
- Use different turns when Mr. Fox calls 'Dinner Time' – drag back, inside/outside foot, back heel etc.
- Use the laces to dribble the ball.

Progressions:

1) Mr Fox faces the players before closing his/her eyes and counting. 2) Players have to stop the ball with different body parts when the fox turns. 3) Once tagged the players have to stand with Mr. Fox – last player standing becomes Mr. Fox.

**Materials Needed**

Area 20 x 20 yds

- Ball per player
- Cones

Soccer Safari (Dribbling)**Description:**

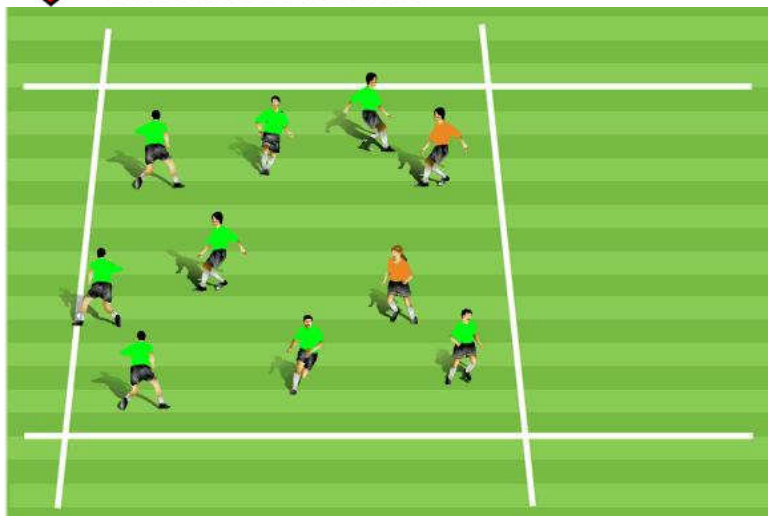
Players have a ball each and must react to the coach's command. Zebra - dribble, Lion - stop & stand still, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - toe taps, Snake - slither with inside of feet, Crab - use outside of feet.

Coaching Points

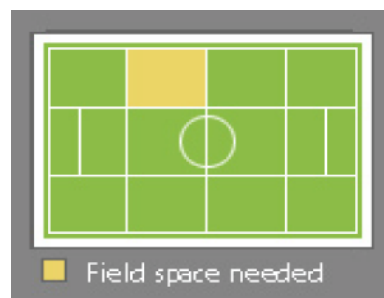
- Keep ball close and under control
- Keep head up
- Keep ball moving

Progressions:

This is an excellent game that acts as the perfect warm up exercise. It is a variation of traffic lights. Players have been taken on a safari and when the coach calls out the animal type the players must follow the command.



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones
- Training Vests

Ice man/Ice woman Tag (Dribbling and Movement)

Description:

Players will learn to dribble in close proximity to others using different speeds, body swerves and change of direction - using the 'disguise' of a game environment. Basic teamwork is also introduced.

Coaching Points

- Encourage players to use body movements to elude Ice man/ Ice Woman
- When dribbling, keep soccer balls close to allow quick changes in direction
- Lift head to avoid collision and see routes for escape

Progressions:

Ice Man/ Ice Woman recently discovered his/her mutant power to create **ice** and turn people into human icicles – a condition hidden from everyone until NOW! Two players (Ice Man/Ice Girl) wear a training vest (Ice Vest). Ice Man/Ice Woman stands outside the area and the remaining players ('The Humans') stand inside. On the command of "GO", the Ice Man/ Ice Woman attempt to freeze all the humans by tagging them. Once frozen (by tagging or by going outside the square), the human must stand with legs apart. Humans can release each other by crawling through the frozen human's legs. Once all humans are frozen, 2 new Ice Men/ Ice Women are selected. Add balls – passing the ball through the legs to release the humans.

Progression/variations:

Add conditions to the dribble – i.e. left or right foot only

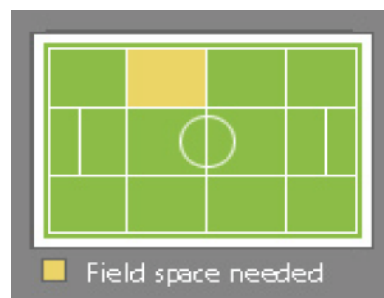
Too easy for Ice Man/Ice Woman – increase size of area and/or reduce Ice People

Too difficult – reduce size of area and/or add more Ice People

Increase competition and speed by timing how long it takes to 'freeze' the group



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones
- Training Vests

Shrek (Movement skills, Dribbling, turns)

Description:

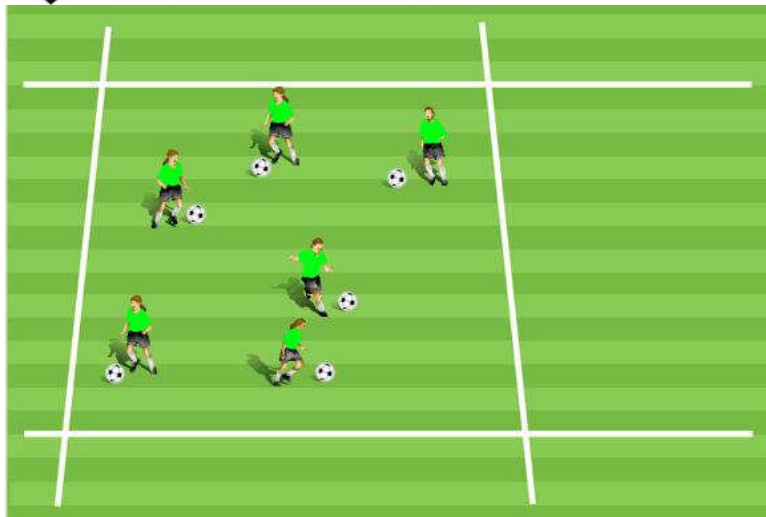
Each player (Shrek) has a ball and moves around the area (Castle) looking for Princess Fiona. The dragon (coach) enters the area and attempts to kick the balls out of the area. If the ball leaves the area, Shrek must collect the ball and go to the 'Swamp' to perform a turn before entering back into the castle. Change the dragon regularly. Story: "Shrek the ogre has been sent by Lord Farquaad to find Princess Fiona - however, the fierce dragon is guarding the castle!"

Coaching Points

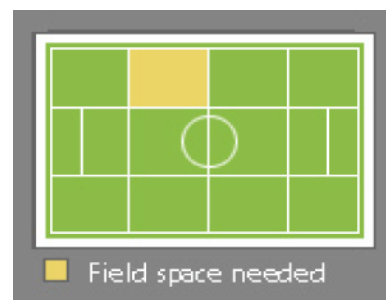
- Become part of the story and have fun
- Protect the ball by moving body between the ball and defender

- Keep balls close by

Progressions:



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Old MacDonald's Farm (Dribbling, turns)

Description:

Coach gets into character and sings as players act like their favorite farm animals. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

- Become part of the story and have fun
- Keep balls close by
- Quick response to instruction

Progressions:

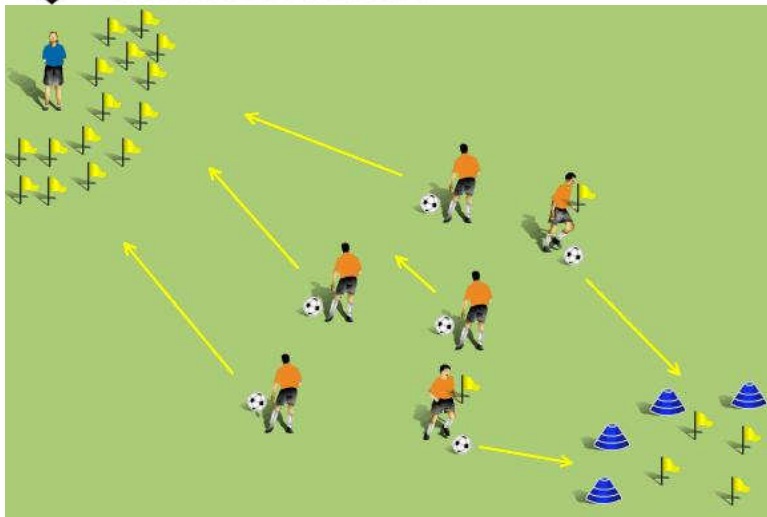
Instructions

Leading the chorus of the children's nursery rhyme 'Old MacDonald had a Farm', the coach introduces various animals – players have to do impressions of the animals.

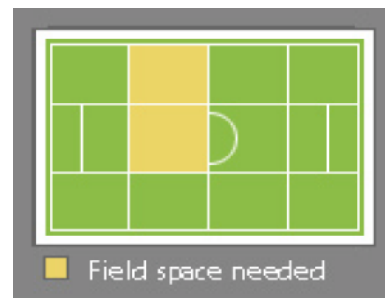
Chicken – sit on the ball and flap arms, Frog – ball between legs and jump, Pigs – push ball around with nose, Camel – ball behind neck, Horse – galloping, Kangaroo – ball up shirt and bounce around - ask the player to come up with animals and how to move.

Story: "Old MacDonald had a farm EE I EE I O, and on that farm he had a"

This is an excellent opportunity to bring in fundamental movements such as running, skipping, galloping, balancing, dodging etc.



