

Theme: Attacking with the Ball

Date:

Venue:

Time:

Duration:

## Ballnastics - Competitive

### 1. Over and Under

Standing back to back with some space in between and with one ball. One player hands the ball to the other player "over" their head with hands outstretched, then they both bend forward and hand the ball back "under" between the legs.

The ball is handed not tossed.

Continue in an "over-under" sequence for 20-30 seconds.

### 2. Side to Side

Standing back to back with some space in between and with one ball. Both players twist to the same side and exchange the ball. They then twist to the other side and hand the ball back. Continue in a "side to side" sequence for 20-30 seconds.

VARIATION:

Side to Side Opposite.

Standing back to back with some space in between and with one ball. Both players twist to their right (which makes it an opposite or full twist motion) and exchange the ball.

They then twist to the left and hand the ball back.

Continue in a right to left sequence for 20-30 seconds.

### 3. Ball Wrestling

A competitive and strength activity. One ball between two players. Both players get a good grasp of the ball.

On the coach's signal, the players try to wrestle the ball free from their partner. The player who rips the ball free wins the point.

You can play the best of three or five and then switch partners.

### 4. Draw

Players work in pairs with a ball.

Players face each other with the ball between them at a distance of one step away. Both players stand with feet parallel so that a straight line is across their toes.

On the signal 'Draw', they try to be the first one to pull the ball back with the sole of their foot. Players then repeat taking turns calling "draw".

This can also be used to start small-sided games or as a lead up to one versus one exercises.

### 5. Head/Catch

Players work in a confined area, in pairs, with one ball per pair.

Partner tosses the ball at head level to his teammate and calls out 'Head' or 'Catch'. Player receiving the ball reacts accordingly by catching or heading it back. This process is repeated rapidly for approximately one minute, then players switch roles.

Players must toss the ball at the same height each time and call out 'Head' or 'Catch' upon release.

Once they are familiar with this routine, throw a wrench in the works and play a game of opposites. Now the player does the opposite of the call. If head is called they catch it and vice versa.

### 6. Toe Fencing

Partners facing each other with arms on each others' shoulders and without a ball.

On the coach's signal, players try to touch their partners toes without being touched.

Score one point for each touch. Play for 30-60 seconds. No kicking allowed.

A good exercise for improving fast feet.

### 7. Fundominals

Players work in pairs. They sit facing each other, knees bent and feet off the ground.

In a balanced position, players using only their feet, attempt to push each other off balance. Hands cannot touch the ground.

Play 30-60 second intervals.

### 8. Pull Downs

Pairs facing each other in a push-up position. On the coach's signal, players try to pull each other down. Players may not slap at each other's arms. Strongly encourage players to grab their partners wrist from the inside and pull out. You want to be extremely careful that players do not strike the elbow from the outside, since the arm does not bend that way. You can play the best of three or five and then switch partners.

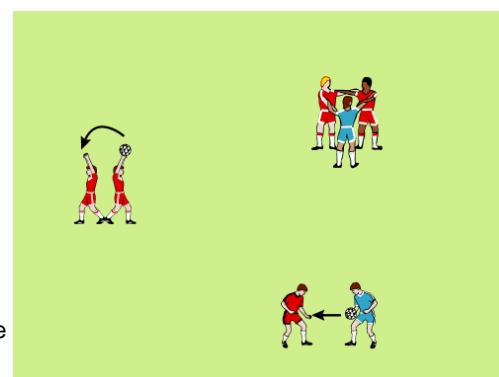
### 9. Human Springs

A cooperative activity.

Players stand facing each other with hands up and touching only each other's palms. Both players lean in and push off and 'spring' back. Do this a few times to get into a rhythm. Players then take a step backward getting a little further apart.

Now they do the same springing motion. Be sure to meet each other in the middle at the same time. Continue to get further apart.

How far apart can you get before falling down?



# Practice Activities

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## Human Obstacle Course

You should first do this without the ball and then later with the ball for the players to dribble.

Coach asks one player to make a shape that they can hold for a period of time.

The next player then goes around, through, under or over the first player.

The third player goes through the first two.

This sequence continues until all the players are part of the obstacle course.

At this point allow the first players to go again so they can go through a complete course.

Once all players have gone through, add a ball and now each player must dribble through the course.



## Body Part Dribble

Within a confined area, players stand in random formation, each with a ball.

On the command, players dribble to keep control while avoiding touching others. While they dribble, coach calls out a body part and player immediately stops the ball with that body part. Call 'right elbow', 'chin', 'left knee' etc.

Vary by playing "Simon Says"

### Key Points

- Dribbling in a confined area, close control, changing direction, changing speed.
- Reaction time, reinforce knowledge of body parts.
- Reading the environment, looking and moving into open spaces
- Working within a group, positive interaction. Listening skills, tuning into exactly what the coach/leader is saying.



