

Session #1

Anatomy dribbling (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Show four different ways to stop the ball using various parts of the body to stop the ball. Stretch between each example, and give about five opportunities to practice each...

- sole of the foot
- knee
- head
- backside

Give each method of stopping the ball a number ie. sole of the foot = #1, knee = #2 etc. Players then dribble randomly in area, w/coach calling out a number - players stop the ball with the body part that corresponds to the number given.

Coaching concepts...

- ball control
 - changing direction
 - keeping head up to avoid others
 - lots of touches to control ball
 - following verbal directions
 - having to execute technique AND process choices
-

Sharks and Minnows (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Coach selects two players who initially become the "sharks" to chase the others. The initial two sharks leave their ball off to the side, and on the command "GO" - they try to gain possession of any other player's ball. If they do, the person whose ball they stole becomes the "shark" - very important that the player who weak at dribbling is not excluded by making them sit out. Play for 30 seconds, and see if any player can make it through that time without having lost possession of their ball. Repeat four times.

Coaching concepts...

- as in exercise above plus...
 - change of speed
 - basic concept of shielding
 - introduction to concept of individually keeping possession
 - low level competition
-

Foxes and Hounds (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Each player ("Foxes") has a ball and a pinnie. The pinnie is tucked into the back of their shorts like a "tail" - they then dribble around the area avoiding the two players ("Hounds") whose job it is to pull the tails from the foxes. Coach should select two hounds to chase the foxes - if the hounds pull the fox's tail, they drop it and allow the fox to re-place it and continue on. Play for 45 seconds and see how many tails the hounds can pull - keep score for the pair of chasers rather than individually. Foxes should see if they can survive the entire 45 seconds without losing their tail.

Coaching concepts...

- as in both previous exercises plus...
 - a greater degree of pressure from the "defenders" challenging dribblers
-

5v5 with no goalkeepers (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length. Players score by dribbling across their opponents goal line which extends all across the 40 yards of width. Play all games to three, and then re-start a new game - this raises the level of motivation versus playing to an unspecified time or to maybe ten goals with one team being down by a score of eg 2-9. Playing mini-games gives players and teams a chance to "win" the next one. Team scores are not a big deal - rather when an individual dribbles and scores, their efforts should be recognized. When they are playing their game, coaches should intercede a maximum of three times to make coaching points - let them play.

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Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #2

Warm-up (20 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Show four different ways to turn with the ball using various surfaces. Stretch between each example, and give about ten opportunities to practice each...

- inside/outside/cutback with the outside of the foot/cruyff behind the leg/using the sole of the foot

Give each method of stopping the ball a number ie. inside/outside = #1, cruyff = #2 etc. Players then dribble randomly in area, with coach calling out a number - players turn with the correct surface that corresponds to the number given.

Coaching concepts...

- ball control
 - changing direction
 - keeping head up to avoid others
 - lots of touches to control ball
 - following verbal directions
 - having to execute technique AND process choices
-

Stuck in the Mud (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Coach selects two players who initially become the chasers of the others. The chasers carry a pinnie that they have to throw at the other players who are dribbling trying to escape. If hit by the pinnie, a player must stop, pick up their ball in their hands, and spread their legs. Other players still free must then try to do two things... 1) stay alive themselves, and 2) free those players that have been caught by dribbling/passing the ball through their legs. The chasers are trying to have everyone "stuck in the mud" at one time.

Repeat as many times as necessary to give all players a chance to be a chaser. A cool twist on this game is to have those caught make the noise of a selected animal as loud as they can.

Coaching concepts...

- as in exercise above plus...
 - change of speed
 - working to free others/other than individual concerns
 - low level competition
-

Bank robbers (15 mins)

Join two groups together to form a group of 20 or so. Then divide group into four equal teams, each of which has a bank to protect and fill. Each team has an area where their soccer balls are initially stored - this is their bank. On "GO" players must go raid the other team's banks by dribbling any and all soccer balls back to their own bank. Players cannot sit on balls - every ball is fair game, as all four teams try to gather as many balls as possible into their bank. Play for 60 seconds, and at the end of that time count up how many balls each team has in their bank. If a player is dribbling a ball from one bank to another, that ball is "fair game" for others to tackle and then try to get to their own goal.

Coaching concepts...

- as in both previous exercises plus...
 - 1v1 attacking
-



5V5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

- Players score by dribbling/passing across their opponents goal line which extends all across the 40 yards of width.
- Players score one point by dribbling/passing across the line, and two if they score in the goal.

Play all games to three, and then re-start a new game - this raises the level of motivation versus playing to an unspecified time or to maybe ten goals with one team being down by a score of eg 2-9. Playing mini-games gives players and teams a chance to "win" the next one. If the "bumble-bee" effect is too great, use a couple of options...

