

## SESSION 1: Becoming comfortable using the feet games

### **Ball Gymnastics:**

**Set up:** Have players with a ball each. Players follow series of commands to move the ball using different parts of their feet.

**Commands:** Hat Dance:

1: Put foot on top of ball, stay balanced then switch feet. Go Faster.

Tic Toc:

1: pass ball between feet. 2: pass ball from side to side.

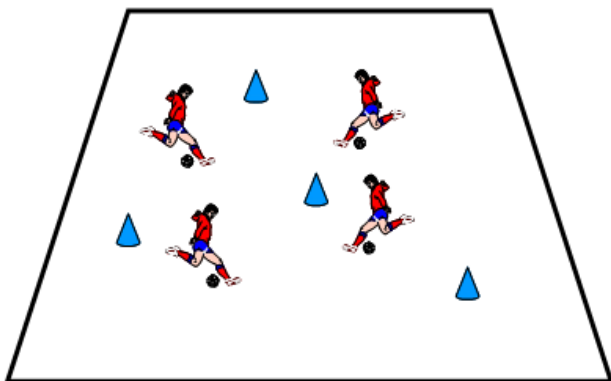
Roller:

1: Roll ball with sole of foot moving forwards and backwards.

2: Roll ball side to side using sole of foot.

3: Roll ball in a circle. 4: Repeat with other foot. 5: Repeat faster.

**Objectives:** Coordinate feet and ball, and introduce no hands.



### **Crayons in a Box:**

**Set up:** Players dribble ball inside the grid. They are crayons and do not want to color outside of the lines (the grid).

**Command:** Stop; Go; Body parts (touch ball with that body part); Hat Dance; Tic Toc.

**Variations:** Additional commands: Switch = change balls with someone.

**Objectives:** Moving without colliding, keeping inside grid.

### **Frozen Tag (no Balls):**

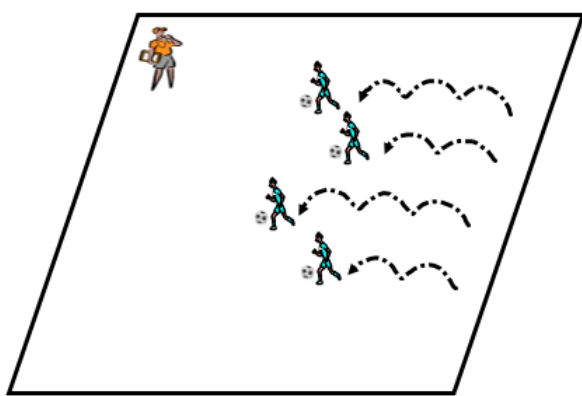
**Set up:** Tagger tries to tag the other players. All players must stay in grid. If tagged, player becomes frozen and must stand with legs spread. If another player goes through their legs they are back in the game.

**Objectives:** Movement and vision of players.

### Frozen Tag (with Ball):

**Set up:** Tagger tries to tag the other players. All players must stay in grid. If tagged, player becomes frozen and must stand with legs spread. If another player passes ball between legs they are back in the game.

**Objectives:** Keeping ball close, changing direction, vision of others.



### Traffic Lights:

**Set up:** Players start on one end (Soccer city) with their soccer balls (car). The Coach is the traffic light (or traffic cop). Coach shouts various colors of traffic lights and players try to drive their soccer cars to Soccer town the other end of grid. On command “red light” players need to stop their car with the sole of the foot and not move. If they move to soccer city and start again. Play to see who reaches Soccer town first.

**Variations:** Add “yellow light” – players do a stationary tic – toc or hat dance. Additional commands: reverse where players go backwards, go home players turn and head back home, left, right etc.

**Objectives:** Dribbling and stopping skills.

### Gates:

**Set up:** Divide teams into two groups. One group spreads out in the grid with legs spread apart. On command (GO) the group with balls try to pass their ball through as many Gates as possible. Have each group go for 1 minute and switch.

## SESSION 3: Direction and introduction of opposition games

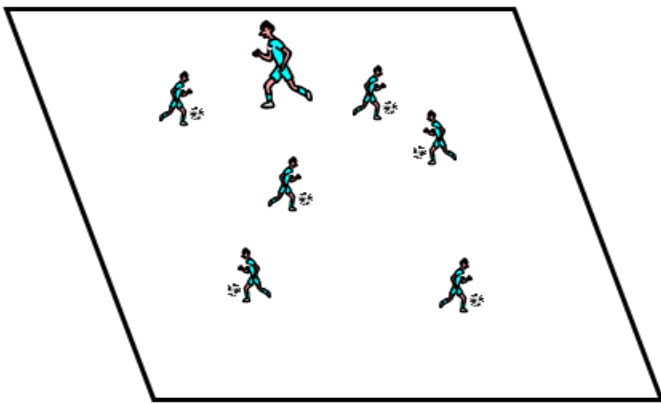
### **Gates:**

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### **BLOB!!**

**Set up:** Two players, without ball, join hands and are the BLOB. All other players with ball. Players dribble away from the BLOB. When a ball is kicked away by the BLOB, that player joins hands and is part of the blob.

