
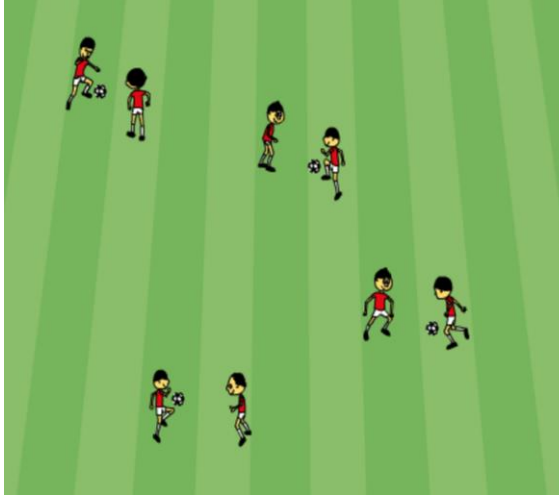
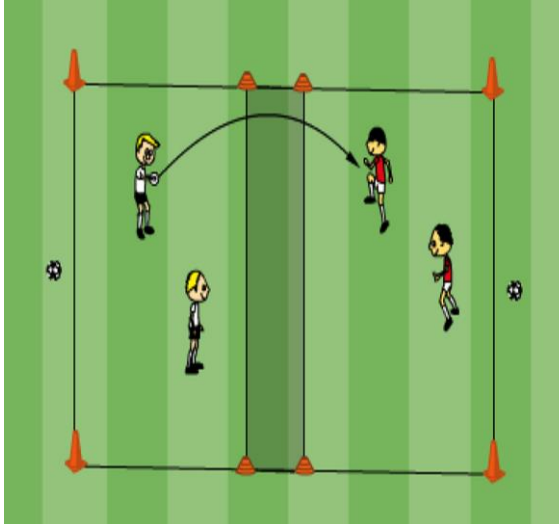
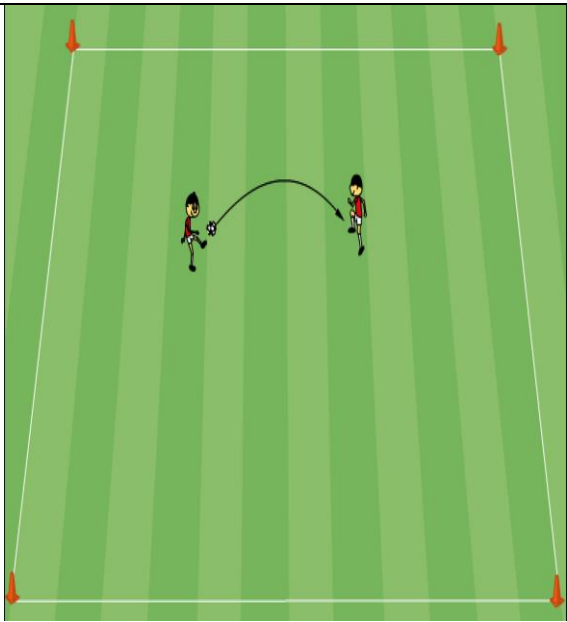
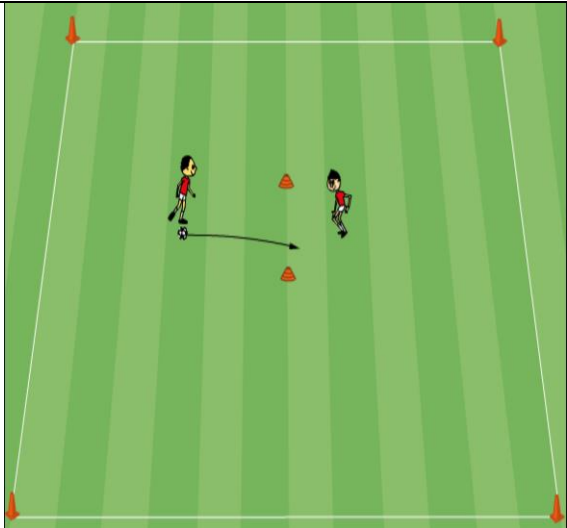


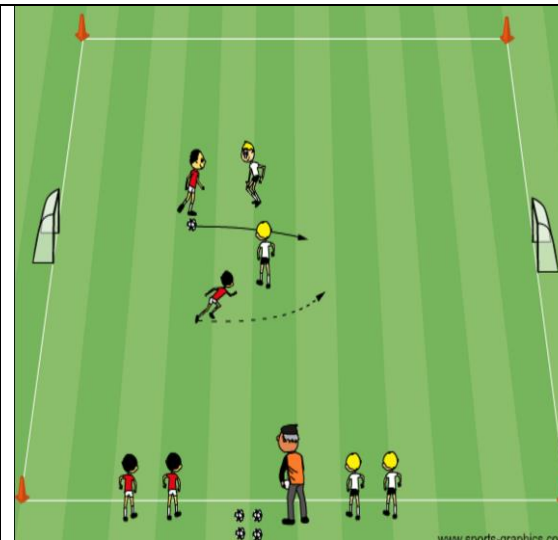
Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Juggling with a Partner</p> 	<p>Two players compete against other pairs to keep the ball up in the air using as many touches as needed in 3-minute period.</p>		<p>-Move to get behind and in line with ball. -Select the body surface quickly. Q.: How can you help your partner juggle well? A.: Pass him or her the ball when I have good control of it.</p>
<p>2 Soccer Newcomb</p> <p>Use a size 3 ball not too inflated</p>	<p>20 x 15 (one yd. "dead space" for net). 2 teams of 2 play toss-receive-catch over the net. If caught = 1 point - if the ball hits the ground no point - toss it over. Allow 1 bounce. Partner helps catch/control.</p>		<p>-Move quickly to get behind and in line with flight of ball -Select surface early -"Withdraw" on contact Q.: How can you always be ready for the ball? A.: Stay alert, watch the ball and stay on your toes.</p>

