

Dribbling/Stopping the Ball

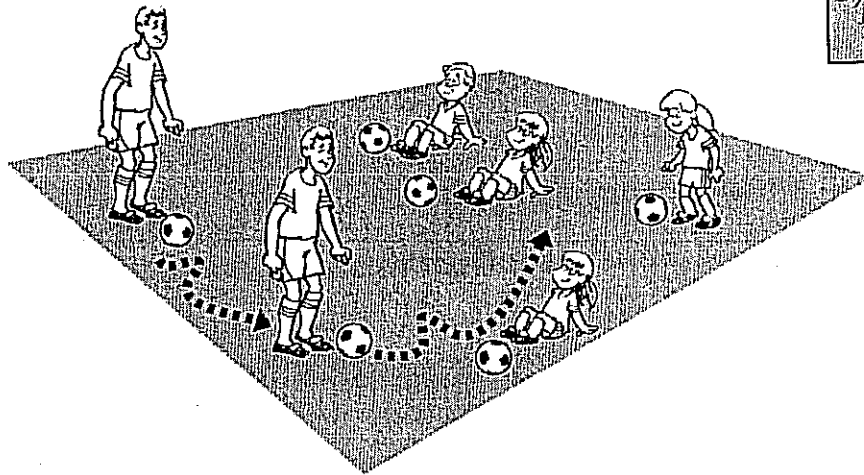
Preliminary Activity

(5 minutes)

- Each player and each parent has a ball within a 20m x 20m grid.
- Parent dribbles ball around freely as player sits. On whistle, parent stops ball with sole of foot. Parent sits and player dribbles ball. When whistle blows again, player stops ball with foot.
- After three times each, both parents and players dribble freely.
- After players are successful at stopping, next exercise would be to stop ball with foot, roll ball back, turn and go in opposite direction.

Coaching Points:

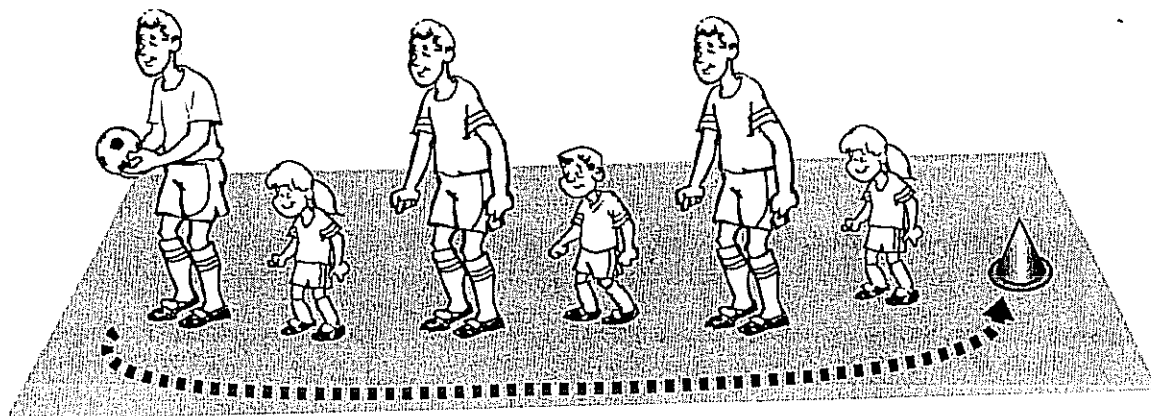
- 1) Gently push ball with the inside of foot.
- 2) "Guide" ball with the feet - don't kick it.
- 3) Slow down and keep control.



Game:Activity: Flexibility

(10 minutes)

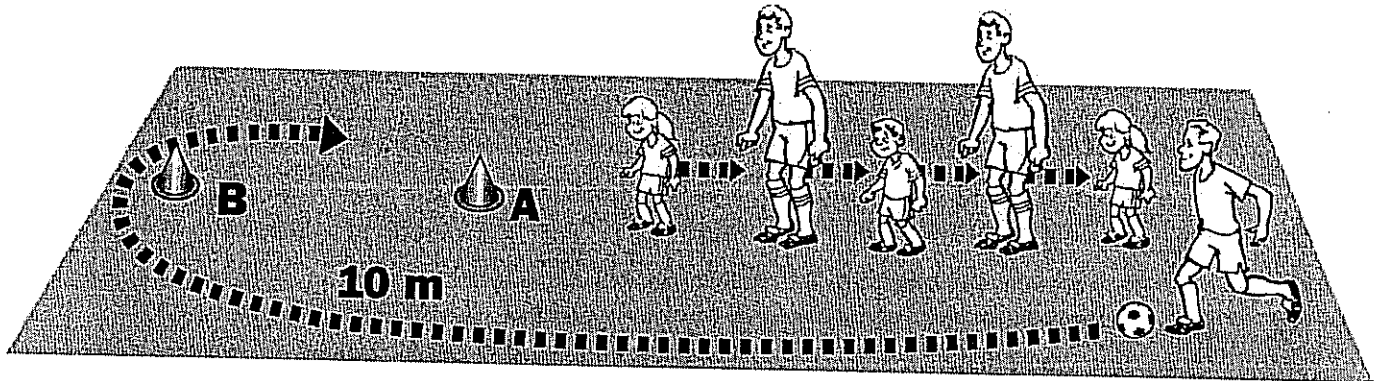
- Parents and players make up teams of six. Parent with ball in hands at front of team-line passes ball behind to next team-member and moves quickly to rear of line, and so on until starting order is restored.
- First team to get everyone behind cone (A) and sitting, is winner.
- The ball may be passed backward in various fashions: through legs, over head, over and under.



