

Weekly Activities - Ages 9 - 11

Theme: S.A.F.E.SM

Session: Five

Daily Topic: Dribbling

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (unique movement activities designed to energize participants)

0:10-0:25 Turns & Burns (creative one-on-one moves to beat your opponent)

0:25-0:45 Skillzbuilder (games and activities designed to develop the daily themes which include running with the ball, dribbling, passing & control, shooting, defending and heading)

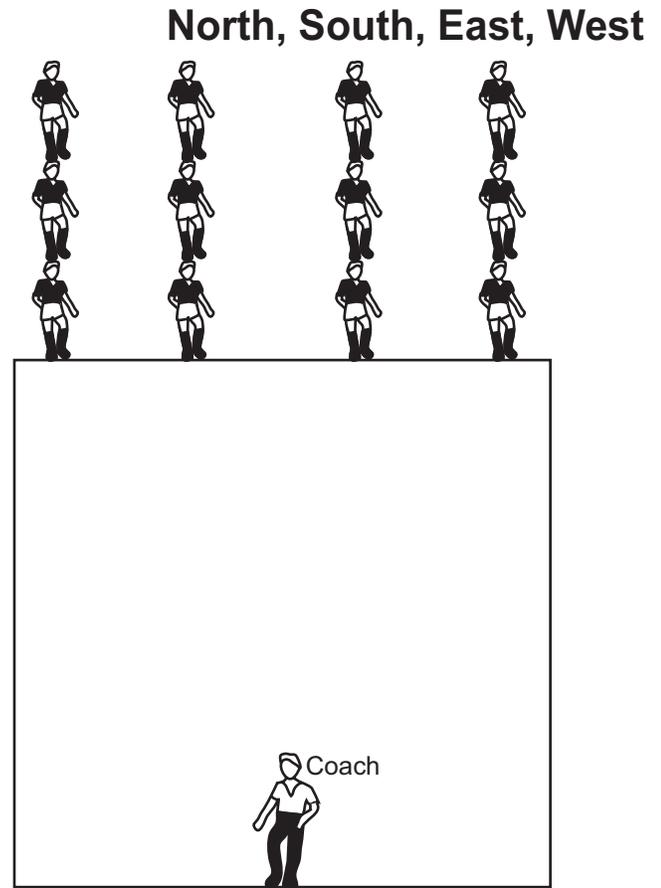
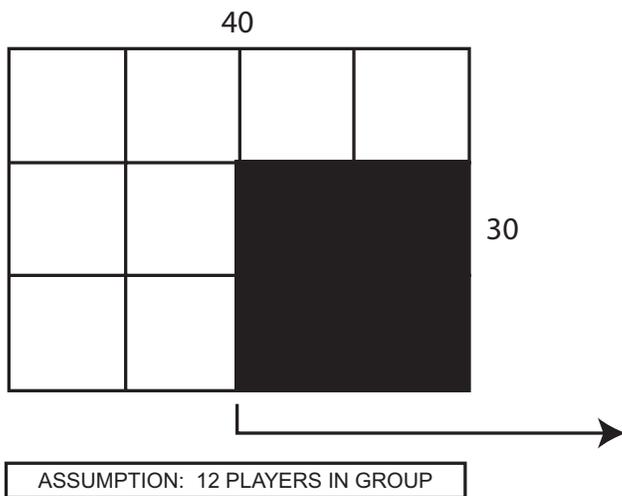
0:45-0:55 Net Buster (applications of the daily theme around a goal)

0:55-1:05 Break (competitions/quizzes)

1:05-1:15 Back Yard Soccer (games based on a street game mentality)

1:15-1:30 MLS Play-Off (Small-sided conditioned games to open play)

SOCCER-ROBICS - Movement & Speed



Purpose

To develop reaction speed with and without the ball.

Organization

Players jog out as a group of 4 together and listen to coaches' commands.

Game Objective

#1 = sprint forwards 5 yards, #2 = turn and go back, #3 = go to player's left, #4 = to player's right. Now #1 is also Revolution, #2 is Crew, #3 is Galaxy, #4 is MetroStars, etc. North-South-East-West.