<p>3 Volley Game Cooperative – Competitive</p>		
<p>Set up 15 x 15 yard grids. Two players and one ball in each grid.</p>	<p>Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs.</p>	 <ul style="list-style-type: none"> - Get in “line of flight” quickly. - Ready, balanced to receive. - Choose body surface. - Withdraw surface. - Scoop/”spoon” ball with foot. <p><i>Q.:</i> What part of the ball should you hit? <i>A.:</i> Just below the equator (midline) of the ball.</p>
<p>4 Pong</p>		
<p>This is a simple game. Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose!</p>	<p>Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground and must go through the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade “pong” game. Play for time and see who can become the PONG Champ!</p>	 <ul style="list-style-type: none"> - See ball through bottom of eyes - Move to get behind and in line with ball. - Keep ball rolling <p><i>Q.:</i> How can you react quickly to the ball? <i>A.:</i> Stay on my toes and always be moving slightly.</p>

5 2v2 Get Outta There

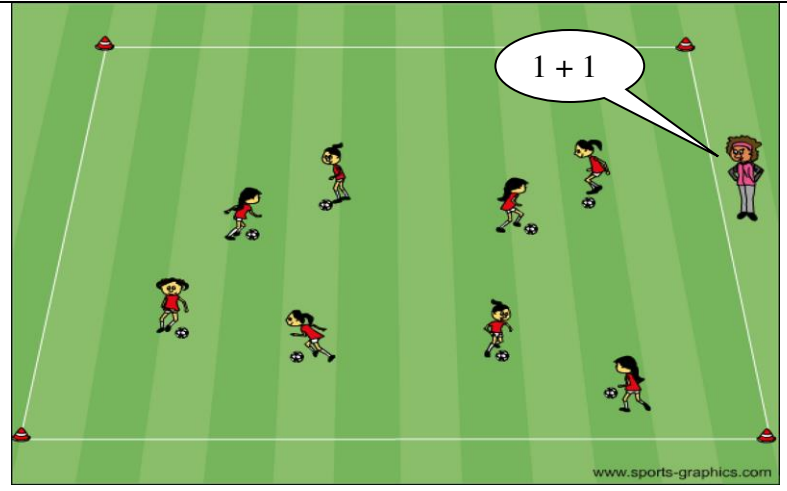
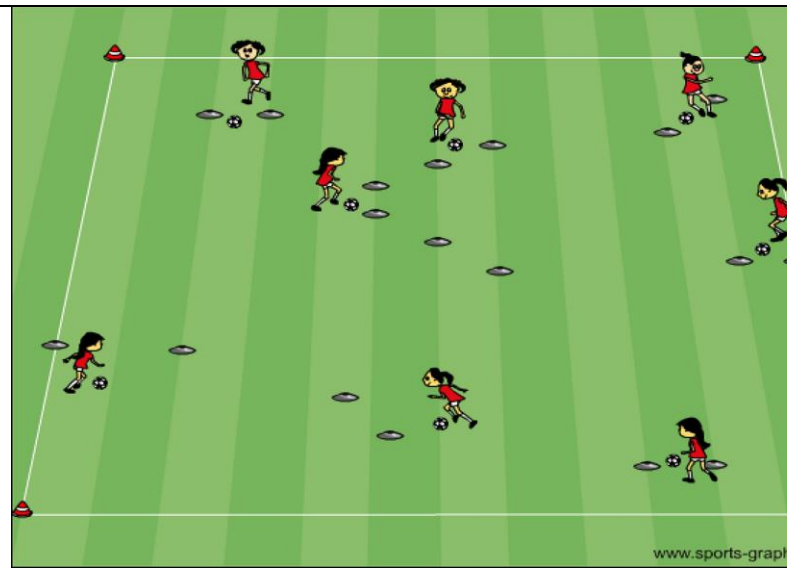
Play 2 vs. 2 on a 25 x 20 yard grid with two small goals.

- a. coach as boss of the balls
- b. coach passes ball onto field to start play
- c. two players from each team play until a goal is scored or the ball goes out of bounds
- d. out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball
- e. goal is scored, two players who scored stay on and two new players from the other team play against them
- f. once three goals are scored by one group then reshuffle the players in the groups



- See ball through bottom of eyes
- Keep ball rolling
- First try to solve game by dribbling
- Player without the ball find big, easy spot to receive a pass

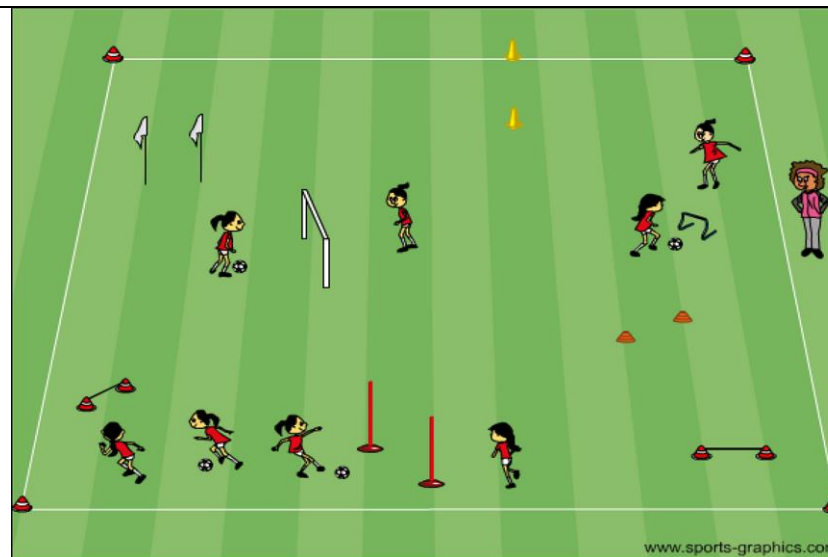
Give specific praise on their attempts to do what they have learned – otherwise be quiet and let them play.