**Objective:** Dribbling with direction and stopping . Decisions.



### **Swiper the Fox:**

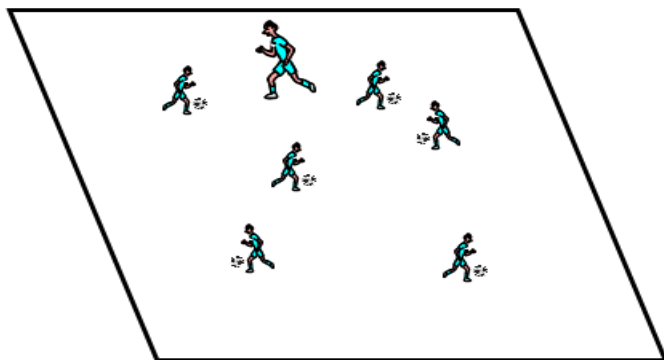
**Set up:** Coach (or Parent) starts as defender who is Swiper the Fox and players with soccer balls are Dora and friends. Swiper tries to steal a ball away. Dora gets ball back and Swiper tries to steal another ball. Keep score of how many balls are stolen. Repeat with everyone having a go as Swiper.

**Variations:** If Swiper steals ball that player now becomes Swiper until they steal a ball.

**Objective :** Introduction of opposition, keeping ball close, changing direction, keeping inside grid.

4 V 4 GAME

## SESSION 4: Advanced dribbling games

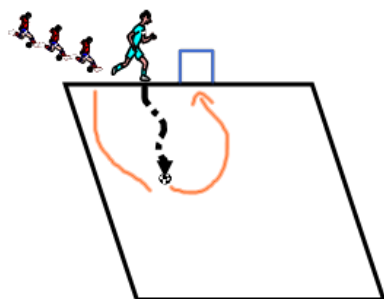


### **Pac Man:**

**Set up:** Players inside square dribble around. Coach is the Ghost and starts outside square. On command Pac Dudes the Ghost has to try and kick balls out of the square. If a player's ball is kicked out they can retrieve ball and re-enter square after doing 5 hat dance touches. Repeat with all players having a turn as the ghost.

**Variations:** Older players can play as an elimination game to see who the last player is.

**Objectives:** Opposition and dribbling skills.



### **Go Fetch:**

**Set up:** Players line up with ball at corner of field. Pass coach the ball and the coach will roll the ball onto the field. Player fetches the ball and scores on the net. They then return to the back of the line and repeat. Don't wait for each person to finish, have more than one fetching at a time.

**Objectives:** Dribbling at speed, stopping and starting.

### **Up and Downs:**

**Set up:** Half of the players place their ball on the cones which are spread over the grid. Players with balls dribble around and knock the balls off the cones by Kicking their ball at it. The group without ball must put the ball back up.

Switch after a minute

**Objectives:** Movement with and without ball.

4 V 4 GAME

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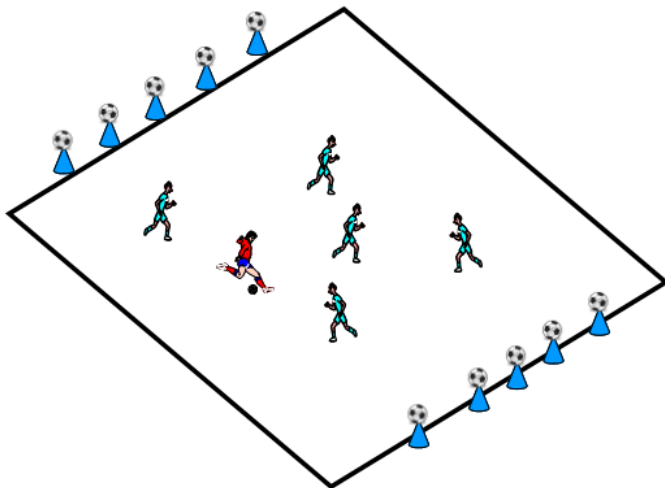


**Tunnel Ball:**

**Set up:** Players in pairs stand about 5 yards apart. 1 player stands with legs wide open (tunnel) and other player has to pass ball through the tunnel (a). The tunnel player then retrieves the ball and roles switch (b).

**Variations:** Can score points: 2 if it goes through tunnel, 1 if it hits the legs but doesn't go through.

**Objectives:** Introduction of passing technique.

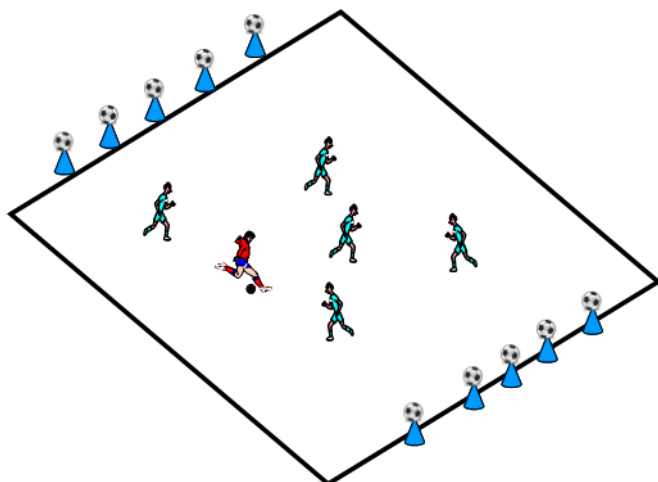


**Coconut Shy:**

**Set up:** Place a number of balls on cones at each end of the field. 2 teams play a regular game but goals are replaced by coconuts ( balls) on cones. Teams score goals by passing the ball to knock over a coconut. Team wins when all coconuts are knocked off.