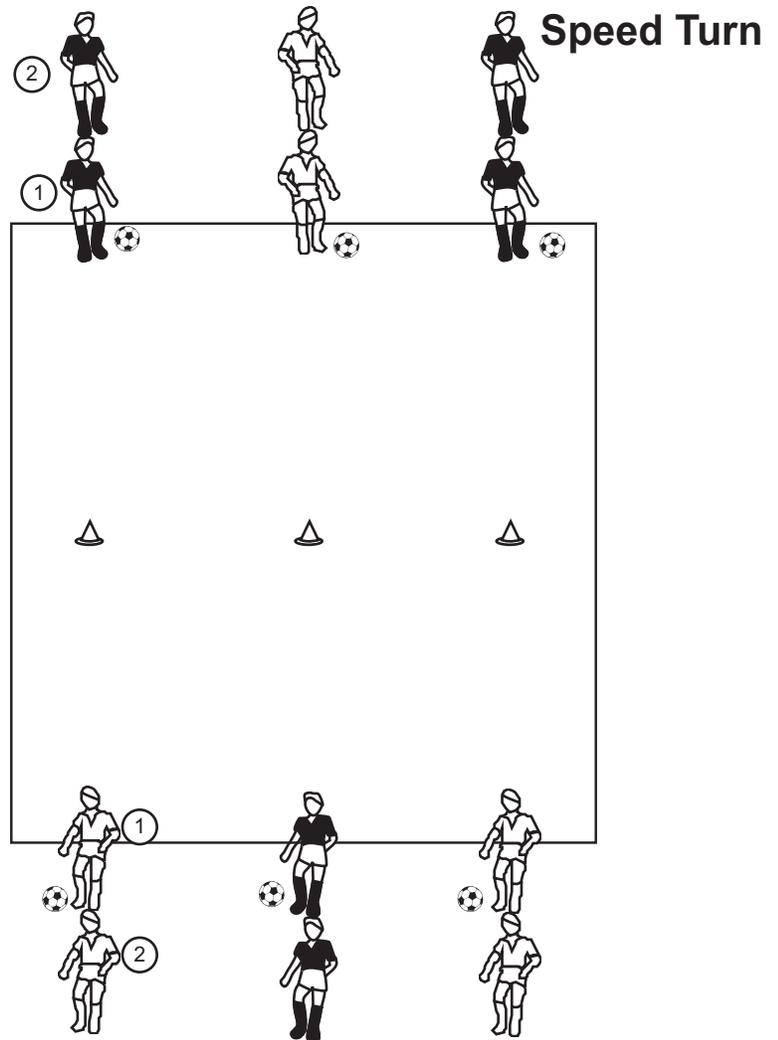
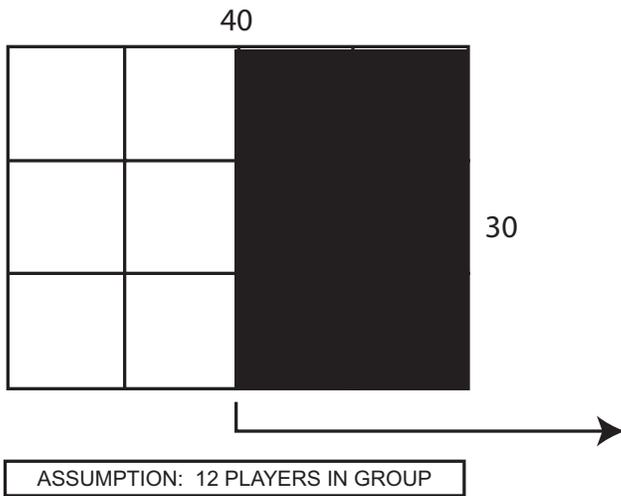
Progressions

1. Coach can start catching players out by pointing in the wrong direction.
2. Each player dribbles out with a ball. Coach holds: 1 arm up - #1, 2 arms up - #2, arm to player's left - #3, arm to player's right - #4.
3. Develop the game into straight sprints across the far line, but have the players start in different positions: (#1) on all 4's, (#2) on knees, (#3) laying face up, (#4) laying face down, (#5) facing the other way.

Key Coaching Points

1. Get upright as quickly as possible.
2. Keep your head still.
3. Move your arms forwards and backwards, not side to side.
4. Lean forwards and lift your knees.

TURNS & BURNS - Dribbling & Turns



Purpose

To develop speed in the turn and passing skills.