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Math Dribble</p> <p>In a 15 yard x 20 yard grid marked out with four cones, each player has a ball. Play for 5-10 minutes.</p>	<p>When the coach says a number or yells out a simple math addition problem (like 1+1), the players must quickly form groups of 2. If the coach yells out “3”, the players form a group of 3, etc. 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.</p>		<p>This type of dynamic activity forces the players to keep their heads up. <i>Q:</i> How do you know where and with whom you might next add up? <i>A:</i> Glance up and down while dribbling to see people.</p>
<p>2 Multi-Gate Dribbling</p> <p>In an area approximately 25 yards x 30 yards marked with corner flags, set up small goals (gates) using cones (1-2 steps wide) all around the area at different angles. Each player has a ball. Play for 10 minutes.</p>	<p>Timed Multi-Gate Dribbling...players must count the number of gates that they dribble through in 30 seconds. (Coach is the timer and must make it exciting...make sure you count down the last 10 seconds) Players attempt to increase that number on future attempts.</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, direction making (if one player is occupying a gate, the other players must look for another open gate). <i>Q.:</i> How can you keep good balance and control of the ball as you go through a gate? <i>A.:</i> Bend my knees, stay on my toes and get closer to the ball.</p>

3 Multi-Gate Passing

Use the same space and set up as in activity # 2 above. Divide the players into pairs with one ball per pair. Play for 10 minutes.

Two players per ball. Pairs move and pass the ball to their partner through the gates. Use a variety of objects to make gates if possible to give random challenges on the width and height of gates. You can also time this as well as in activity # 2.

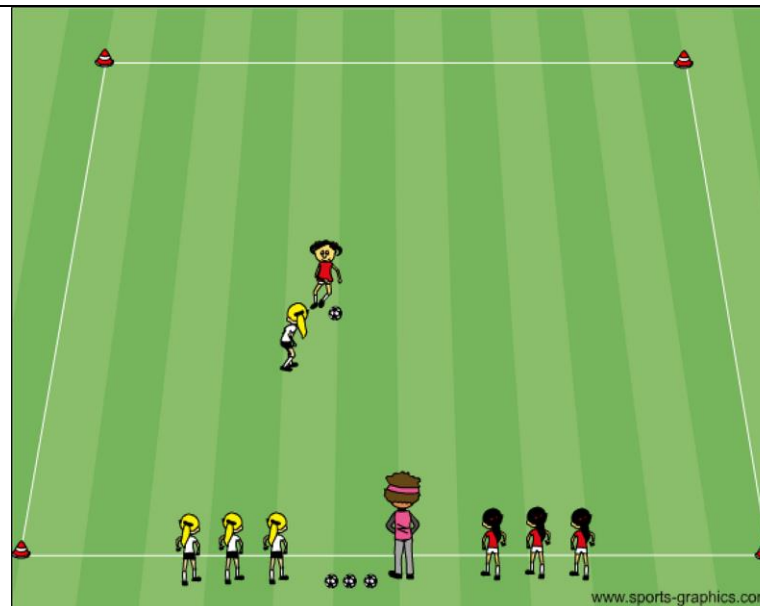


Players must keep the ball close to them by using the inside, outside and soles of their feet. This environment fosters controlled passing, looking around (vision), change of pace, change of direction, decision making (if one pair is occupying a gate, the other pairs must look for another open gate).
Q.: How can you see the ball coming to you?
A.: Look over my shoulder as I run around the gate.

4 Combat

Open area (no boundaries). Players divided into two teams. Each team lines up single file on opposite sides of the coach facing the open area. There should be no more than 5 players in a line. If there are more than 10 players on the team, simply have another coach or parent work with half of the players. 1-2 balls. Play for 10 minutes.

The coach kicks the ball out into the open area. The first player from each line chases after the ball. The first player to the ball attempts to possess it while the other player tries to steal it from him/her. They play 1v1. Whoever passes the ball back to the coach's feet gets a point. When the ball is returned to the coach's feet, he/she immediately kicks the ball out again for the next 2 players. The coach positions himself/herself away from the 2 lines once the game begins (safety).



Quickness, speed, dribbling for possession (shielding), vision (finding target = coach), passing.
Q.: What could be a cue that you could dribble past the defender?
A.: I could go if the defender was flat footed or off balance.



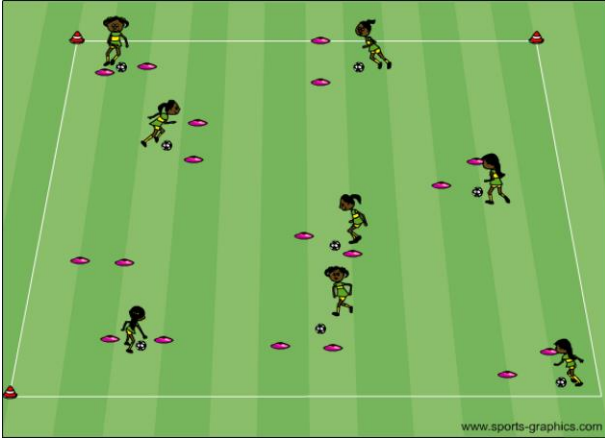
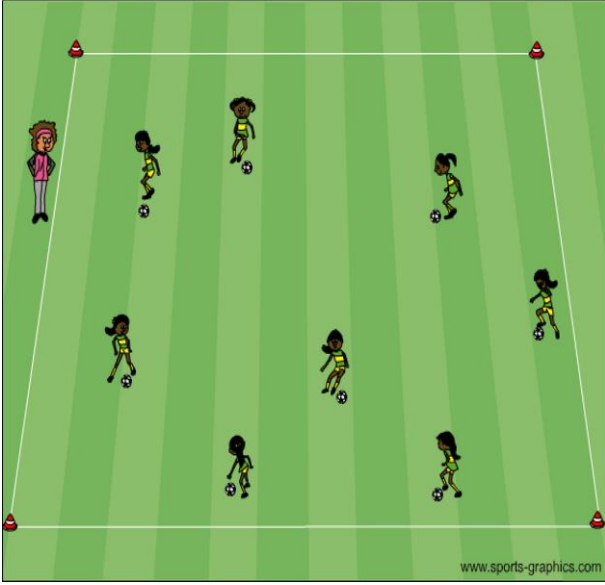
5 *4v4*