- add a second ball

- divide each team into two groups (the #1's and the #2's). Each team defends their entire goal line without using their hands. Coach calls out either #1 or #2 - the #1's play against the other team's #1's while the #2's defend their goal line. When coach calls out #2's, the #2's come out and play, and the #1's go back and defend the line.

Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #3

Warm-up (20 mins)

Large group warm-up. All players spaced out in large area with ball each. Balls are spaced throughout the area, and players follow directions...

- jogging from ball to ball
 - changing speeds from ball to ball
 - forwards/sideways/backwards from ball to ball
 - kicking heels up/bringing knees up/long striding between balls
-

Foxes and Hounds (15 mins)

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Coaching concepts...

- as in both previous exercises plus...
 - a greater degree of pressure from the "defenders" challenging dribblers
-

Crows and Cranes (15 mins)

Divide the group into two even teams, one team is the Crows, and the other team is the Cranes. The balls are in a line between the two teams. Coach calls out either "CROWS" or "CRANES" - the team whose name is called out tries to dribble/pass the ball to hit the other team below the knees before they can retreat to their own endline. If they make it safely, they return the next time to play again. If they get hit below the knees, they join the other team - the game is played until all players are on the same team.

Coaching concepts...

- decision-making
 - passing and/or dribbling
 - everybody wins
 - even if outnumbered, they still have a chance to be successful
-

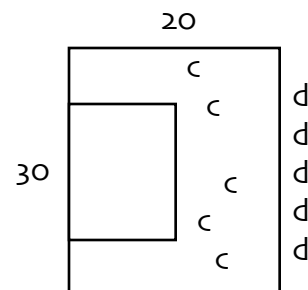


Crab Maze (15 mins)

Two teams... one team (d) starts off at one end with all of the balls. The other team (c) is spread out between the starting line and the goal in the "CRAB" position. The team with the balls must dribble through the maze of "CRABS" and into the goal area, from where they then shoot into the goal. The "CRABS" must stay in the "CRAB" position, but they can move - they have to try to kick the balls out of the area. If a ball is kicked out of the area, the dribbler must go get it and go back to the starting position and start again. Reverse roles after all of the balls have been shot into the goal, and give the other team a chance to do the same - the team that gets all of the balls into the goal in the fastest time wins.

Coaching concepts...

- dribbling and changing direction
 - dribbling and changing speed
 - passing
 - shooting
-



5V5 (15 mins)

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- Players score by dribbling across their opponents goal line which extends all across the 40 yards of width.
 - Players score one point by dribbling across the line, and two if they score in the goal.
-

Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #4

Hospital Tag (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Coach selects two players who initially become the chasers of the others. The chasers carry a pinnie that they have to throw at the other players who are dribbling trying to escape. If hit by the pinnie, a player must place one of their hands on the spot where the pinnie hit eg knee, and then continue to dribble. If they get hit a second time, they have to place their other hand where they were hit the second time. If they get hit a third time, they must dribble to the "hospital" (a designated area), and do ten alternate toe-taps to get "healed" before re-joining the game.

Coaching concepts...

- dribbling
 - change of direction
 - change of speed
-

Sharks and Minnows (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Coach selects two players who initially become the "sharks" to chase the others. The initial two sharks leave their ball off to the side, and on the command "GO" - they try to gain possession of any other player's ball. If they do, the person whose ball they stole becomes the "shark" - very important that the player who weak at dribbling is not excluded by making them sit out. Play for 30 seconds, and see if any player can make it through that time without having lost possession of their ball. Repeat four times.

Coaching concepts...

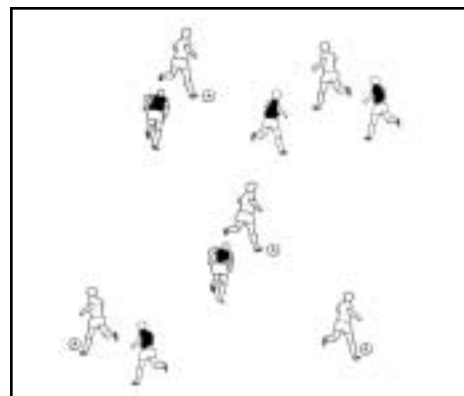
- as in exercise above plus...
 - change of speed
 - basic concept of shielding
 - introduction to concept of individually keeping possession
 - low level competition
-

Team Breakout (15 mins)

The group is divided into two teams, with one team around the outside of the designated area, and the other inside with all of the balls. On "GO" the team from the outside runs into the area and tries to kick all of the balls off the field. Coach times how long it takes to get all of the balls out of the area. When a player's ball is kicked out of the area, they should help their teammates by getting into positions where they might receive a pass. The clock stops when all of the balls have been kicked out of the area. Reverse roles.