## Pac Man

Players work in a 20 x 20 yard area, with one player with the ball.

Player with the ball dribbles and attempts to hit the other players below the waist by passing the ball at them. Players try to avoid getting hit with the ball. Once a player is hit, he gets his ball and becomes the second 'Pac Man'.

Game continues until all players have been hit and have a ball.

### Key Points

- Dribbling and passing, trying to hit a moving target. Encouraging quick preparation and passing of the ball. Deceptive passing and use of either foot.
- Cardiorespiratory endurance fitness, agility, jumping.
- Looking for players, chasing, tracking, playing to a target. The first step in teaching players to attack someone with the ball. Emphasis on creating an assertive and attack posture with the ball.
- Allows all ability levels to play equally. Allows each player to be successful. If players are hit early, they will dribble longer. If they manage to avoid getting hit until the end, their challenge greatly increases.



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## Find the Coach (Heads Up)

This activity is similar to the Retrieve Activity, where the coach has each player hand him/her a ball, which the coach then throws in random directions for the players to retrieve and return to the coach in many different ways, i.e. rolling with hands, bouncing, throwing in the air and catching, etc. However, in each manner of returning the ball, the coach remains in the same spot where he/she threw the ball.

'FIND THE COACH' becomes a more complex activity for two reasons:

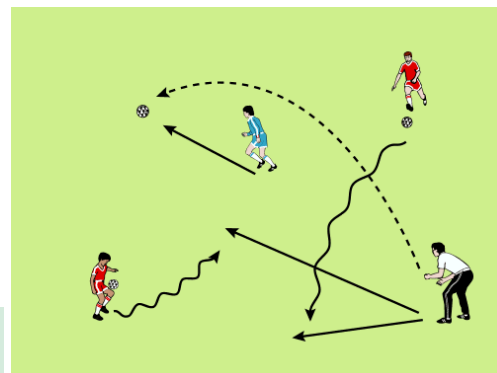
1. Each players must dribble the ball back to the coach with their feet.
2. The coach does not stand in one spot as he/she moves in all directions within the space provided for the activity.

By doing so, players not only dribble with speed to get back to the coach, but must dribble with their eyes up.

Did someone say, 'the first step to tactical instruction?' (Dribbling with one's head up leads to decision making).

### Key Points

- Dribbling for possession, dribbling with vision.
- Must keep eyes up
- Changing direction, running, balance
- All players at their own level



## Marbles

Players work in a large open space, in pairs, with one ball per pair.

This is a passing game where players take turns trying to hit each others ball through passing.

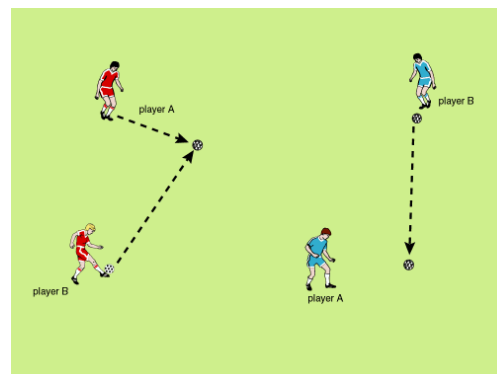
Begin with one player playing his/her ball away 5-10 yards. The second player then attempts to pass his/her ball to hit their partners ball. For a hit, score one point. For a miss, the moment the passed ball moves completely past the other ball, that player's turn begins and they now try and hit their partners ball.

There is an advantage to immediately chasing your ball after passing so that in the event your partner misses, you can be right there to strike your ball.

There is also a fairness component; should a player score a point and their ball is now only inches away from the other one, the player restarts the game with a new pass away from the area.

### Key Points

- Passing for accuracy, hitting a moving target, quickness of preparation and pass, one touch passing.
- Cardiorespiratory endurance.
- Decisions regarding type of pass, timing and pace of the pass.
- Positive interaction between two players. Activity is self-motivating, providing immediate feedback of results. Develops the tendency to follow the pass.



## Bridge Passing

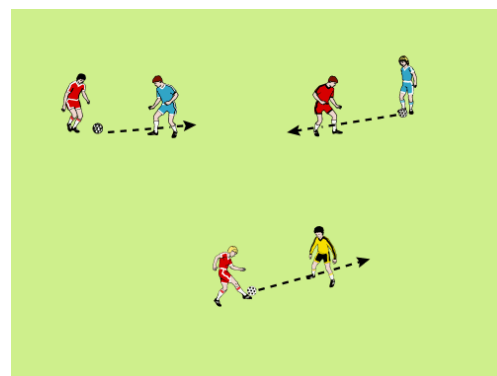
Players work in pairs with one ball per pair.

Each player must pass the ball through their partners legs.