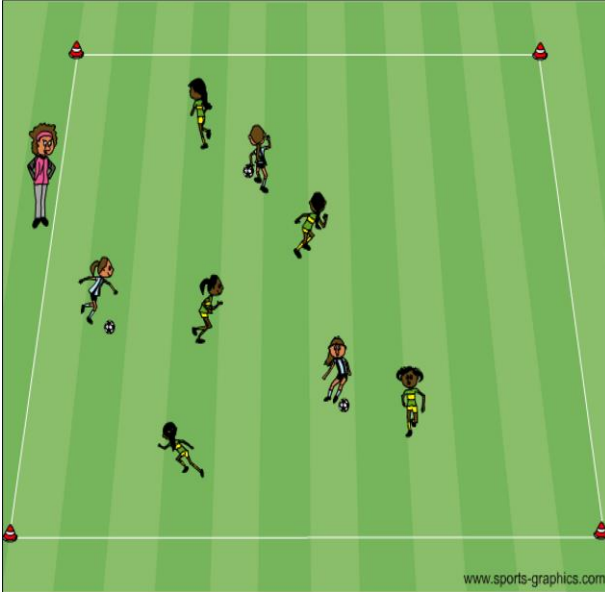

In a 25 x 35 yard field, with goals approximately 4 ft. high by 6 ft. long at each end of the field. Organize players into teams 4. NO GOALKEEPERS.
Play two 6 minute halves with a 2 minute halftime.
The teams switch ends after the half.

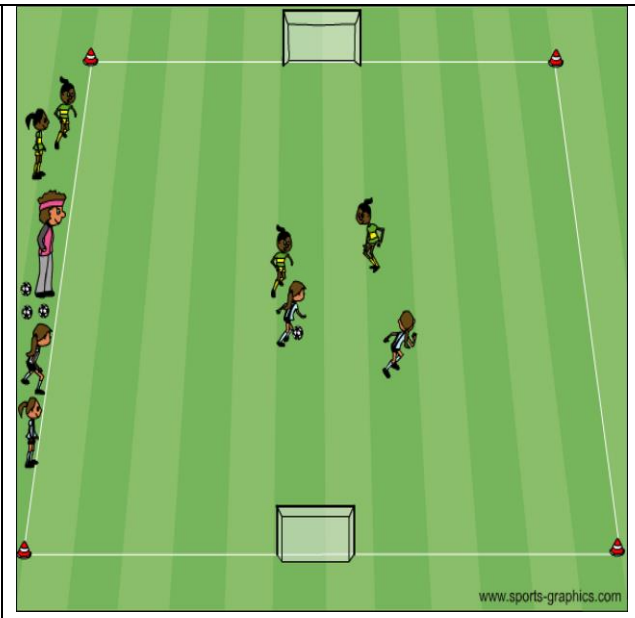
4v4...Scatter balls around the outside of the field and simply play 4v4 without the coach serving the balls. When a ball goes out of bounds, a player gets any ball closest to where it went out and puts it into play.
Reset the balls after the halftime.

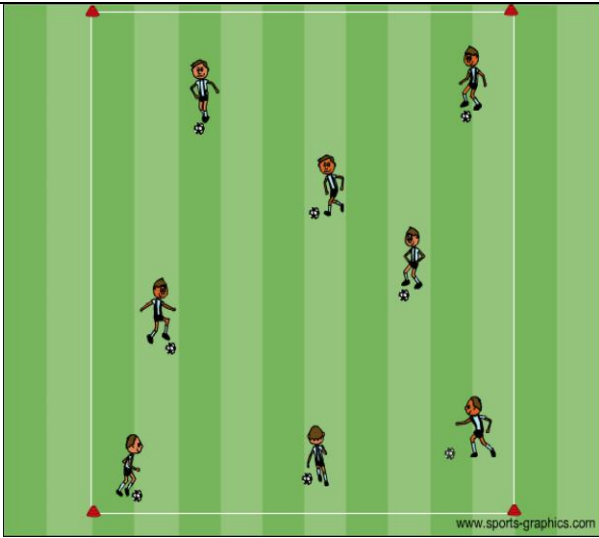
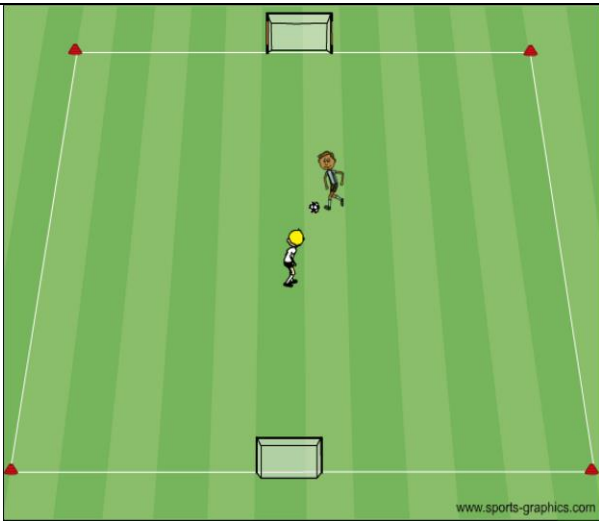


Let them play and have fun. Give generous praise for their effort and hard work.