Game Activity: Competition/Races

(10 minutes)

- Teams of 6 (3 players and 3 parents) stand behind cone (A).
- On whistle, ball is passed back to last member who collects ball and runs around cone (B) 10m away and back to front of line.
- Exercise is repeated until everyone has completed run with ball and is sitting.
- Use various alternatives to pass ball back (ie: through legs, over heads, etc).
- Use various alternatives to collect ball and run around cone (B) (ie: use hands to carry, right foot only, left foot only, etc).



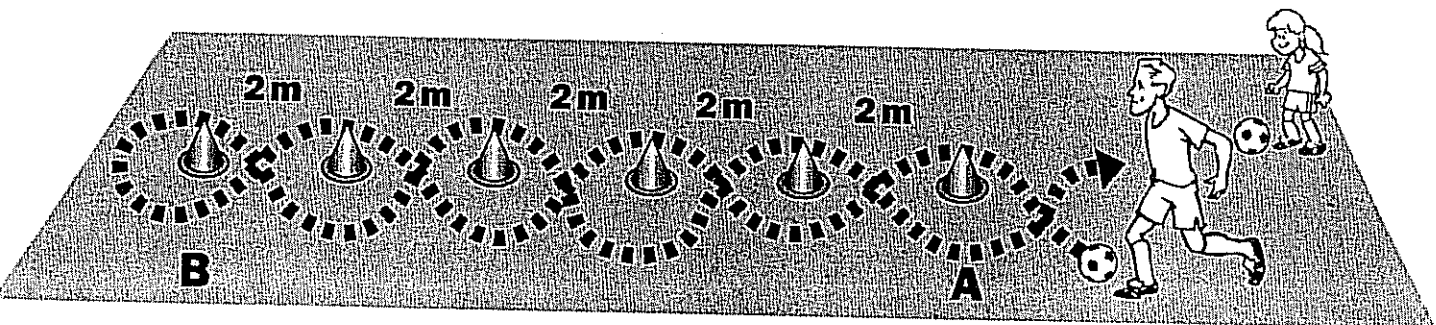
Technique activity: Dribbling

(5 minutes)

- Cones are placed in a line 2 metres apart; approximately six cones in each line.
- Parent, followed by player, dribbles from cone (A) in and out of other cones (slalom style), around the last cone (B) and returns.
- Vary the number of "journeys" and the number of cones/instructions for each repetition (ie: in and out of each cone, a complete circle around the fourth cone and straight back).

Coaching Points:

- 1) Gently push ball with the inside of foot.
- 2) "Guide" ball with the feet - don't kick it.
- 3) Slow down and keep control.



Soccer Game

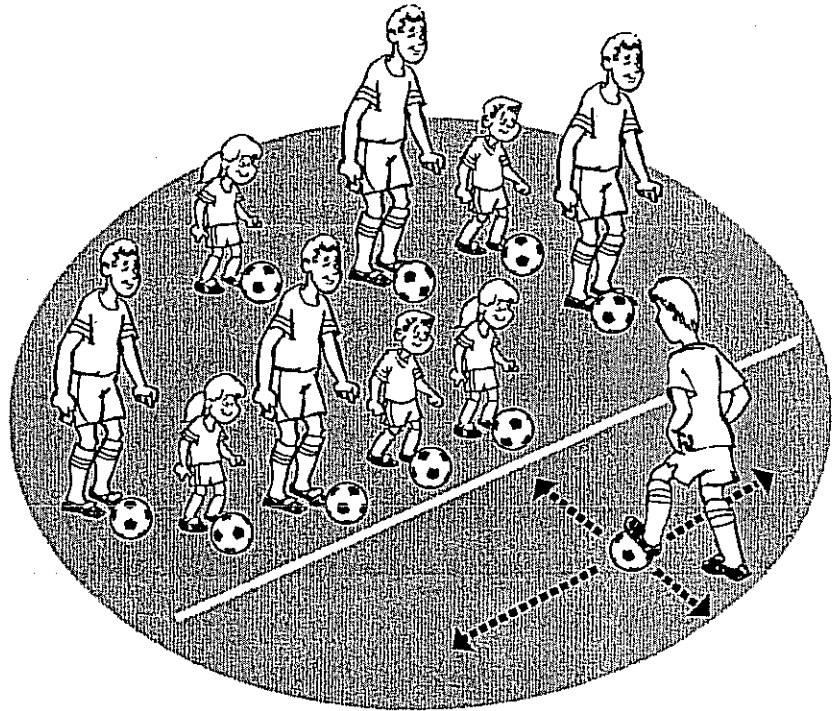
(15 minutes)

Mini-Soccer rules apply. All players included.