Coaching concepts...

- dribbling/passing
 - individual possession
 - team possession (1v1, 2v2, 3v3, 4v4, 5v5)
-



Juggling (5 mins)

Review juggling technique giving lots of opportunities to practice.

5v5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

- Players score by dribbling/passing across their opponents goal line which extends all across the 40 yards of width.
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Play all games to three, and then re-start a new game - this raises the level of motivation versus playing to an unspecified time or to maybe ten goals with one team being down by a score of eg 2-9. Playing mini-games gives players and teams a chance to "win" the next one. If the "bumble-bee" effect is too great, use a couple of options...

- add a second ball

- divide each team into two groups (the #1's and the #2's). Each team defends their entire goal line without using their hands. Coach calls out either #1 or #2 - the #1's play against the other team's #1's while the #2's defend their goal line. When coach calls out #2's, the #2's come out and play, and the #1's go back and defend the line.

Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #5

Warm-up (20 mins)

Relay races - teams of five

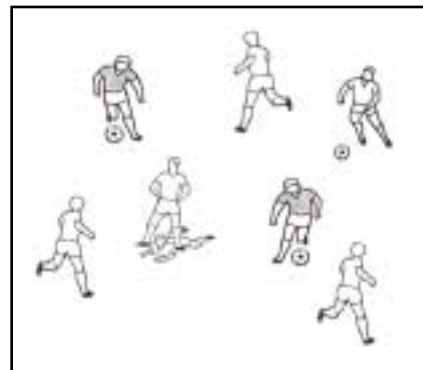
- dribbling out and back
 - dribbling out and back backwards
 - dribble out, leave the ball, run back - next player runs out, dribbles back etc
 - over under and run to the front
 - dribble out and back using your head
-

Team freeze tag (15 mins)

Two teams, with one team having one ball per player. The team with the balls is trying to hit their opponents below the knee with a pass (not a shot). If they get hit, a player must become frozen, and stand with their hands on their hips and legs apart. The objective for the team with the balls is to freeze the whole team. A frozen player can re-join the game if a teammate crawls through his/her legs. When a crawling player is under a frozen player, they cannot be tagged - only when they have stood up again and completely cleared the frozen player can they be tagged again. Play with either a time limit, or until the whole team is frozen. Reverse roles.

Coaching concepts...

- passing
 - dribbling
 - working to free others/cooperation/communication
 - low level competition
-



Steal the Bacon (15 mins)

Two teams, with one team in each box on the side of the field. Each player on each team is given a number (ie 1-5). When the coach calls a particular number, the players from each team with that number must run back through their own goal, and then play 1v1 trying to score against their opponent. If the ball goes out of play, both players return to the team box on the side of the field. Coach should be "boss of the balls" - have all of the balls in one place beside you so that the game can be restarted quickly and easily. After having given each player several attempts to play, you can then call more than one number so that we have 2v2 etc. Always finish the game by calling all numbers 1-5!

Coaching concepts...

- dribbling
 - passing and shooting
 - individual possession
 - team possession (1v1, 2v2, 3v3, 4v4, 5v5)
-



Juggling (5 mins)

Review juggling technique giving lots of opportunities to practice.

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5v5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

- Players score by dribbling/passing across their opponents goal line which extends all across the 40 yards of width.
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- add a second ball

- divide each team into two groups (the #1's and the #2's). Each team defends their entire goal line without using their hands. Coach calls out either #1 or #2 - the #1's play against the other team's #1's while the #2's defend their goal line. When coach calls out #2's, the #2's come out and play, and the #1's go back and defend the line.

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Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #6

Shadow dribbling (15 mins)

Players are in pairs... one player dribbles while their partner tries to follow them staying in "their shadow" - this is done through a random cone course. Players choose their own course through the cones, with dribbler trying to lose their partner. Part "B" is similar, except that the dribbler must now try to get away from their partner who is chasing them and trying to gain possession of their ball - if caught, players switch roles and game carries on continuously for 60 seconds. Keep score, and change partners after first game etc. Coaching concepts...

- ball control
 - changing direction
 - keeping head up to avoid others
 - lots of touches to control ball
-



Marbles (15 mins)

In pairs... players take turns trying to hit each other's ball through passing. Starts with one player passing their ball 5-10 yards away - the second player then tries to pass his/her ball to hit their partner's ball. Score one point for hitting the ball, but if they miss, the other player now tries to hit etc. After a miss, the player whose turn it is can pass immediately to try to hit their opponent's ball even if it is moving - it is therefore an advantage to run after your ball after you have played it. If a player scores a point, their ball might only be inches away from the other ball, so we then restart the game by them passing the ball away.