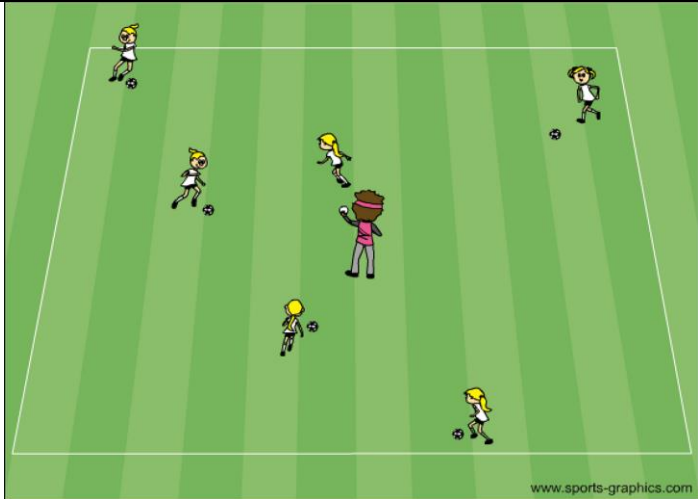
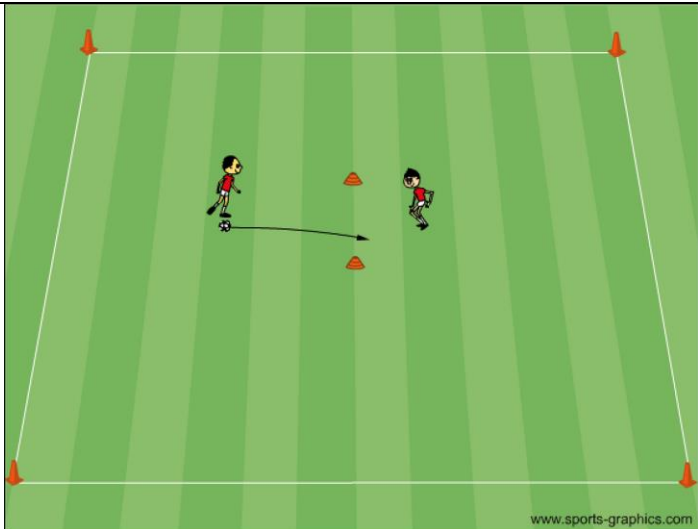
Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Gate Dribbling</p>	<ul style="list-style-type: none"> - every player with a ball - one more gate than the number of players - must dribble through free gate - 1 point for each gate - play again, improve by 1 point 		<ul style="list-style-type: none"> - see ball through bottom of eyes - keep ball rolling - use foot brake - different surfaces
<p>2</p> <p>Stop & Go</p>	<ul style="list-style-type: none"> - every player dribbling a ball - on whistle, players stop ball and then go with speed - coach demonstrates stop & go, and players try to copy - players invent their own stop & go - coach observes, and choose players to demonstrate their stop & go for others to copy 		<ul style="list-style-type: none"> - see ball through bottom of eyes - speed up after stop - change of direction - different surfaces

<p>3</p> <p>Pac-Man</p>	<ul style="list-style-type: none"> - two or three players are “it” to start, and have balls - if you are “it”, try to dribble and hit others with passes below the knees - players who are not “it” may run and jump to avoid being hit - if you are hit with a pass, you become “it” too 	 <p style="text-align: right; font-size: small;">www.sports-graphics.com</p>	<ul style="list-style-type: none"> - keep ball rolling - eyes up to find space and who is “it” - change direction and speed fake passes
<p>4</p> <p>Knockout</p>	<ul style="list-style-type: none"> - every player dribbling a ball - try to kick other players’ balls off the field if your ball stops rolling or is kicked out, then - you must do two juggles before you return to the game 	 <p style="text-align: right; font-size: small;">www.sports-graphics.com</p>	<ul style="list-style-type: none"> - keep ball rolling - body between ball and other players - see ball through the bottom of your eyes

<p>5</p> <p>2v2 "Get Outta There"</p> <p>X & O = players</p> <p>C = coach</p> <p>. = ball</p>	<ul style="list-style-type: none"> - coach as boss of the balls - coach passes ball onto field to start play - two players from each team play until a goal is scored or the ball goes out of bounds - out of bounds, coach yells "get outta there," and two new players from each team go on with the next ball - goal is scored, 2 who scored stay on, and two new players from the other team play against them 		<ul style="list-style-type: none"> - see ball through bottom of eyes - keep ball rolling - first try to solve game by dribbling - player w/o ball find big, easy spot to receive a pass
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Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Warm-up in a 30 x 20 yard grid</p>	<ul style="list-style-type: none"> a. every player dribbling a ball b. incorporate stretching c. dribble/pass ball through “gap” between two other players d. reverse the “flow” by changing directions when other are dribbling the same direction 		<ul style="list-style-type: none"> a. running w/ ball – toe in and down b. change direction – different surface c. see ball though bottom of eyes d. keep ball rolling e. change the “flow” & speed
<p>2</p> <p>1 vs. 1 to two goals on a 15 x 10 yard grid</p>	<ul style="list-style-type: none"> a. two goals (3 steps each) on a line 5 steps apart b. defender must keep one foot on line between two goals c. defender can stand in either goal d. attacker scores by dribbling through either goal e. play 30 to 45 seconds & switch roles 		<ul style="list-style-type: none"> a. keep ball rolling b. defender comes past your hips, change direction & speed c. when in close, body between ball & defender d. arms up to feel pressure e. mentality of trying new moves

<p>3</p> <p>2 vs. 2 to three goals on a 25 x 20 yard grid</p>	<ul style="list-style-type: none"> a. each team attacks & defends three goals b. score by dribbling through any of the three goals c. play 2 minute games 		<ul style="list-style-type: none"> a. team shape b. first try to solve game with dribble c. keep ball rolling d. defender comes past your hips – change direction e. both defenders in same half- change “flow”/direction f. body between ball and defender on turn g. arms up to feel pressure
<p>4</p> <p>4 vs. 4 on a 35 x 30 yard field</p>	<p>Free Play</p>		<ul style="list-style-type: none"> a. team shape b. first try to solve with dribble c. keep ball rolling d. change “flow” & speed
<p>5</p> <p>Cool-down: review warm-up, incorporate stretching and show a ‘move’ for homework</p>			