Stopping/Controlling the Ball

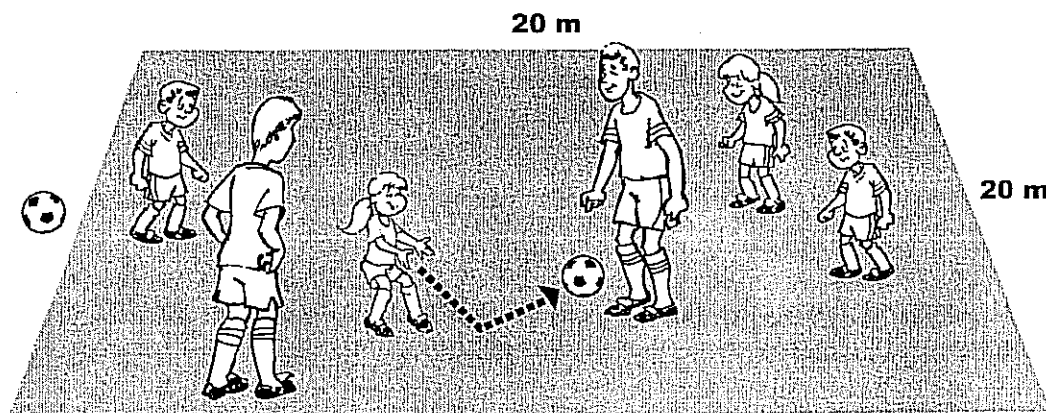
Preliminary Activity (5 minutes)

- Players and parents each have a ball. With everyone facing coach, they begin to play “Mirror Man”.
 - “Mirror Man” - As the coach moves, so must players/parents move, as if looking in a mirror.
 - Remember to use both right and left foot for each of the following movements:
- 1) roll ball from side to side using sole of foot
 - 2) move ball back and forth using sole of foot
 - 3) dribble ball to left using inside of right foot (change direction)
 - 4) dribble ball to left using outside of left foot (change direction)
 - 5) drag ball backwards using sole of foot
 - 6) dribble ball forward using inside of foot
- Always have players stop the ball before changing direction/instruction using a specific method (ie: sole of foot, inside of foot, outside of foot).



Games Activity: Flexibility (10 minutes)

- **Ball Tag:** Players and parents within a 20 m x 20 m grid. A parent holds a soccer ball, and tries to tag other players and parents in grid. Player/parent who is tagged takes the soccer ball and tries to tag others. Player tagged cannot tag player who has just tagged him/her. Extra ball can be introduced.

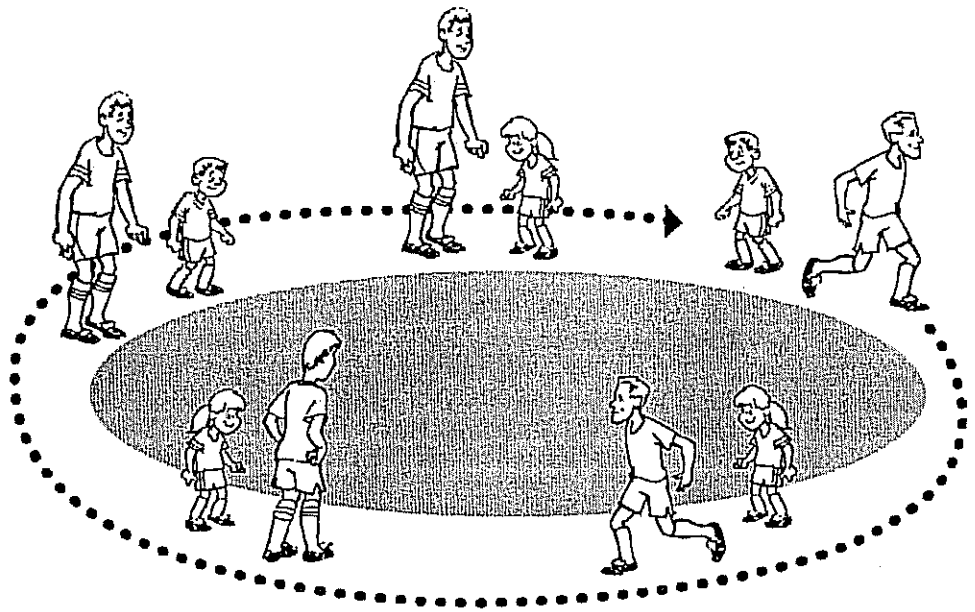


Game Activity: Competition/Races

(10 minutes)

- Player stands beside parent, as partners, around 12-metre diameter (centre) circle.
- On whistle, parent leaves player and runs clockwise and back to his/her place.
- First back to place and sitting down is winner.
- Examples of alternatives; add some of your own:

- 1) player goes through parent's legs before running
- 2) player goes through parent's legs both ways
- 3) parent runs around player, then around circle
- 4) player jumps from parent's back, then runs.