Player with the ball begins by attempting to pass the ball through partner's legs who is standing with legs apart as the goal or target. The goal player does not move until the ball either goes through or passes him. At the moment the ball goes through or misses the goal, the player quickly turns and sprints after the ball. The ball is controlled, player turns and now makes a pass to the other player who is now a goal. Players work together to see how far apart they can get and still score goals. Encourage players to run quickly and prepare the ball for the next pass to goal.

### Key Points

- Turning and passing. Passing to a target. Direction and accuracy.
- Initiating quick turning movements.
- No tactical concerns in this form.
- Competition and cooperation between two players.



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## Cooperative Kickball

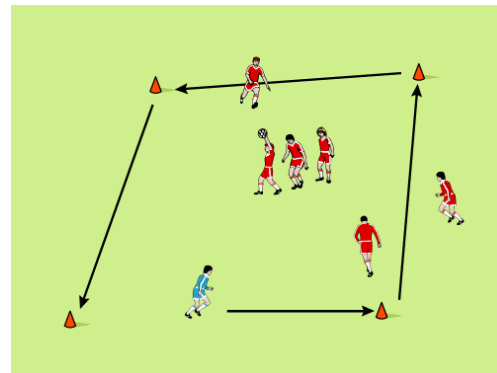
Divide players into two teams and arrange them on a kickball diamond with bases and outfield.

Play this game like regular kickball except with the following two rule changes:

1. Play with no outs; everyone gets a turn at bat each inning. When everyone has kicked the inning is over.
2. All the teammates of the person who fields the ball quickly form a straight line behind him. Player in front passes the ball over his back to the next person, that person passes back between their legs. Follow an over-under sequence until the last person dribbles the ball to the front. If the team can complete this task before the kicker gets across home plate, the kicker is out. If the kicker crosses first, score one run. Play as many innings as you desire. Depending on the skill level of your group, you may want them to use only soccer skills when receiving the ball or allow them to use their hands.

## Key Points

- For the kicker - kicking with various foot surfaces.
  - For the fielding team - receiving.
  - For the kicker - running speed around the bases.
  - For the fielding team - flexibility.
  - For the kicker - decisions on ball placement.
  - Everyone receives a turn at bat each inning.
- Cooperative effort by fielding team to get runner out, everyone is involved. Promotes development of teamwork.



## Small Sided Game, 4v4 No Goalkeepers

The final activity of every practice session should be a small-sided match randomly selected by the coach (do not pick captains to choose teams). The coach should simply divide by shirt colours, count off, or just split the group in two.

This small-sided match should ideally be a four vs four scrimmage without goalkeepers. The feedback from the coach should continue to be positive, but reduced to let children play. This is their time and their game. The coach should concentrate on observing player behaviours and to make sure that the players are safe. The area should be adjusted to meet the needs of the players, but generally an area 25-30 yards wide and 35-40 yards in length should work.



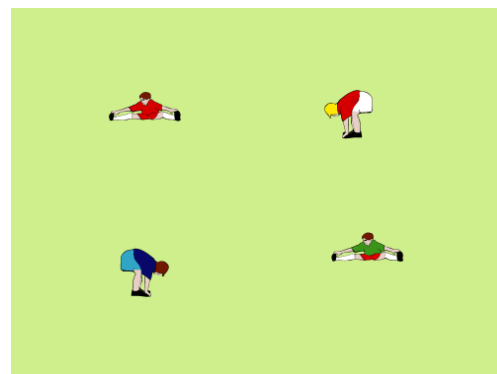
## Toes

Toes is a creative body awareness and challenging activity.

Players are sitting down holding their toes. Through all of the instructions, players must not let go of their toes.

Suggested challenges:

- a) Can you make one leg longer than the other, without letting go of your toes?
- b) Can you make the other leg longer, without letting go of your toes?
- c) How wide can you make your legs, without letting go of your toes?
- d) How small can you make yourself, without letting go of your toes?
- e) Can you make yourself as large as possible, without letting go of your toes?
- f) Can you make yourself as narrow as possible, without letting go of your toes?
- g) Can you get your feet higher than your head, without letting go of your toes?
- h) Can you place your feet behind your head, without letting go of your toes?
- i) The grand finale. Can you stand up and walk, without letting go of your toes?



# Practice Summary

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Objectives:











Time:

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## Practice Roster


## Equipment List


## Drills Total Duration 65 Minutes

Drill	Duration (minutes)
 Ballnastics - Competitive/Cooperative	5
 Human Obstacle Course - in pairs	5
 Body Part Dribble	5
 Pac Man	5
 Find the Coach (Head's Up)	5
 Marbles	5
 Bridge Passing	5
 Cooperative Kickball	5
 Small-sided 4v4 no goalkeepers	20
 Toes	5

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## Notes

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