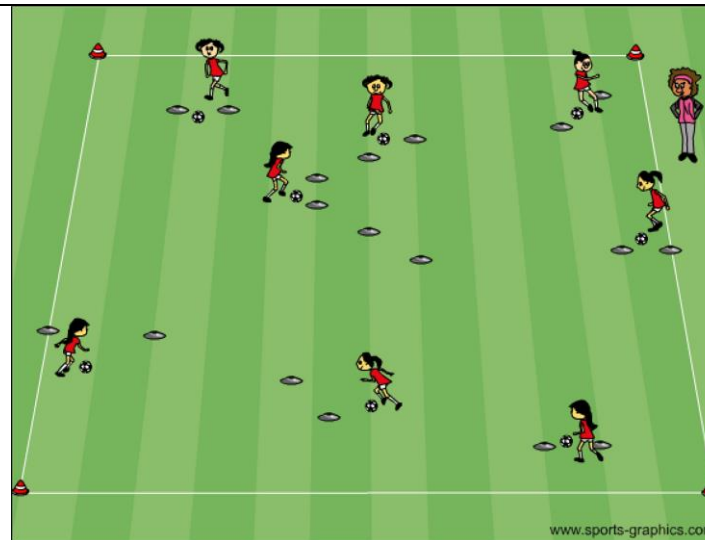
Activity Name	Description	Diagram	Coaching Points
<p>1 Warm-Up</p> <p><i>Retrieval Activity in Pairs-getting them to work together</i></p>	<p>Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and passing the ball back to the coach. The coach walks around while the players dribble and pass the ball back to them.</p>		<p><i>Q.:</i> Where should your eyes be when you pass the ball back to me? <i>A.:</i> (Up so we can see where you are.</p>
<p>2 “Pong”</p> <p>This is a simple game. Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose!</p>	<p>Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground, and must go thru the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the more they closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade “pong” game. Play for time and see who can become the PONG Champ!</p>		<p><i>Q.:</i> What part of the foot do you use to push the pass on the ground? <i>A.:</i> Inside of the foot.</p> <p><i>Q.:</i> Where should your foot strike the ball to keep it on the ground? <i>A.:</i> Your foot should strike the middle of the ball.</p>

3 Gates Passing

All players have a ball inside a playing area.

Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows.

Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side.



Q.: When you are passing with your teammate, how do you know when to pass the ball?

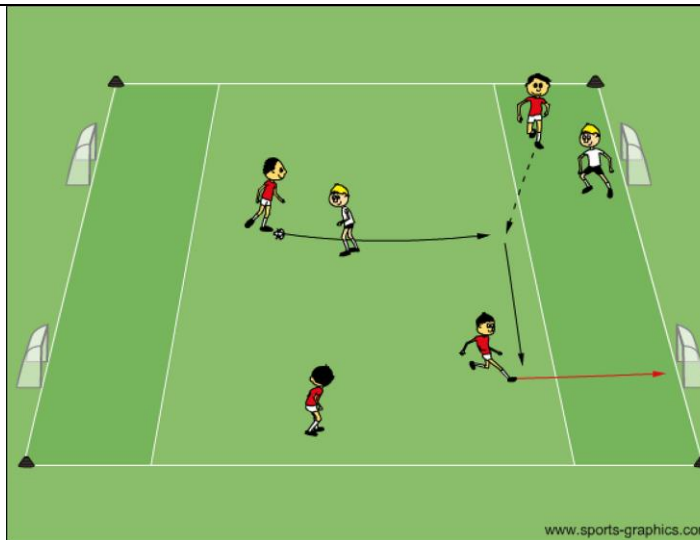
A.: When we are both looking at each other and making eye contact)

4 3rd Activity-“Gates”

Divide into two teams of 3-4 players each.

Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals.

At first allow the players to score at any of the 4 goals, then tell them that one team has two goals to score on and 2 to defend.



Q.: When a ball is rolling toward you how do you pass the ball quickly into the goal?

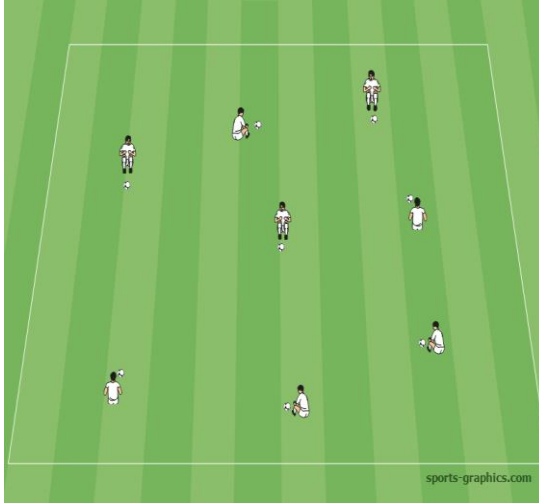
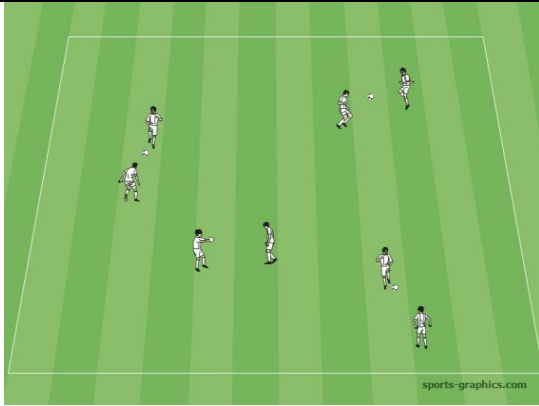
A.: Keep our eyes on the ball and push through the middle of the ball.

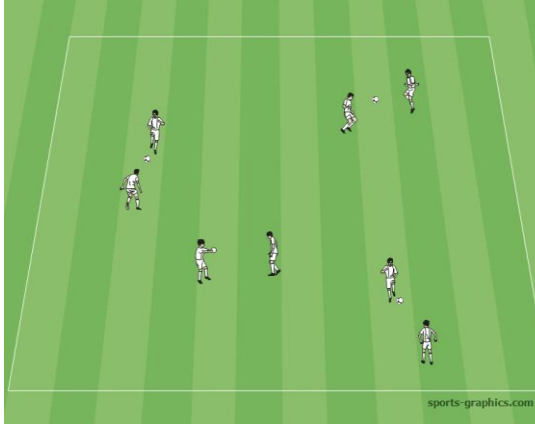
5 Final Activity-The Match

Coach has a supply of balls to keep match flowing.