Technique Activity:

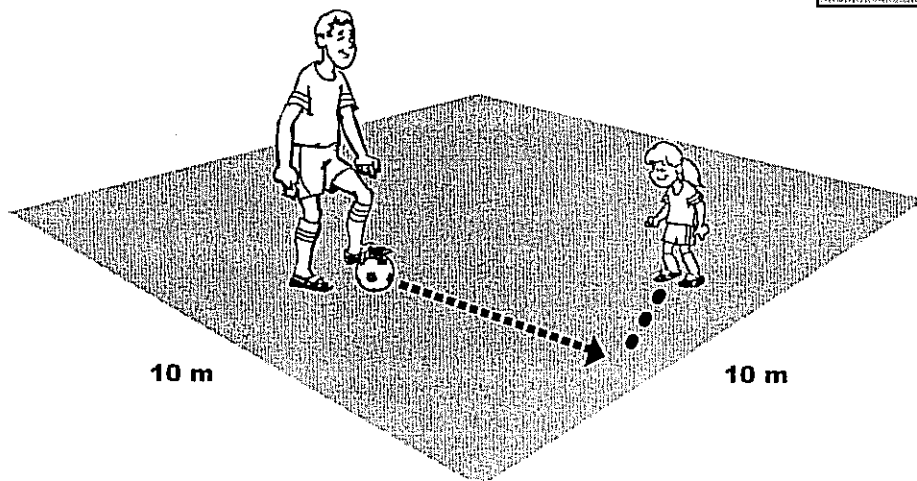
Stopping/Controlling Ball

(5 minutes)

- Player stands opposite parent in a 10m x 10 m square.
- Player rolls or kicks ball to parent, who stops ball with foot. Parent then rolls ball back for player to stop by using either foot or hands.
- When parent rolls ball back to player, he/she should roll ball slightly to one side, forcing player to move to stop/control ball.

Coaching Points:

- 1) Get behind the ball
- 2) Turn foot sideways and raise it off ground slightly
- 3) Relax foot as contact is made



Soccer Game

(15 minutes)

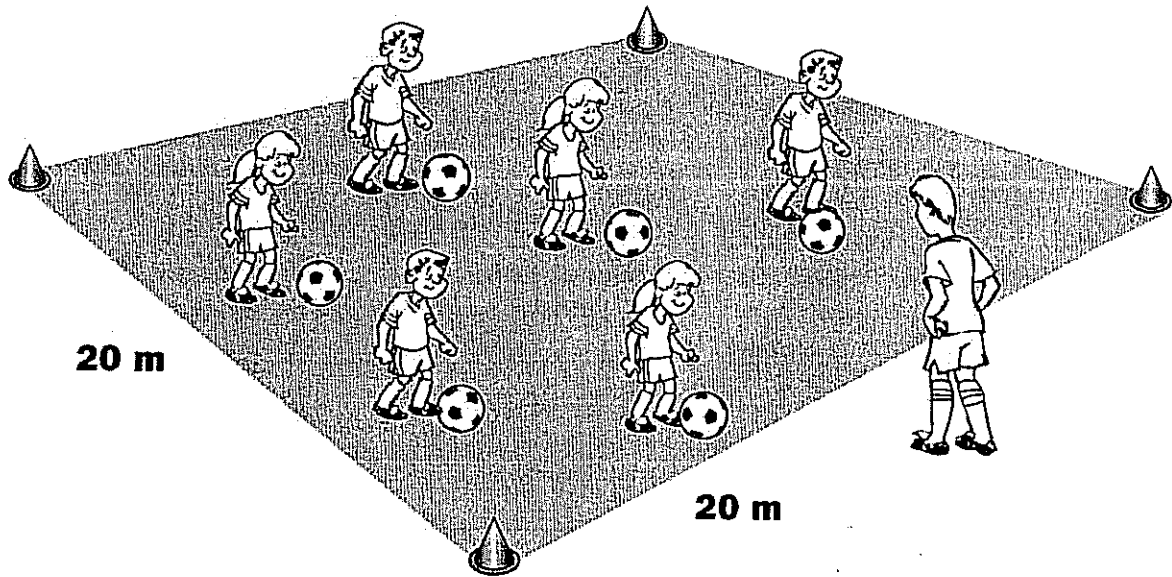
- Mini-Soccer rules apply. All players included.

Dribbling/Passing

Preliminary Activity

(5 minutes)

- Each player has a ball and is within 20 m x 20 m grid.
- Players dribble with ball and coach gives instructions to do exercises using 'Simon Says' routine (i.e. Simon Says - stop, turn, sprint, etc).



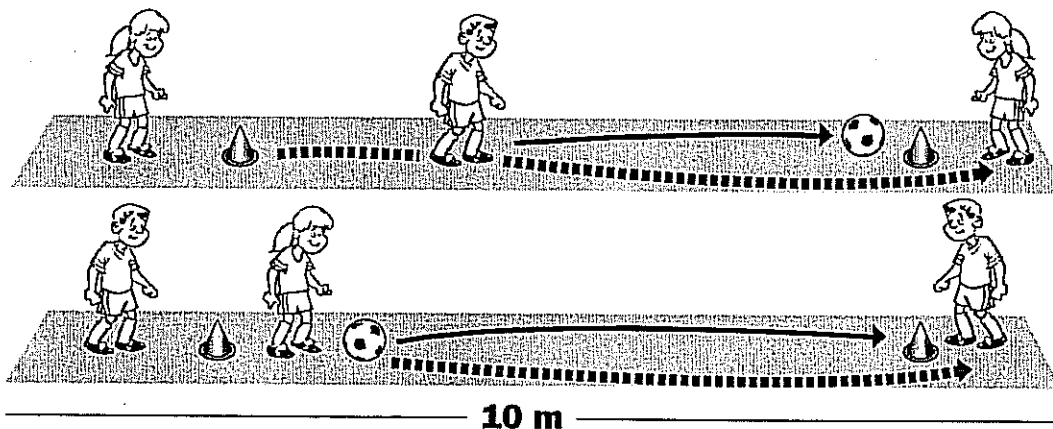
Line drill: Passing

(10 minutes)