Organization

Set out a 20 x 30 yard area. Station players on the end lines of the area as shown in the diagram. 1 ball per pair.

Game Objective

The players with a ball run to the middle cone, complete a turn, then dribble back to their teammate. The teammate then repeats. Coaches should look for players to get low and turn quickly. First team through wins.

Progressions

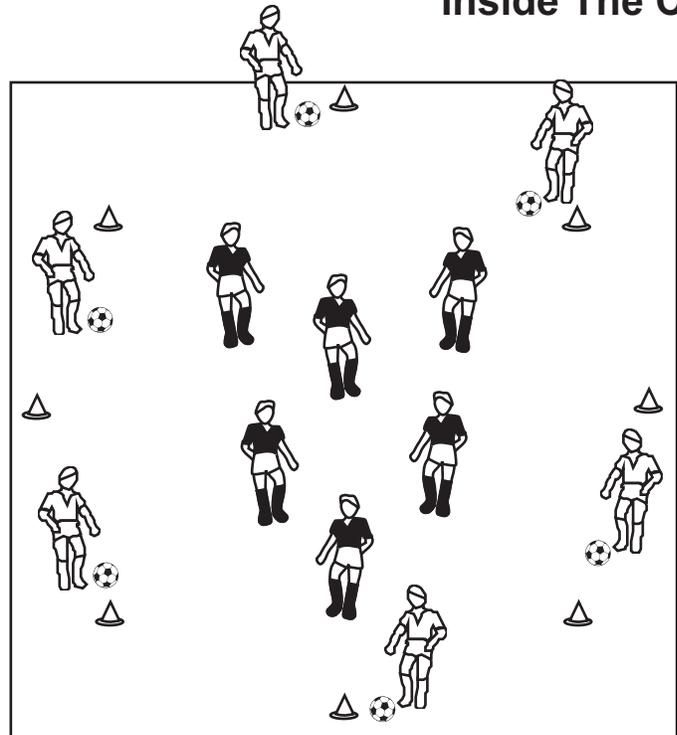
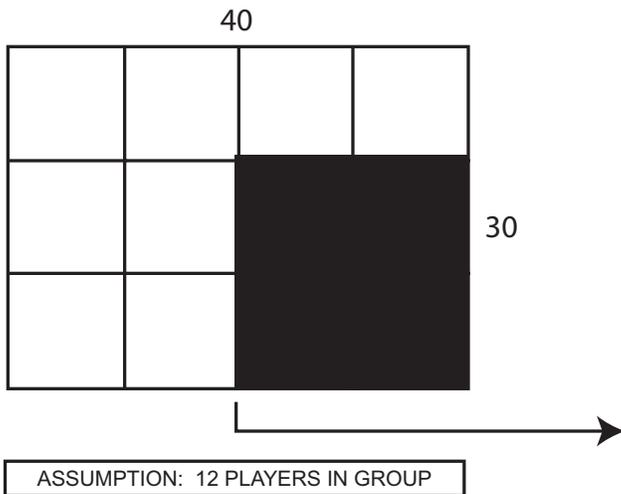
1. The dribbling player turns at the cone, then chips the ball to his partner to catch.
2. Dribble, turn, then throw the ball for your partner to control.
3. Progress to pressure the receiving player so they must fake to avoid the onrushing player.

Key Coaching Points

1. Get low and turn sharply.
2. Get the ball out of your feet after turning.
3. Make a good pass after your final turn.
4. Slow down to the cone—speed up away from the cone.

URNS & BURNS - Dribbling & Turns

Inside The Circle



Purpose

To practice selecting the controlling surface for the aerial ball.

Organization

Set out a circle of discs within a 20 x 20 yard area. Station six players around the circle and six players inside the circle. All outer players have balls.

Game Objective

Dark players inside the circle move to any player on the outside of the circle. The light player calls the name of the surface that he wants the dark player to control the ball with. The light server then tosses the ball to the head, chest, thigh or foot of the dark player, who must control the ball according to the command and play the ball back along the ground. The dark player moves to a new server. Rotate positions.