Coaching concepts...

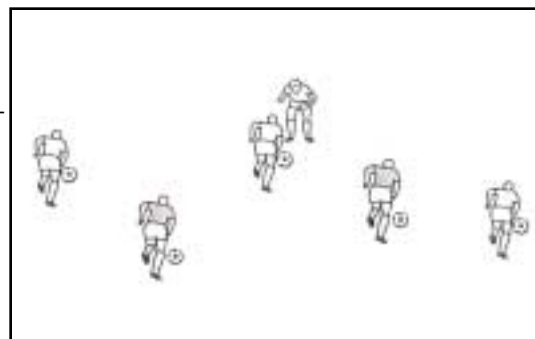
- passing for accuracy
 - hitting a moving target
 - one touch passing
-

Space Invaders (15 mins)

All players line up on one side of the area with a ball each - one player is in the middle of the area without a ball. On the coaches command, the players with the ball try to dribble safely across the area without the player in the middle kicking their ball out of the area. If a player's ball is kicked out of the area, they then become one of the "Space Invaders" by joining hands with the person in the middle. Any other players that are "knocked out" must then join hands with that group too. Last player out is first in the middle for the next game...

Coaching concepts...

- dribbling
 - change of speed/change of direction
 - decision-making
-



Juggling (5 mins)

Review juggling technique giving lots of opportunities to practice.

5V5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

- Players score by dribbling/passing across their opponents goal line which extends all across the 40 yards of width.
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- add a second ball

- divide each team into two groups (the #1's and the #2's). Each team defends their entire goal line without using their hands. Coach calls out either #1 or #2 - the #1's play against the other team's #1's while the #2's defend their goal line. When coach calls out #2's, the #2's come out and play, and the #1's go back and defend the line.

Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #7

Hospital Tag (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Coach selects two players who initially become the chasers of the others. The chasers carry a pinnie that they have to throw at the other players who are dribbling trying to escape. If hit by the pinnie, a player must place one of their hands on the spot where the pinnie hit eg knee, and then continue to dribble. If they get hit a second time, they have to place their other hand where they were hit the second time. If they get hit a third time, they must dribble to the "hospital" (a designated area), and do ten alternate toe-taps to get "healed" before re-joining the game.

Coaching concepts...

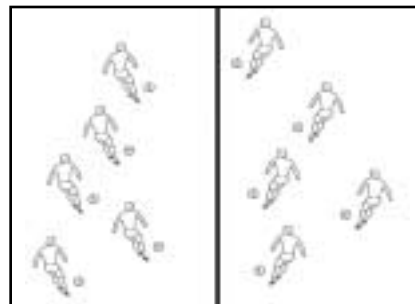
- dribbling
 - change of direction
 - change of speed
-

Clean-up the backyard (15 mins)

Two teams each in an area 10x15. On coaches signal, each team tries to pass all of the balls in their area into the other team's area, and vice-versa. No players are allowed to cross over into the other team's area. Play for 45 seconds and the team that has fewest balls in their area at the end of the time wins.

Coaching concepts...

- passing for accuracy
 - one touch passing
 - low level competition
-



Five-Pin Bowling (15 mins)

Two teams, with one team defending the "pins" first. The team defending is given five balls and five cones which they can place anywhere in the middle circle (the circle should be about 15-20 yards in diameter, depending on how far the kids can pass the ball). The object of the game is for the attacking team (who are not allowed into the circle) to try to pass their five balls and knock four of the five balls off the cones. No-one is allowed to use their hands, and players defending the "pins" should kick any balls in the area out. The attacking team must then go fetch the balls to resume the game. - the game is over when four of the five balls are knocked off the cones.

Coaching concepts...

- passing for accuracy
 - one touch passing
 - low level competition
-



Juggling (5 mins)

Review juggling technique giving lots of opportunities to practice.

5V5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

- Players score by dribbling/passing across their opponents goal line which extends all across the 40 yards of width.
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Play all games to three, and then re-start a new game - this raises the level of motivation versus playing to an unspecified time or to maybe ten goals with one team being down by a score of eg 2-9. Playing mini-games gives players and teams a chance to "win" the next one. If the "bumble-bee" effect is too great, use a couple of options...

- add a second ball

- divide each team into two groups (the #1's and the #2's). Each team defends their entire goal line without using their hands. Coach calls out either #1 or #2 - the #1's play against the other team's #1's while the #2's defend their goal line. When coach calls out #2's, the #2's come out and play, and the #1's go back and defend the line.

Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #8

Bank Robbers (20 mins)

Join two groups together to form a group of 20 or so. Then divide group into four equal teams, each of which has a bank to protect and fill. Each team has an area where their soccer balls are initially stored - this is their bank. On "GO" players must go raid the other team's banks by dribbling any and all soccer balls back to their own bank. Players cannot sit on balls - every ball is fair game, as all four teams try to gather as many balls as possible into their bank. Play for 60 seconds, and at the end of that time count up how many balls each team has in their bank. If a player is dribbling a ball from one bank to another, that ball is "fair game" for others to tackle and then try to get to their own goal.

Coaching concepts...

- as in both previous exercises plus...
- 1v1 attacking



Stuck in the Mud (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Coach selects two players who initially become the chasers of the others. The chasers carry a pinnie that they have to throw at the other players who are dribbling trying to escape. If hit by the pinnie, a player must stop, pick up their ball in their hands, and spread their legs. Other players still free must then try to do two things... 1) stay alive themselves, and 2) free those players that have been caught by dribbling/passing the ball through their legs. The chasers are trying to have everyone "stuck in the mud" at one time. Repeat as many times as necessary to give all players a chance to be a chaser. A cool twist on this game is to have those caught make the noise of a selected animal as loud as they can.

Coaching concepts...

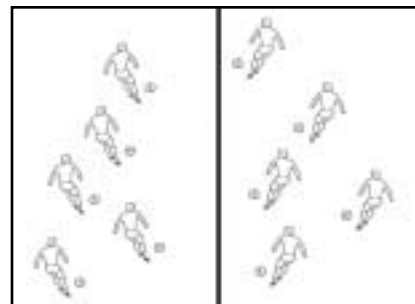
- as in exercise above plus...
- change of speed
- working to free others/other than individual concerns
- low level competition

Clean-up the backyard (15 mins)

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Coaching concepts...

- passing for accuracy
- one touch passing
- low level competition



Juggling (5 mins)

Review juggling technique giving lots of opportunities to practice.

5V5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

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- add a second ball

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Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #9

Team Handball (20 mins)

Divide group into two teams in an area 20x40 with a 5 yard wide goal at each end. Players score one point for throwing the ball through their opponent's goal, and three for heading the ball into the goal. Players cannot run with the ball, and they cannot "wrestle" for possession - if a player has possession of the ball, their opponents must back up at least a couple of yards. The ball is advanced by throwing and catching it. Two variations:

...the game is played as described above

...as above except that any time the ball hits the ground, possession changes

Coaching concepts...

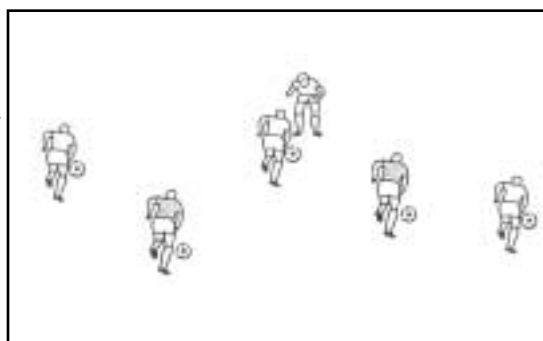
- throwing/catching
 - heading
 - support
 - following verbal directions
 - having to execute technique AND process choices
-

Space Invaders (15 mins)

All players line up on one side of the area with a ball each - one player is in the middle of the area without a ball. On the coaches command, the players with the ball try to dribble safely across the area without the player in the middle kicking their ball out of the area. If a player's ball is kicked out of the area, they then become one of the "Space Invaders" by joining hands with the person in the middle. Any other players that are "knocked out" must then join hands with that group too. When the group in the middle gets to six, split into two groups of three. Last player out is first in the middle for the next game...

Coaching concepts...

- dribbling/COD/COS
 - decision-making
-

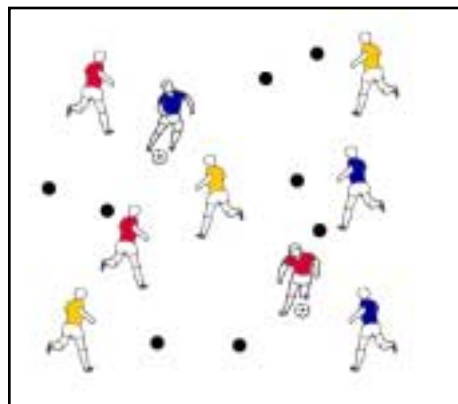


Everybody v Everybody (15 mins)

Three teams all working in an area 20x40. There are four goals (each 2 yards wide) placed randomly within the playing area, and the game is played with two balls. Goals are scored by any team passing a ball through any of the goals. Goals can be scored through either side of the goals - play for three minutes, and the winning team is the one that has scored the most goals. Players may NOT stand in the goals as GK's.