- Two lines of players approximately 5 metres apart. Player with the ball dribbles to centre then passes ball to opposite player and then runs to end of opposite line.
- Player receiving ball repeats.
- Alternatives:
 - 1) Dribble - Pass
 - 2) Control - Pass

Coaching Points:

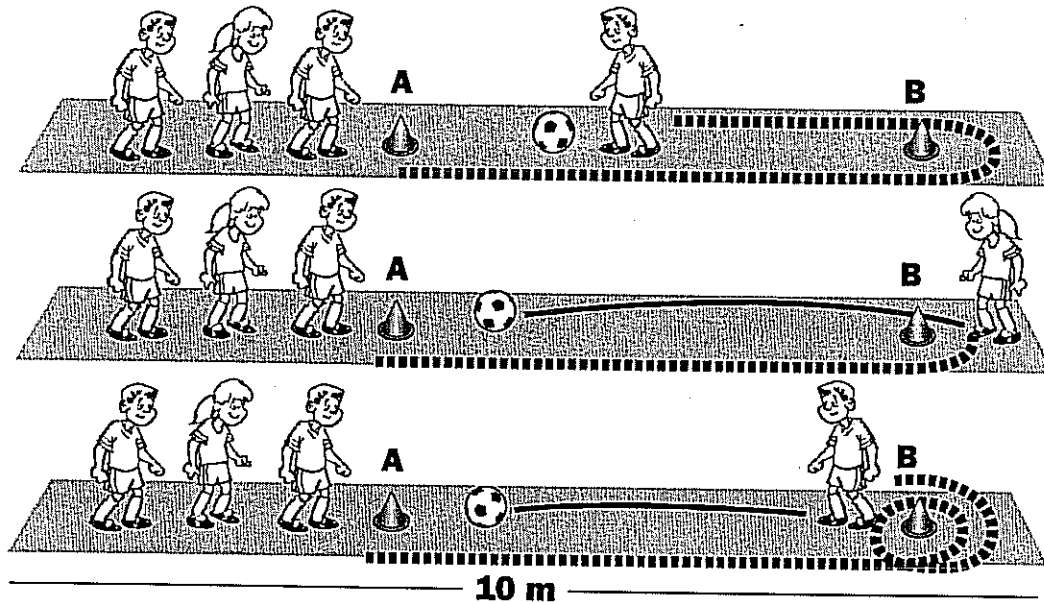
- 1) Watch the ball.
- 2) Non-kicking foot next to ball.
- 3) Turn toe out and tighten ankle.
- 4) Kick through the middle of the ball.



Games activity: Relay Races (10 minutes)

Players in teams of four with one ball behind cone (A). On whistle, players commence race with the first team to finish and sit down being the winners.

- 1) Dribble around cone (B) and return.
- 2) Dribble to cone (B) and pass back.
- 3) Dribble to cone (B), circle cone and pass back.



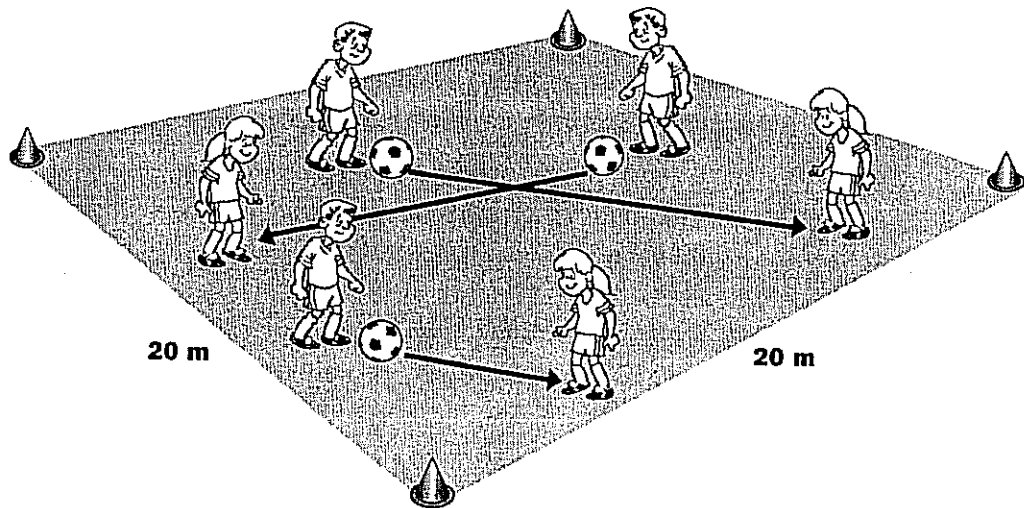
Coaching Points:

- 1) Watch the ball.
- 2) Non-kicking foot next to ball.
- 3) Turn toe out and tighten ankle.
- 4) Kick through the middle of the ball.

