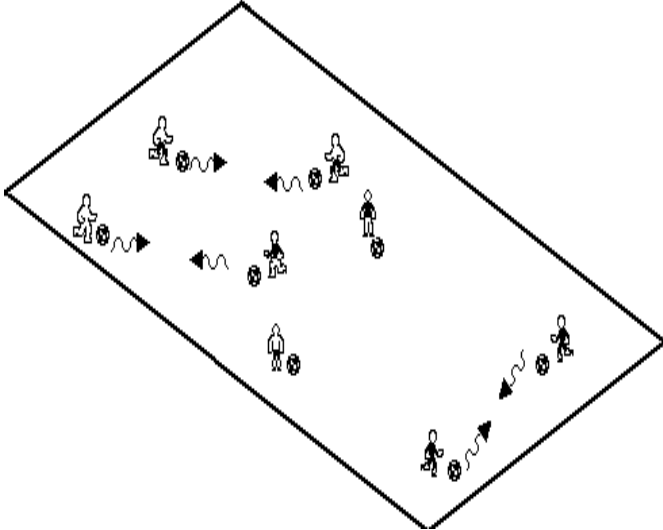

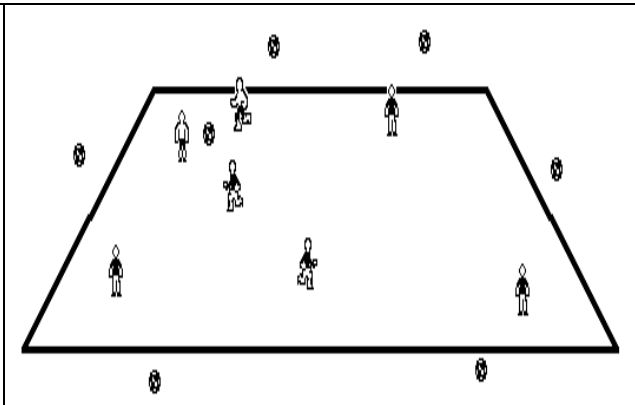
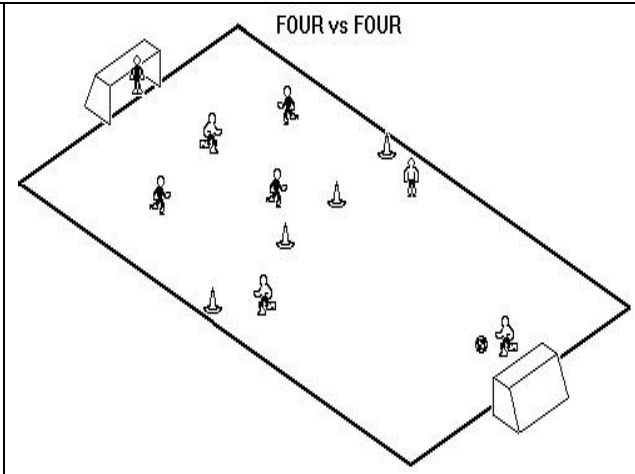


Activity Name	Description	Diagram	Coaching Points
<p>1 Free Dribble; Stop and Go; Change Direction</p> <p>In a 15 yd x 20 yd grid, each player has a ball.</p>	<p>Players dribble freely in various directions. On the coach’s command (whistle, “NOW”, etc.), the players “stop and go” quickly, continuing to dribble the ball. When the coach says “change”, the players change direction while dribbling.</p>		<p>Players must keep the ball close to them by using the inside, outside and soles of their feet. After they stop the ball and/or change direction, they must explode into space keeping the ball within playing distance (1-3 steps) so they can dribble it again. This type of dynamic activity forces the players to keep their heads up.</p> <p><i>Q.:</i> How could being able to stop quickly with the ball under your control help you in a match?</p> <p><i>A.:</i> Maybe then I could lose a defender or shoot or pass or dribble somewhere else.</p>
<p>2 Multi-Gate Dribbling; Multi-Gate Passing</p> <p>In an area approximately 25 yd x 30 yd, set up small goals (gates) using cones (1-2 steps wide) all around the area at different angles. Each player has a ball.</p>	<p>Players dribble through the gates freely in various directions. As they dribble through one gate, they look for another gate to dribble through.</p> <p>Once the players show competence in finding and dribbling through all of the gates then put them into pairs with one ball to a pair. Now they must dribble and pass to get to a gate. They must pass the ball through the gate to their partner. Now go find the next gate.</p>	<p>FLAG DRIBBLING</p> 	<p>Players must keep the ball close to them by using the inside, outside and soles of their feet. This environment fosters controlled dribbling, looking around (vision), change of pace (exploding through a gate), change of direction, decision making (if one player is occupying a gate, the other players must look for another open gate).</p> <p><i>Q.:</i> How do you and your partner know where to go next?</p> <p><i>A.:</i> We look for an open gate, talk to each other and then go there.</p>

<p>3 The Glob.</p>			
<p>All players are in a 20 yd x 25 yd grid. Two players (the Globs) start with a ball at their feet. All of the other players do not have soccer balls. Many soccer balls are placed outside around the grid.</p>	<p>On the coach’s command, the Globs try to “pass” the ball at the players without soccer balls, below their knees. When a player is hit, they become a Glob as well, and they collect a ball from the outside of the grid and join the other Globs. The game is over when everybody is a Glob. Progress to, or begin here, with the Globs as pairs passing a ball. When there are odd numbers of Globs make a triangle. When there are even numbers of Globs then play in pairs and each pair has a ball.</p>		<p>Agility, balance, vision, dribbling, passing. <i>Q.:</i> Where would you like your partner without the ball to go? <i>A.:</i> Behind one of the players to collect the ball if my pass missing hitting that player.</p>
<p>4 Boss of the Balls</p>			
<p>In a 25 x 35 yd field, with goals approximately 6 ft high by 18 ft long at each end of the field. Organize players into teams 4. NO GOALKEEPERS.</p>	<p>Play 4v4. The coach serves the balls onto the field, one at a time. Each time a ball goes out of play or a goal is scored a new ball is served. The coach is “Boss of the Balls”! Play is continuous until all of the balls are used. When the coach runs out of soccer balls, he/she simply asks the players to retrieve a ball and dribble it back to him/her. Play is then resumed.</p>		<p>Let them play and have fun. Give generous praise for their effort and hard work. <i>Q.:</i> If you are pressured by more than one opponent can a teammate help you? <i>A.:</i> Yes, he/she could move to where I can pass the ball to him/her.</p>
<p>5 Cool Down Activity...Juggling.</p>			
<p>Open area. Each player has a soccer ball.</p>	<p>Coach demonstrates a juggle with one thigh then catches the ball (thigh, catch). Then he/she asks if the players can juggle the ball twice, once with each thigh, before catching it (thigh, thigh, catch).</p>	<p>Variations: Coach can call out “thigh, foot, catch” or “foot, foot, catch”. For more advanced players, try “thigh, thigh, foot, catch” or “thigh, thigh, foot, foot, catch”. It’s a challenge, every player can participate at his or her own level and it’s great fun!</p>	<p>Eye on ball; preparing surface (thigh) horizontally; hand-eye coordination.</p>