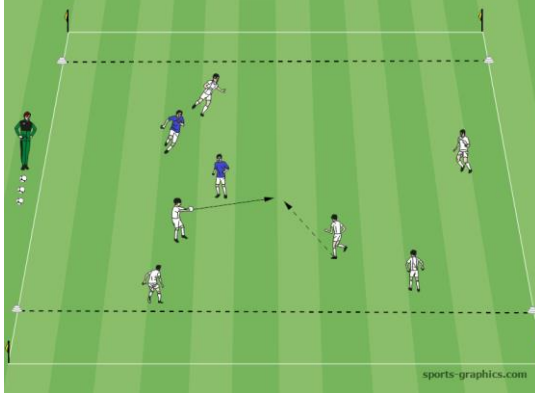
“CELEBRATE”



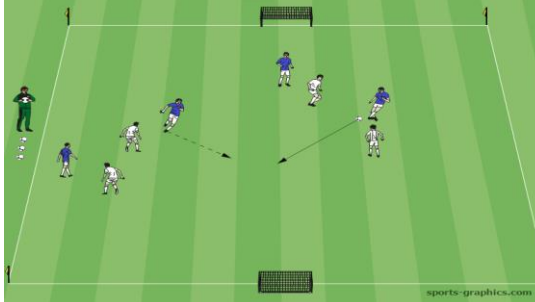
Activity Name	Description	Diagram	Coaching Points
<p>1 WARM-UP Beginner Juggling</p> <p>One ball per player.</p>	<p>Each player sitting down holds a ball over his or her shoelaces.</p> <ul style="list-style-type: none"> • Strike the ball and catch. • Now twice and catch. • Now thrice and catch. • Work up to a total of five kicks. • Try both feet. 		<ul style="list-style-type: none"> • Eyes on the ball. • Bend at the waist. • Bend the knee of the kicking leg. • Toe of the kicking foot out. • Drive the knee of the kicking leg to the chest. • Throw your ball up in the air, what happens if you close your eyes? Answer: You can't see where the ball is! Did it bounce away? Yes! So you need to have your eyes open so you can watch where the ball goes? Answer: Yes!
<p>2 PAIR JUGGLING GAME</p> <p>The players should divide themselves into pairs. One ball per pair.</p>	<p>Cooperative - Competitive</p> <p>Try to keep the ball off the ground using feet only. Two bounces between touches allowed. Score a point for seven consecutive touches. Alternate touches between the partners. See if you can get up to ten touches!</p>		<ul style="list-style-type: none"> • Eyes on the ball. • Get into position early. • Lift the ball with "laces." • Use arms for balance. • Try to catch it and not let it bounce without moving your feet...what happened? Answer: It bounced and went away from me! What happens if you don't move your feet? Answer: I can't get to the ball before it bounces!
<p>3 VOLLEY GAME</p>	<p>Cooperative - Competitive</p>		

<p>Set up 15 yard X 15 yard grids. Two players and one ball in each grid.</p>	<p>Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs.</p>		<ul style="list-style-type: none"> • Get in “line of flight” quick. • Ready, balanced to receive. • Choose “platform”/surface. • Withdraw surface. • Scoop/”spoon” ball with foot. • I saw you catch and drop the ball a couple of times; when you caught it did you just use your hands or did you use your whole body—Answer: my whole body-- what parts? (many answers here - eyes, feet, chest, stomach etc.)
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4 GAEILIC FOOTBALL

<p>Mark out a 20-yard X 20 yard grid with a 5-yard end zone at each end.</p>	<p>6v2 (or 5v3) play volley-catch-volley. Volley ball from the hands so it can be caught by a teammate. If the defender intercepts the ball a point is scored. Try to play into the end zones for a point.</p>		<ul style="list-style-type: none"> • Move to the ball. • Support quickly. • Move to open space. • Imagine the ball is an egg and your body is hard like a table, what happens when the egg hits the table? Answer: it breaks! Imagine your feet are like sponges, can you “catch” the ball using your feet? Show me! How about your “head”? Your “thigh”? Show me!
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5 THE GAME

<p>4v4 to goal. Use a playing area of 40 yards X 30 yards with each goal 6 yards wide.</p>	<p>The coach is the ‘Boss of the Balls’; toss a new ball in after a goal or when the ball goes out of play. Bonus point if control leads to possession or a goal.</p>		<ul style="list-style-type: none"> • Look. • Move to open space. • Choose surface quickly.
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Author: Rick Meana