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones
- Training Vests

Sleeping Giant (Dribbling)

Description:

The coach (sleepy giant) has stolen all the villager's treasure (training vests). The villagers have to send the giant off to sleep by singing his/her favourite song, for example Twinkle Twinkle Little Star. Once the giant is asleep then the villagers may dribble their ball towards the giant and the treasure. If the giant stirs the villagers must hide behind their ball so the giant can't see them. Once again the villagers must send the giant back to sleep by singing his/her favourite song. Now that the giant has gone back to sleep the villagers can dribble their ball closer to the giant. Once a villager gets all the way across to the giant they can take a piece of treasure and return to their village. The aim is to win back all the treasure.

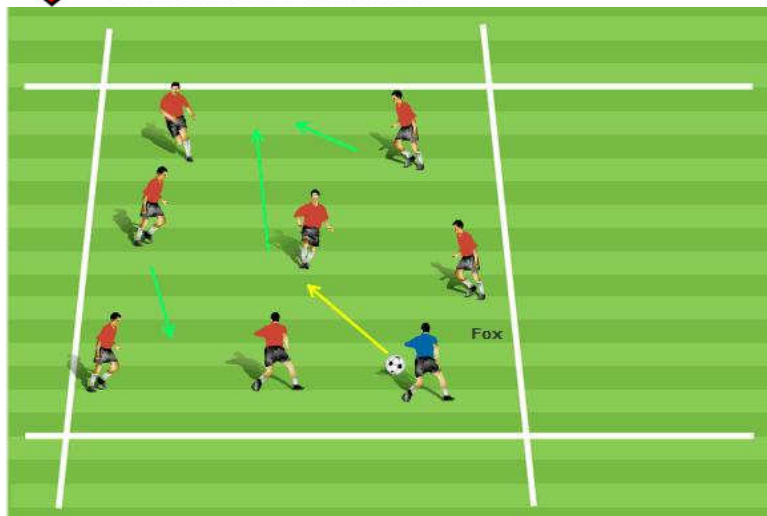
Coaching Points

- Keep your head up - be aware of the giants movement
- Keep ball close and under control
- Change of speed and direction when vest is won

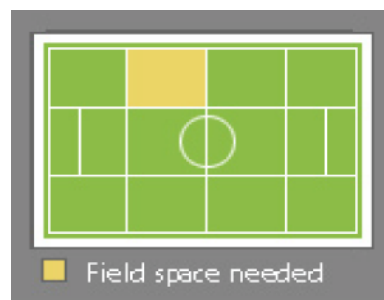
Progressions:

The giant has stolen all the villagers treasure in the middle of the night. The villagers know the giant always falls asleep when they hear their favorite song. The villagers come up with a sneaky plan to steal back the treasure by sending the giant into a deep sleep. Once the giant is asleep the villagers cross the swamp. "OH NO" the giant is awake. Once awake the villagers hide behind their balls so the giant can't see them. Before you can move again send the giant back into a deep sleep. Just remember the closer you get the softer those touches need to be. GOOD LUCK VILLAGERS!

Variations - Lay out the entire same color training vests, for example all Blue (Rubies). Once the villagers have stolen back the rubies then in round 2 lay out your entire yellow training vests (Gold). This exercise works well with 2 coaches one as a giant and one with the players (villagers). Try to get the parents involved by singing to create a fun atmosphere.



Materials Needed



Area 20x20

- Ball per player
- Cones
- Training Vests

Fox and Rabbits (Dribbling, turns)

Description:

Players move around the area dodging and weaving, moving fast and slow – with or without the ball

Coaching Points

- Use body fakes, spins and change of speed to avoid capture
- Keep the ball moving

Progressions:

Instructions

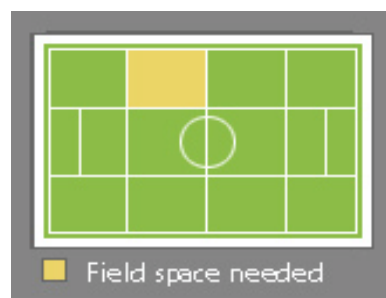
Start the game without a ball – rabbits are inside the area with the training vests tucked into the rear of the shorts (tails). The coach (fox) enters the square and chases the rabbits. Once the tail has been removed, the rabbit becomes a fox. Time how long it takes for all rabbits to lose their tail.

Add a ball for the foxes – and then the rabbits

Story: The fox is feeling like fun – so he decides he will chase the rabbits in the field. Will the rabbits outrun the fox or will they lose their tails?



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Soccer Safari (Dribbling)

Description:

Players have a ball each and must react to the coach's command. Zebra - dribble, Lion - stop & stand still, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - toe taps, Snake - slither with inside of feet, Crab - use outside of feet.

Coaching Points

- Keep ball close and under control
- Keep head up
- Keep ball moving

Progressions:

This is an excellent game that acts as the perfect warm up exercise. It is a variation of traffic lights. Players have been taken on a safari and when the coach calls out the animal type the players must follow the command.