Coaching concepts...

- passing
 - support
 - defending (individual and group)
-



5V5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

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- add a second ball

- divide each team into two groups (the #1's and the #2's). Each team defends their entire goal line without using their hands. Coach calls out either #1 or #2 - the #1's play against the other team's #1's while the #2's defend their goal line. When coach calls out #2's, the #2's come out and play, and the #1's go back and defend the line.

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Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #10

Shadow dribbling (20 mins)

Players are in pairs... one player dribbles while their partner tries to follow them staying in "their shadow" - this is done through a random cone course. Players choose their own course through the cones, with dribbler trying to lose their partner. Part "B" is similar, except that the dribbler must now try to get away from their partner who is chasing them and trying to gain possession of their ball - if caught, players switch roles and game carries on continuously for 60 seconds. Keep score, and change partners after first game etc.

Coaching concepts...

- ball control
- changing direction
- keeping head up to avoid others
- lots of touches to control ball



Drag Racing (15 mins)

Create two 15 yard channels, each about two yards wide. In pairs, players face off 1v1 as in "Drag Racing" - on "GO" players dribble as fast as possible along the channel and STOP the ball on the line at the end. Always change partners after each race to minimize competition.

Coaching concepts...

- speed dribbling
- control



Five-Pin Bowling (15 mins)

Two teams, with one team defending the "pins" first. The team defending is given five balls and five cones which they can place anywhere in the middle circle (the circle should be about 15-20 yards in diameter, depending on how far the kids can pass the ball). The object of the game is for the attacking team (who are not allowed into the circle) to try to pass their five balls and knock four of the five balls off the cones. No-one is allowed to use their hands, and players defending the "pins" should kick any balls in the area out. The attacking team must then go fetch the balls to resume the game. - the game is over when four of the five balls are knocked off the cones.

Coaching concepts...

- passing for accuracy
- one touch passing
- low level competition



5V5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

- Players score by dribbling/passing across their opponents goal line which extends all across the 40 yards of width.
- Players score one point by dribbling/passing across the line, and two if they score in the goal.

Play all games to three, and then re-start a new game - this raises the level of motivation versus playing to an unspecified time or to maybe ten goals with one team being down by a score of eg 2-9. Playing mini-games gives players and teams a chance to "win" the next one. If the "bumble-bee" effect is too great, use a couple of options...

- add a second ball

- divide each team into two groups (the #1's and the #2's). Each team defends their entire goal line without using their hands. Coach calls out either #1 or #2 - the #1's play against the other team's #1's while the #2's defend their goal line. When coach calls out #2's, the #2's come out and play, and the #1's go back and defend the line.

Cool down/review (5 mins)

Review of the session's activities and stretching.

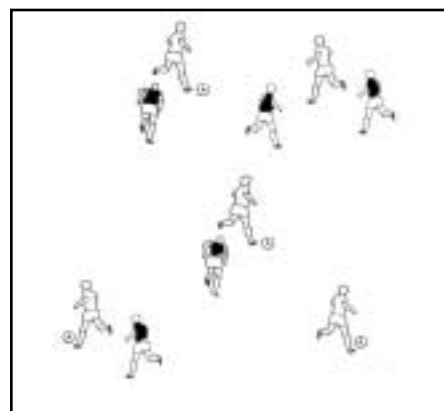
Session #11

Team Breakout (15 mins)

The group is divided into two teams, with one team around the outside of the designated area, and the other inside with all of the balls. On "GO" the team from the outside runs into the area and tries to kick all of the balls off the field. Coach times how long it takes to get all of the balls out of the area. When a player's ball is kicked out of the area, they should help their teammates by getting into positions where they might receive a pass. The clock stops when all of the balls have been kicked out of the area. Reverse roles.

Coaching concepts...

- dribbling/passing
- individual possession
- team possession (1v1, 2v2, 3v3, 4v4, 5v5)



Hunters and Rabbits (15 mins)

This game is coach (rabbit) against the rest of the group (hunters). The coach chases all of the players in the area and tries to tag them with a pinnie. If tagged, player must stand with their legs apart and their ball in their hands until freed by a teammate who has passed/dribbled through their legs. Players with the ball are trying to tag the coach three times by passing the ball and hitting him/her below the knee. You can play until the coach is hit eg three times/until all of the hunters are tagged/or for a specified period of time.

Coaching concepts...