Coaching Advisor


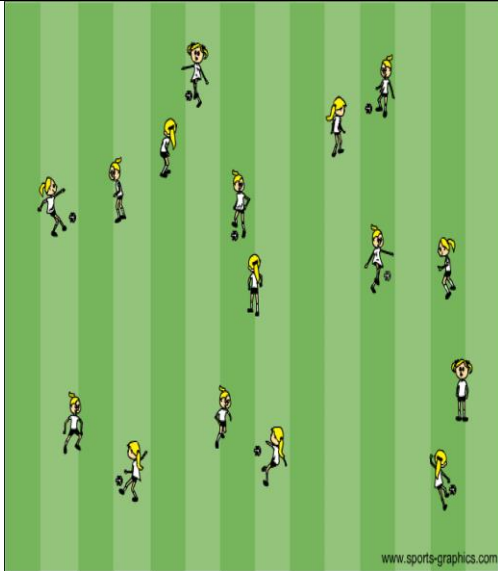
Lesson Plan



Topic: Receiving a bouncing ball

Age: 8-U

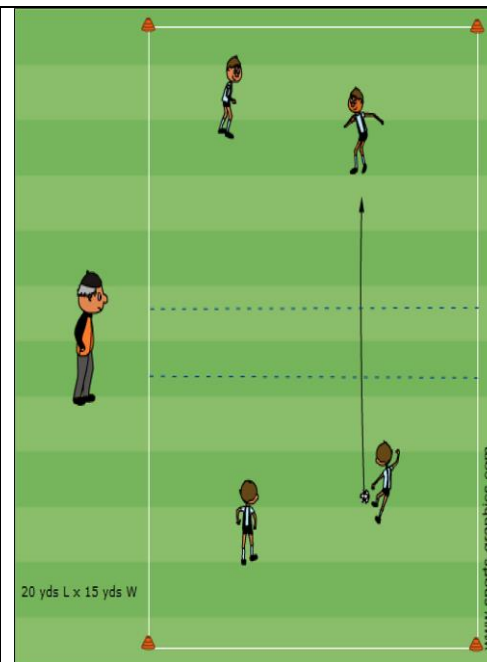
6 COOLDOWN			
Each player with a ball.	Strike the ball up using foot, allow it to bounce and then strike it again. Go until you are able to go through this series until ten consecutive times. Now try striking the ball two times (using any surface except the hands) allow it to bounce once, try to get to five consecutive touches before allowing it to bounce. Get a drink and stretch.	 An illustration of a young boy with brown hair, wearing a white soccer jersey with red trim on the sleeves and blue shorts. He is in a dynamic pose, with his right leg raised and foot on a soccer ball, as if he has just kicked it or is about to. He is wearing colorful sneakers and socks.	Go and try it at home.

Activity Name	Description	Diagram	Coaching Points
<p>1</p> <p>Warm-up: “Juggling Balloons or Beach Balls”</p>	<p>Each player tries to keep their balloon or beach ball up in the air using any body part except for hands. Count how many touches. If it falls to the ground, pick it up try again.</p>	 <p>Striking the ball (first building blocks of juggling, volleys)</p>	<ul style="list-style-type: none"> -Follow object/ball with your eyes. -Move to get behind and in line with it—don’t stretch for it -Make your foot flat like a table. Show me!
<p>2</p> <p>“Juggling with a Partner”</p>	<p>Same as one but now 2 players compete against other pairs to keep the object up in the air using as many touches in 3 minute period.</p>	 <p style="text-align: right; font-size: small;">www.sports-graphics.com</p>	<ul style="list-style-type: none"> -Move to get behind and in line with object. -Select the surface quickly. Q.: Is a noodle, hard? Or soft? A.: Soft!

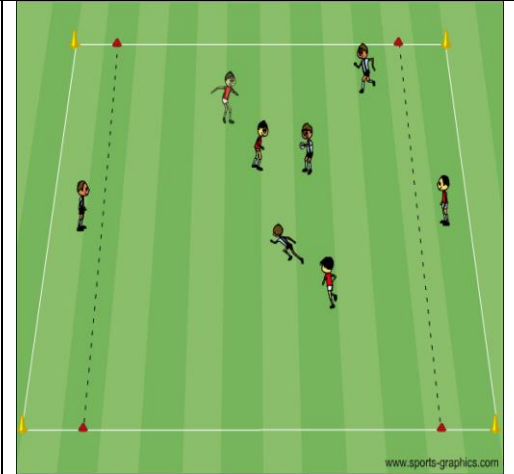
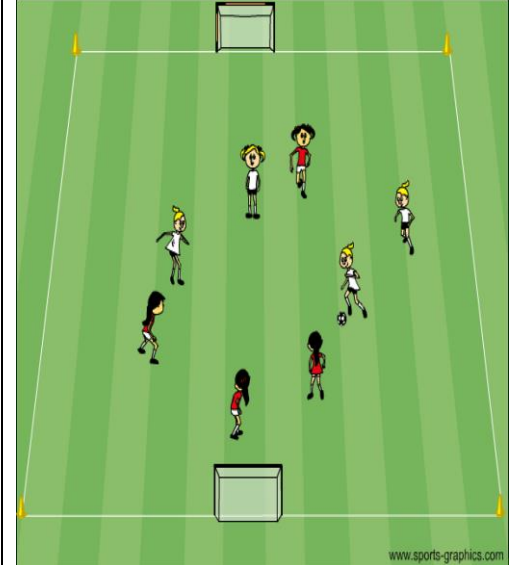
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“Soccer Newcomb”
(use size 3 ball not too inflated)

20x15 (one yd. “dead space” for net). 2 teams of 2 play toss-receive-catch over the net. If caught point-if hits ground no point-toss it over. Allow 1 bounce. Partner helps catch/control



-Move quickly to get behind and in line with flight of ball
-Select surface early
-“Withdraw” on contact
Q.: Good, now can you make your foot feel like a “noodle” strike the ball and try to catch it before it bounces? Show me! What happened?
A.: It went far away from me and I could not catch it.
Q.: What happens if you strike the ball with your foot and it is flat like a “table”?
A.: It goes straight up and it was easier to catch!
Q.: Can you strike it twice and catch it? Show me!
Q.: Can you march? Show me!
Q.: Can you do it while striking the ball and not letting it bounce? Show me!

<p>4</p> <p>“Toss-control-catch”</p>	<p>4v4 in 40x30 yard area (includes 5 yd. end-zone on each end). Toss-receive-catch to advance ball. If ball drops to ground goes to other team. Score by receiving and catching in your end zone. Opponent cannot block the toss.</p>		<ul style="list-style-type: none"> -Move to the ball -Select surface early -Look, get head up quickly -Move to open space
<p>5</p> <p>The Game</p>	<p>4v4 in 45x30 with 4 yd wide goals no GK. Coach is boss of Balls. Toss new one to a player after a goal or out of play. 1 pt for goal, 2 pts for volley goal.</p>		<ul style="list-style-type: none"> -Move to the ball -Move to open space -Look -Choose surface early

COOLDOWN: Try to beat your own ball juggling record. WATER – stretch – WATER.