Technique Activity: Passing (10 minutes)

Players in twos within 20 m x 20 m squares.

- 1) Pass using inside of foot. Use left, then right foot.
- 2) Pass into space for partner to move onto and control.
- 3) Pass anywhere within square.
- 4) Pairs move and pass throughout entire grid.



Soccer Game

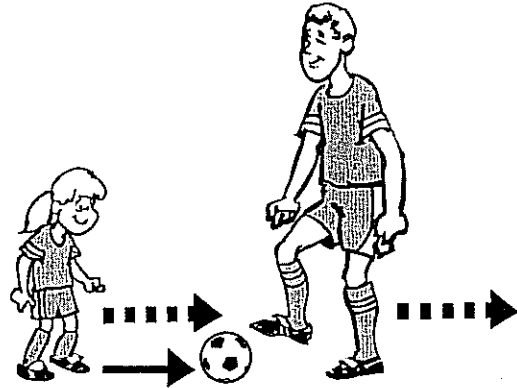
(10 minutes)

Mini-Soccer rules apply. All players included.

Dribbling/Kicking/Shooting

Preliminary Activity (5 minutes)

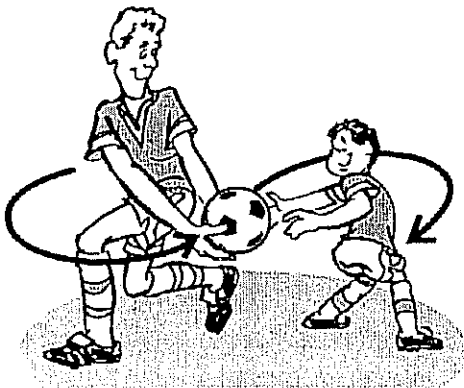
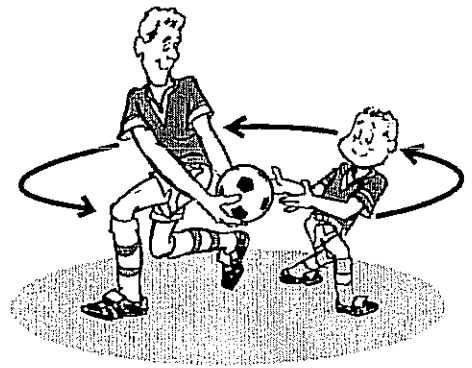
- Parent and player with one ball between them, move freely around field.
- Parent is moving backward and player is moving forward with ball at feet.
- When parent calls, player kicks ball toward parent.
- Parent stops ball with foot, then continues moving back-ward, away from ball and player.
- Process is repeated as required.



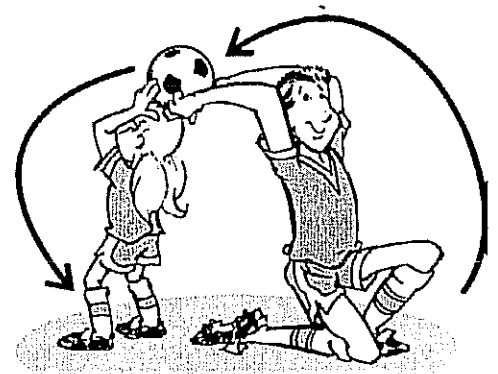
Games Activity: Flexibility (5 minutes)

- Parent and player together with one ball between them. Backs to each other. Parent may have to kneel.
- Repeat each exercise ten times and the first pair to finish and sit down is the winner.

1) On whistle, the ball is passed by hand around the bodies ten times.



2) The ball is passed from partner to partner in figure-eight around their bodies.

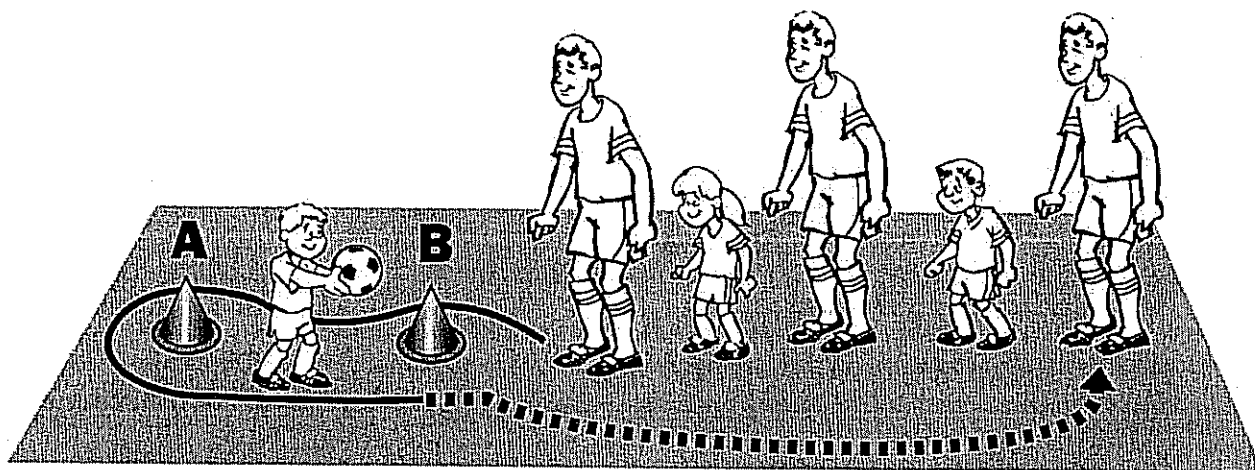


3) The ball is passed from partner to partner in a circling motion by reaching back over their heads and then bending forward and reaching through their legs.