Progressions

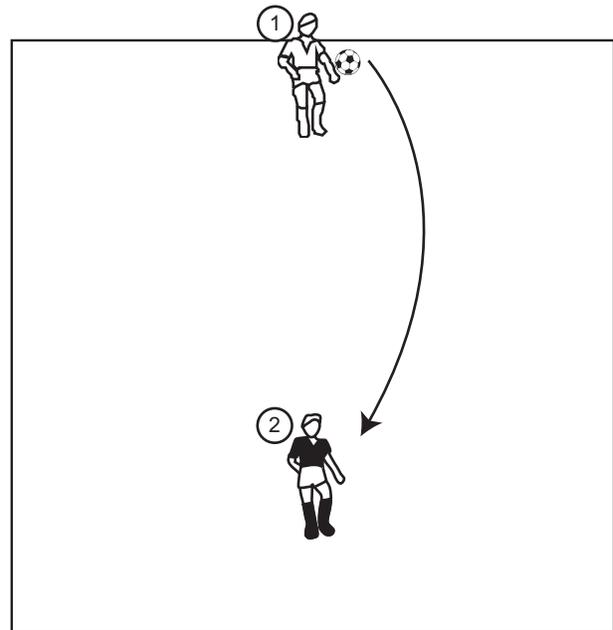
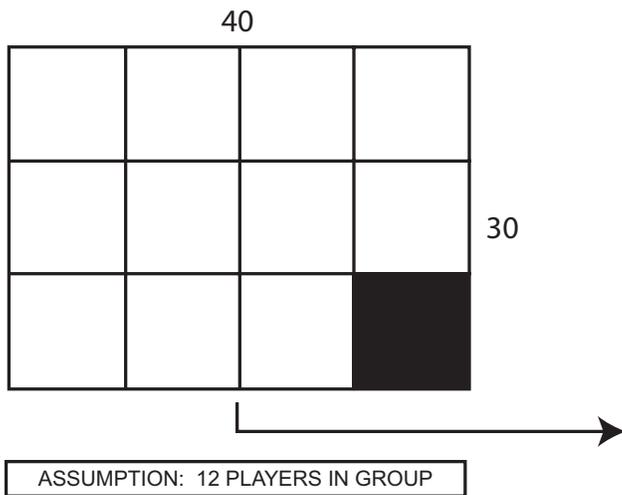
Control and volley so that the ball does not touch the ground.

Key Coaching Points

1. Control with the first touch. Pass on the half volley or volley (no bounces).
2. Establish a balanced position before making contact with the ball.

SKILLBUILDER - Passing & Control

Pairs Control



Purpose

To develop selecting the appropriate controlling surface for the aerial ball.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

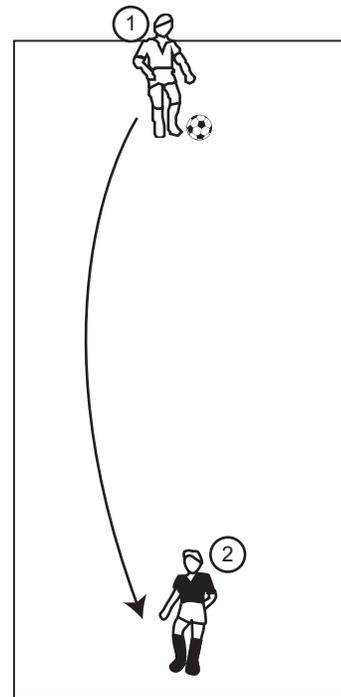
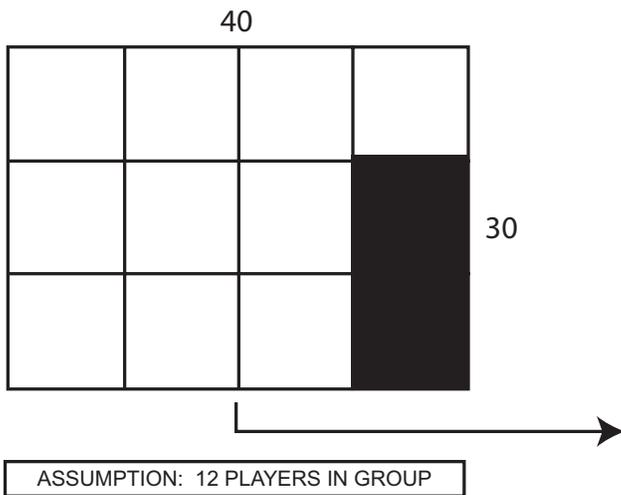
Light player #1 underarm serves with both hands to dark player #2 at varying heights. Dark player #2 must control the ball with his first touch using his head, chest, thigh or top of the foot. He must then catch the ball before it bounces. Repeat in the opposite direction.