- passing
- dribbling
- working to free others/cooperation/communication

Steal the Bacon (15 mins)

Two teams, with one team in each box on the side of the field. Each player on each team is given a number (ie 1-5). When the coach calls a particular number, the players from each team with that number must run back through their own goal, and then play 1v1 trying to score against their opponent. If the ball goes out of play, both players return to the team box on the side of the field. Coach should be "boss of the balls" - have all of the balls in one place beside you so that the game can be restarted quickly and easily. After having given each player several attempts to play, you can then call more than one number so that we have 2v2 etc. Always finish the game by calling all numbers 1-5!

Coaching concepts...

- dribbling
- passing and shooting
- individual possession
- team possession (1v1, 2v2, 3v3, 4v4, 5v5)



Juggling (5 mins)

Review juggling technique giving lots of opportunities to practice.

5v5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

- Players score by dribbling/passing across their opponents goal line which extends all across the 40 yards of width.
- Players score one point by dribbling/passing across the line, and two if they score in the goal.

Play all games to three, and then re-start a new game - this raises the level of motivation versus playing to an unspecified time or to maybe ten goals with one team being down by a score of eg 2-9. Playing mini-games gives players and teams a chance to "win" the next one. If the "bumble-bee" effect is too great, use a couple of options...

- add a second ball

- divide each team into two groups (the #1's and the #2's). Each team defends their entire goal line without using their hands. Coach calls out either #1 or #2 - the #1's play against the other team's #1's while the #2's defend their goal line. When coach calls out #2's, the #2's come out and play, and the #1's go back and defend the line.

Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #12

Anatomy dribbling (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Show four different ways to stop the ball using various parts of the body to stop the ball. Stretch between each example, and give about five opportunities to practice each...

- sole of the foot
- knee
- head
- backside

Give each method of stopping the ball a number ie. sole of the foot = #1, knee = #2 etc. Players then dribble randomly in area, w/coach calling out a number - players stop the ball with the body part that corresponds to the number given.

Coaching concepts...

- ball control
- changing direction
- keeping head up to avoid others
- lots of touches to control ball
- following verbal directions
- having to execute technique AND process choices

Stuck in the Mud (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Coach selects two players who initially become the chasers of the others. The chasers carry a pinnie that they have to throw at the other players who are dribbling trying to escape. If hit by the pinnie, a player must stop, pick up their ball in their hands, and spread their legs. Other players till free must then try to do two things... 1) stay alive themselves, and 2) free those players that have been caught by dribbling their ball through their legs. The chasers are trying to have everyone "stuck in the mud" at one time. Repeat as many times as necessary to give all players a chance to be a chaser. A cool twist on this game is to have those caught make the noise of a selected animal as loud as they can.

Coaching concepts...

- as in exercise above plus...
- change of speed
- working to free others/other than individual concerns
- low level competition

Everybody v Everybody (15 mins)

Three teams all working in an area 20x40. There are four goals (each 2 yards wide) placed randomly within the playing area, and the game is played with two balls. Goals are scored by any team passing a ball through any of the goals. Goals can be scored through either side of the goals - play for three minutes, and the winning team is the one that has scored the most goals. Players may NOT stand in the goals as GK's.

Coaching concepts...

- passing
- support
- defending (individual and group)



5V5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

- Players score by dribbling/passing across their opponents goal line which extends all across the 40 yards of width.
- Players score one point by dribbling/passing across the line, and two if they score in the goal.

Play all games to three, and then re-start a new game - this raises the level of motivation versus playing to an unspecified time or to maybe ten goals with one team being down by a score of eg 2-9. Playing mini-games gives players and teams a chance to "win" the next one. If the "bumble-bee" effect is too great, use a couple of options...

- add a second ball
- divide each team into two groups (the #1's and the #2's). Each team defends their entire goal line without using their hands. Coach calls out either #1 or #2 - the #1's play against the other team's #1's while the #2's defend their goal line. When coach calls out #2's, the #2's come out and play, and the #1's go back and defend the line.

Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #13

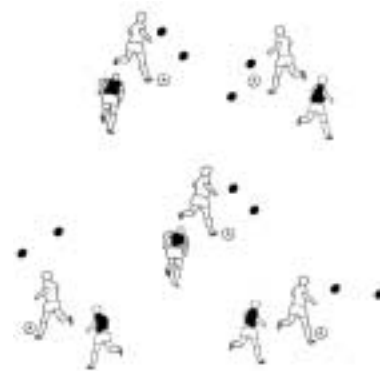
Shadow dribbling (20 mins)

Players are in pairs... one player dribbles while their partner tries to follow them staying in "their shadow" - this is done through a random cone course. Players choose their own course through the cones, with dribbler trying to lose their partner. Part "B" is similar, except that the dribbler must now try to get away from their partner who is chasing them and trying to gain possession of their ball - if caught, players switch roles and game carries on continuously for 60 seconds.