Game Activity: Competition/Races

(10 minutes)

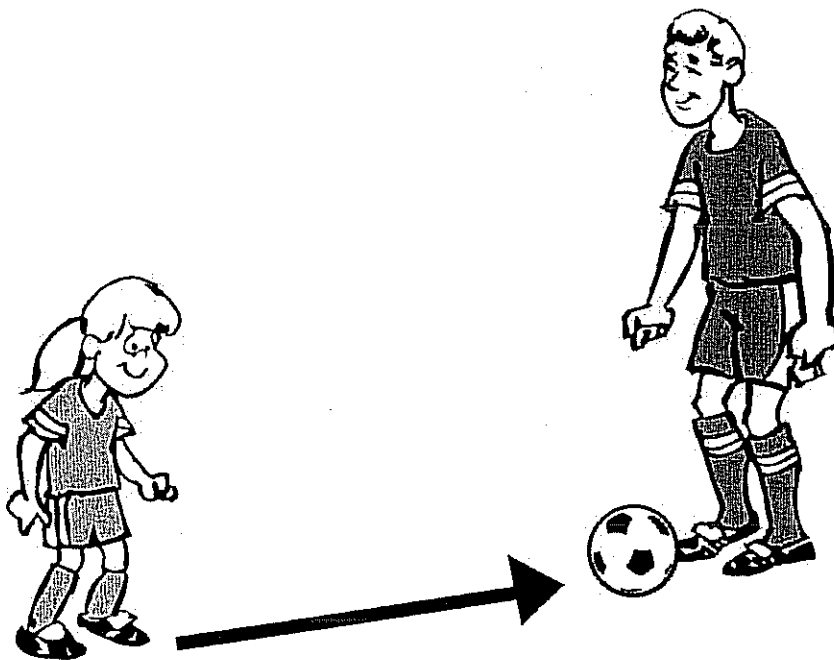
- 3 parents and 3 players standing in line at cone (B) make a team.
- Race begins with player at cone (B) with ball in hands. On whistle, he/she carries ball around cone (A) and passes it to parent at the front of the line, then runs to the back of the line. Parent repeats the exercise as do all the other players and parents.
- First team to finish and sit down is the winner.
- Vary the requirements of each race (ie: add a forward roll, dribbling, dribble out and pass back, etc).



Technique Activity: Kicking/Shooting

(10 minutes)

- Parent stands in goal, between two cones 5 metres apart. Player stands opposite the parent approximately 8 metres away.
- The player kicks/shoots the ball at the goal and the parent must make a save using feet only. The parent kicks the ball back to player using the same technique and the process is repeated.



Soccer Game

Coaching Points:

- 1) Watch the ball.
- 2) Place non-kicking foot next to ball.
- 3) Stretch toe down and tighten ankle.
- 4) Kick through the middle of the ball using the laces.

(15 minutes)

- Mini-Soccer rules apply. All players included

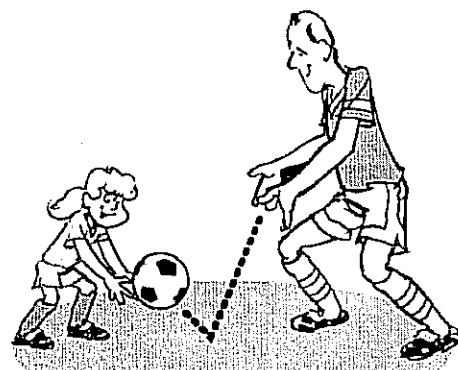
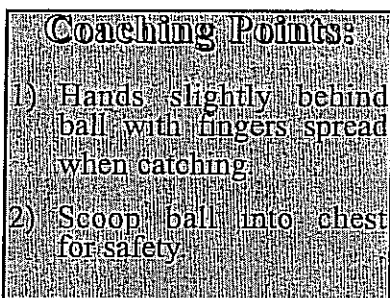
Goalkeeping

(This practice is for all players)

Preliminary Activity

(5 minutes)

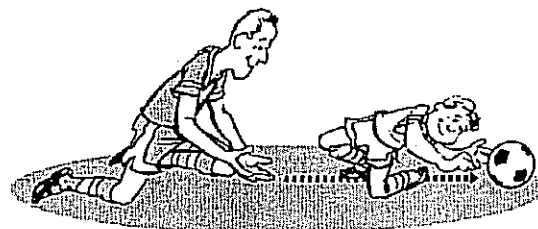
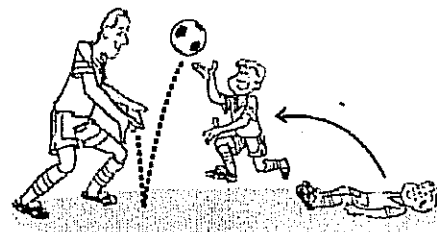
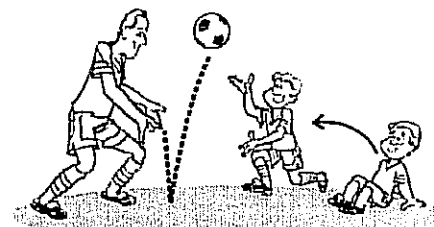
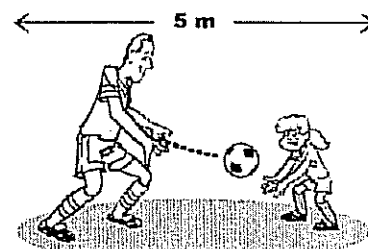
- Player and parent with one ball between them move around field, throwing ball to each other.
- When player catches ball easily, parent should alter throw by throwing higher, wider, or bouncing ball in front of player.