**Variations:** Older players can play this game with 2 or 3 game balls on the field. Younger players can play 1 v 1 or 2 v 2 formats and can play round robin style.

**Expectations:** Dribbling and passing skills with opposition.



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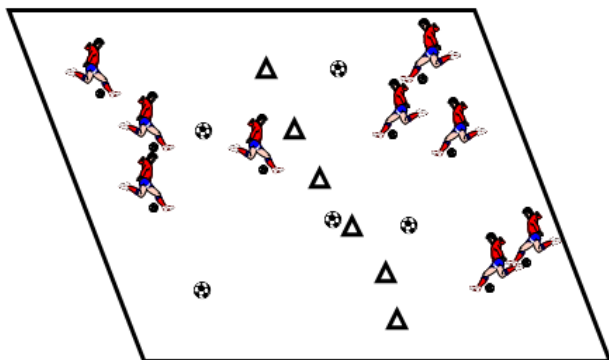


**Soccer Bowling:**

**Set up:** Use cones to make bowling pins. Each player has a ball, and is positioned in a circle around the cones (about 5 yds away). Each player has 2 attempts to pass the ball and knock over the most cones. If they miss the pins with the 1<sup>st</sup> attempt, move them closer. After everyone has had a go, then allow all players to pass their ball at the same time on your command.

**Objectives:** Basic passing technique and accuracy.

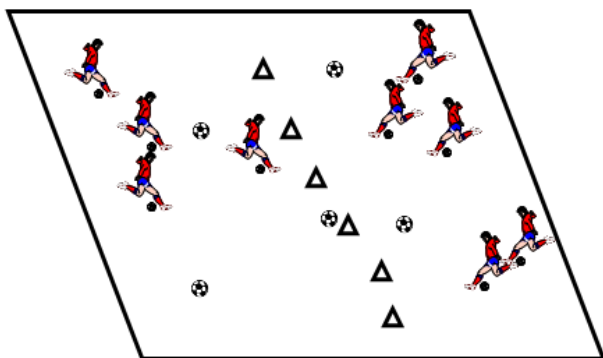
\*\* have two groups, 'pin' setter and bowlers



**Clean Your Yard:**

**Set up:** Divide grid into two halves (yards) with cones as a center line. Each team tries to keep the garbage (balls) out of their yard by passing the ball to the other team's yard. After a predetermined time limit, see which yard has the most garbage.

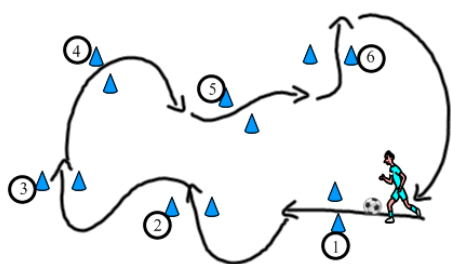
**Objective:** Passing to space and accuracy, speed.



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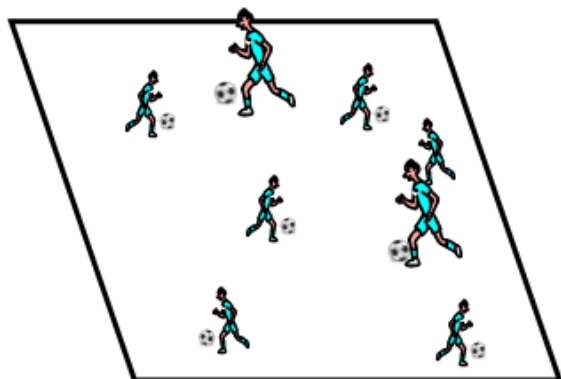


**Soccer Golf:**

**Set up:** Make a golf course (holes are 2 cones placed about 1 – 2 yds apart). Players take it in turns to pass ball through the holes in sequential order with the fewest passes possible.

**Variations:** Putting Green: Younger players call all be passing into different holes at the same time with designated order.

**Objectives:** Passing technique



**Stuck in the Mud:**

**Set up:** Select a couple of mud monsters. All players have a ball, MM on outside of grid. MM enter grid on command "swamp attack" and try to hit other player's soccer balls or legs with their ball. If hit, a player is "stuck in the mud" and holds ball above their head. MM have to try and get all players stuck.

**Variations:** Stuck Players hold ball above head and opens legs. They can be released by another player passing ball through legs. Play for set time and see how many are "stuck" at end.

**Objective:** Dribbling and passing skills.

4 V 4 GAME

Remainder of sessions choose activities your or the players want.