Keep score, and change partners after first game etc.

Coaching concepts...

- ball control
- changing direction
- keeping head up to avoid others
- lots of touches to control ball

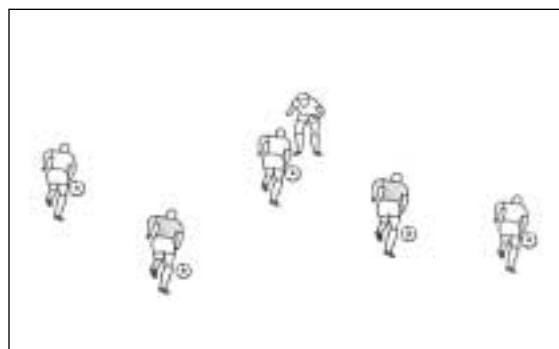


Space Invaders (15 mins)

All players line up on one side of the area with a ball each - one player is in the middle of the area without a ball. On the coaches command, the players with the ball try to dribble safely across the area without the player in the middle kicking their ball out of the area. If a player's ball is kicked out of the area, they then become one of the "Space Invaders" by joining hands with the person in the middle. Any other players that are "knocked out" must then join hands with that group too. When the group in the middle gets to six, split into two groups of three. Last player out is first in the middle for the next game...

Coaching concepts...

- dribbling/COD/COS
- decision-making



Steal the Bacon (15 mins)

Two teams, with one team in each box on the side of the field. Each player on each team is given a number (ie 1-5). When the coach calls a particular number, the players from each team with that number must run back through their own goal, and then play 1v1 trying to score against their opponent. If the ball goes out of play, both players return to the team box on the side of the field. Coach should be "boss of the balls" - have all of the balls in one place beside you so that the game can be restarted quickly and easily. After having given each player several attempts to play, you can then call more than one number so that we have 2v2 etc. Always finish the game by calling all numbers 1-5!

Coaching concepts...

- dribbling, passing and shooting
- individual possession
- team possession (1v1, 2v2, 3v3, 4v4, 5v5)



5V5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

- Players score by dribbling/passing across their opponents goal line which extends all across the 40 yards of width.
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- add a second ball

- divide each team into two groups (the #1's and the #2's). Each team defends their entire goal line without using their hands. Coach calls out either #1 or #2 - the #1's play against the other team's #1's while the #2's defend their goal line. When coach calls out #2's, the #2's come out and play, and the #1's go back and defend the line.

Cool down/review (5 mins)

Review of the session's activities and stretching.

Session #14

Team Handball (20 mins)

Divide group into two teams in an area 20x40 with a 5 yard wide goal at each end. Players score one point for throwing the ball through their opponent's goal, and three for heading the ball into the goal. Players cannot run with the ball, and they cannot "wrestle" for possession - if a player has possession of the ball, their opponents must back up at least a couple of yards. The ball is advanced by throwing and catching it. Two variations:

...the game is played as described above

...as above except that any time the ball hits the ground, possession changes

Coaching concepts...

- throwing/catching
 - heading
 - support
 - following verbal directions
 - having to execute technique AND process choices
-

Sharks and Minnows (15 mins)

Groups of ten, each player has a ball dribbling in an area 20x20. Coach selects two players who initially become the "sharks" to chase the others. The initial two sharks leave their ball off to the side, and on the command "GO" - they try to gain possession of any other player's ball. If they do, the person whose ball they stole becomes the "shark" - very important that the player who weak at dribbling is not excluded by making them sit out. Play for 30 seconds, and see if any player can make it through that time without having lost possession of their ball. Repeat four times.

Coaching concepts...

- as in exercise above plus...
 - change of speed
 - basic concept of shielding
 - introduction to concept of individually keeping possession
 - low level competition
-

Hunters and Rabbits (15 mins)

This game is coach (rabbit) against the rest of the group (hunters). The coach chases all of the players in the area and tries to tag them with a pinnie. If tagged, player must stand with their legs apart and their ball in their hands until freed by a teammate who has passed/dribbled through their legs. Players with the ball are trying to tag the coach three times by passing the ball and hitting him/her below the knee. You can play until the coach is hit eg three times/until all of the hunters are tagged/or for a specified period of time.

Coaching concepts...

- passing
 - dribbling
 - working to free others/cooperation/communication
-

Juggling (5 mins)

Review juggling technique giving lots of opportunities to practice.

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5V5 (15 mins)

Game in an area 25x40. The 40 is the width, and 25 the length.

- Players score by dribbling/passing across their opponents goal line which extends all across the 40 yards of width.
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Cool down/review (5 mins)

Review of the session's activities and stretching.