Games Activity: Flexibility

(10 minutes)

- Repeat the following exercises as necessary:
- 1) Player and parent stand 5 metres apart. They throw the ball to each other. The first pair to complete 10 successful catches and sit is the winner.
 - 2) Player sits, parent bounces ball high. Player gets up on feet before catching ball. The first player to catch 5 balls wins. Player then bounces ball for parent.
 - 3) Player lies down before getting up to catch ball bounced by parent. First player to 5 catches wins.
 - 4) Player rolls ball between parent's legs. Parent turns and falls on ball. Parent then rolls ball between player's legs; player turns and fall on ball. First pair to five catches each is winner.



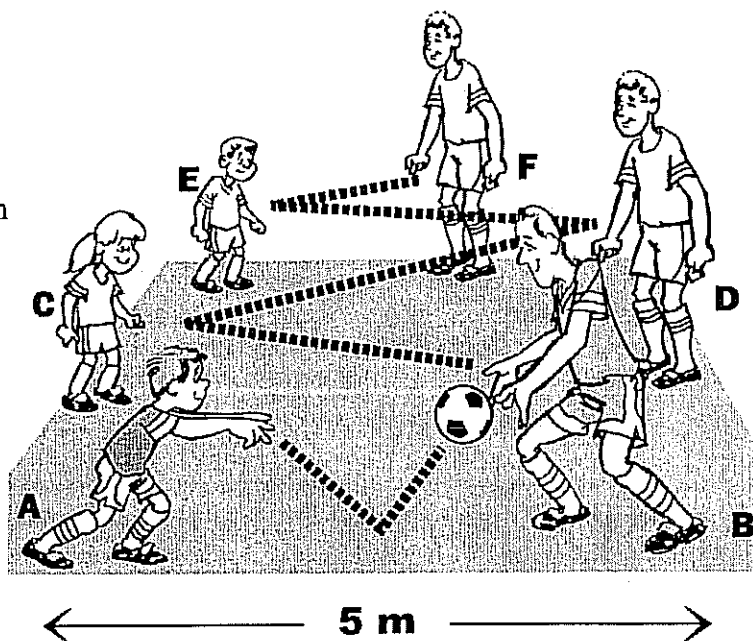
Game Activity: Competition/Races

(10 minutes)

- 3 parents and 3 players in teams of six. Parent faces player 5 metres away. On whistle, player (A) throws ball to parent (B) Parent (B) throws to player (C) etc. until ball is caught by Parent (F) First team to complete this pattern successfully and sit, wins.

- Alternatives:

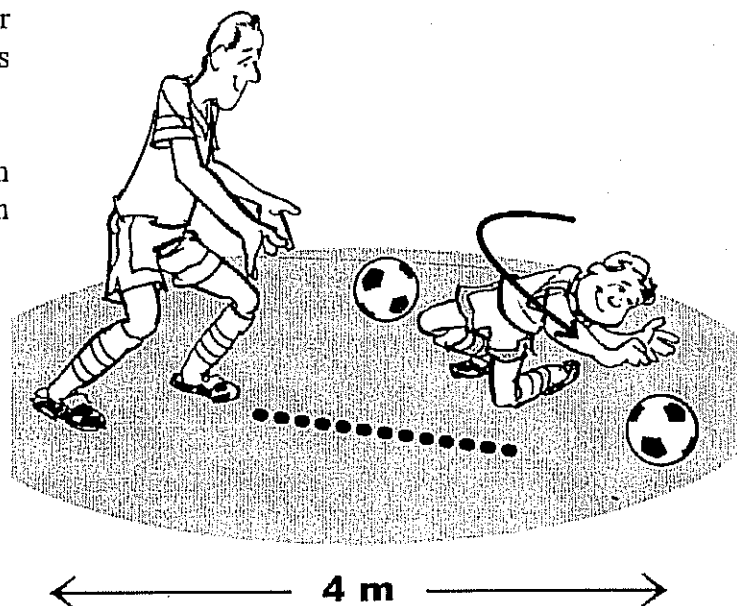
- 1) Ball is rolled;
- 2) Ball is bounced;
- 3) Start at (A), finish at (A) with each exercise



Technique Activity: Diving on the Ball

(5 minutes)

- Player and parent have two soccer balls. Player stands between 2 balls approximately 4 metres from parent.
- Parent moves to one of the balls. Before parent can get to ball, player saves ball by smothering it with hands.



Soccer Game

(15 minutes)

- Mini-Soccer rules apply. All players included