

2011 Fun of Soccer Week II Curriculum

September 17, 2011

Theme – keeping the ball close (so you don't lose it and/or can turn/move away quick)

1st five minutes- your warm-up: *What did you do right away with the players? What worked well? What would you eliminate/refine so the players get more out of the warm-up?*

Next 10 minutes- Can you keep the ball close to you?

In soccer and many other sports, it is important to keep the ball close to you at all times! You can not stop the ball quickly, change directions, or cut the ball if the ball is **TOO FAR AWAY. The whole idea/theme today is to keep the ball close.** How many ways can we move a soccer ball and keep it close? (NB- not all ways have to be with the feet.) The idea to communicate is to keep the ball close! You will demonstrate something and then the players will copy you. When you demonstrate, take care to show and stress keeping the ball close.

You'll want to have 30+ tasks and have each of the tasks repeated five to ten times. Remember that parents can be helpful to build enthusiasm by applauding the whole group after each task is completed.

Some suggestions:

- Pick up the ball and roll it from their head to their toe and back up
- Pick up the ball and roll the ball around their hips
- Pick up the ball put it on top of the head and spin your body while keeping the ball straight.
- Using your hands start the ball at your feet and roll the ball up your body. When you get it to the top let it drop down.
- Jog around the grid.
- Hop around the grid.
- Skip around the grid.
- Jog around the grid and say STOP-FREEZE
- Windmill the arms
- Fly the arms- 1 up- 1 down
- Roll on the ball on your tummy
- Roll on the ball on your back
- Crab walk over the ball
- Jump over the ball
- Sitting on the ground, hold the ball in your hands and touch the ball to your feet by bringing both together and off the ground
- Move the ball around the grid with your hands only
- Move the ball around the grid with your feet only
- Move the ball around the grid with your head only
- Lying on the ground, start the ball in one hand and move it around the entire body using only your hands and feet
- Figure eight the ball through your legs, using your hands
- Put the ball in your shirt and run
- Bounce on the ball
- Throw the ball and go get it
- Kick the ball and go get it
- Tummy spin on the ball
- Monkey hops
- Donkey kicks
- Elephant trunk waving
- Horse galloping
- Penguin waddling
- Bird flying

I am sure you can come up with many more!

Next twenty to twenty to thirty minutes (depending on whether you are the first or second group)

1) Who Let the Dogs Out? *Progress through the first two parts of the game rapidly as the bulk of the time you play this game you will want them using a ball. Once you use a ball, players can go through the game by having to change to different speeds (gears)* The game should be played without a ball, then with a ball being held in their hands, and lastly with players running with the ball. The coaches are the dog catchers and their job is to round up all the dogs and put them back in their pen. Once this is done, the coaches sit down, rest and turn their backs on the dogs. One of the dogs opens the pen and all the dogs escape only to be rounded up again.

2) Chuckie the Eggeater- Players are teamed into four corners and their objective is to bring back the most soccer balls that they can in 1 minute. All of the balls start in the middle of the grid and players must bring back only ONE ball at a time. Players can get a ball from either the middle or another team's grid. At the end of the allotted time, the team that has accumulated the most balls in their grid wins. Try running the game for different intervals of time: 1 minute, 45 seconds, 30 seconds, 15 seconds. Coaches can of course, strategically interfere with the game in order to bring about a desired result. Players MUST use only their feet to move the ball back and can not defend or try and steal another person's or team's ball.

CHECK FOR UNDERSTANDING- *Ask the players- when there was open space, were you able to move the ball farther ahead and faster? When there was other people running and as you got closer to your base, did you have to slow down and move the ball a lot more carefully?*

3) Chain Tag: Coaches start with their hands linked as the chain and try to tag each player while they dribble a ball around the square. A player that is "tagged" places their ball on the side and becomes part of the chain. The last two players left get a point each. Coaches should make sure to select different players to start the chain each time.

Coaching points: *Turn the ball quickly away from pressure (the chain), keep the ball close to you if there is a small amount of space and push the ball farther away from you as you are running into open space.*

4) Pac Man: (Think the old video game many of you played at the arcade!) All players assemble in the square and begin dribbling their ball around on "go!" the coaches can chase the players and if they touch the players soccer ball with their feet, then the player becomes frozen. On "reverse" players that have not been frozen can tag the coaches (so long as they have their soccer ball close to them) and once a coach has been tagged, the frozen players are all free and can dribble around again. **Make sure players are keeping the ball close in traffic and accelerating into open space away from pressure (you). By now, players should be tagged if they are not keeping the ball close**

*****Last 15-20 minutes: have the game set up and get playing! Please refer to your coaches' clinic sheet about how we want to play and manage the games and deliver another teachable moment for your team!

The Scrimmage:

Area 20x30 yard grid of four versus four with either PUG goals or cones spaced four feet apart. Play 2 (10 minute) halves.

Coaching points: Keep the ball close to you (keep the ball under control), don't crowd to the ball, and remind the players of the rules (no hands, how to inbound balls, shoot the ball to the goal, verbally cue them in to making a good choice)

Remember to have lots of positive talk and limit the amount of times you stop the game to instruct. If you find you must stop the game to instruct, make your point within 15 seconds and get the game moving quickly again.