Progressions

1. Make players take 2 touches with different controlling surfaces before catching the ball.
2. Server uses a throw in and calls out a body part to control with.

Key Coaching Points

1. Move into line with the ball.
2. Select the controlling surface early.
3. Relax and withdraw the controlling surface on impact.



Purpose

To develop the driven/instep pass.

Organization

Set out a 10 x 20 yard area. Group in pairs. One ball per pair. One player stationed on each endline. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player #1 makes a driven pass across the area to dark player #2. Dark player #2 controls the ball and plays the ball back across to light player #1. Repeat practice. Try to keep the ball as close to the ground as possible.

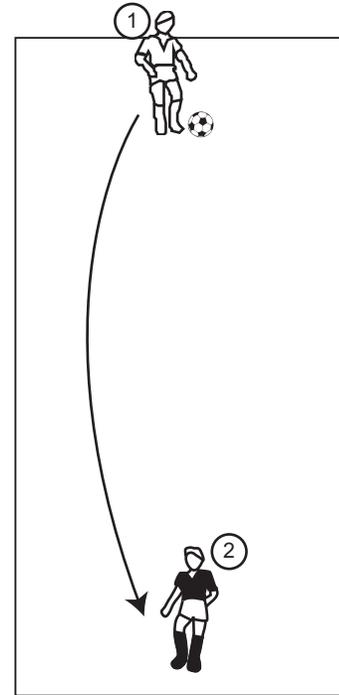
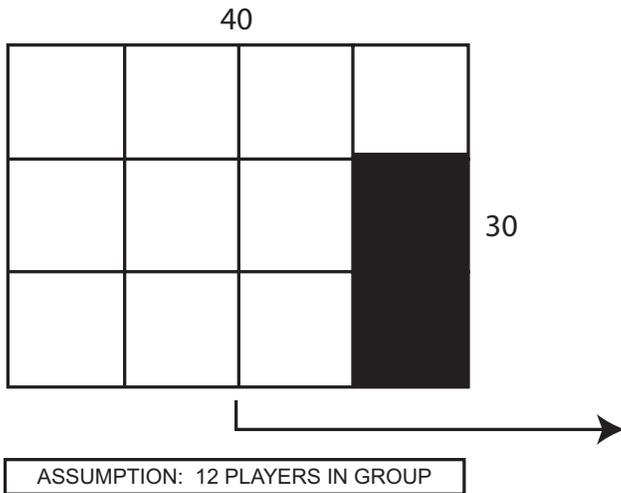
Progressions

Play the ball to the side of the receiver forcing him to move into line to receive the ball.

Key Coaching Points

1. Slightly angled approach to the ball.
2. The non-kicking foot should be to the side and away from the ball.
3. The ankle of the kicking foot should be locked, toe pointed out
4. Contact should be made by the instep through the middle of the ball.
5. Keep head steady.

Chip Pass



Purpose

To develop aerial passing – the chip pass.

Organization

Set out a 10 x 20 yard area. Group in pairs. One ball per pair. One player stationed on each endline. Repeat in 5 other areas for a total of 12 players.

Game Objective

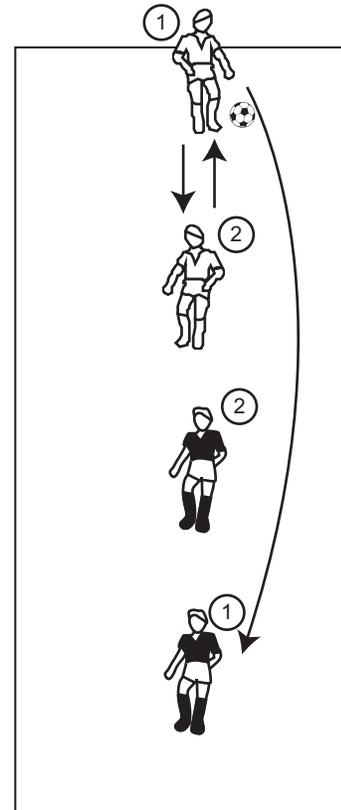
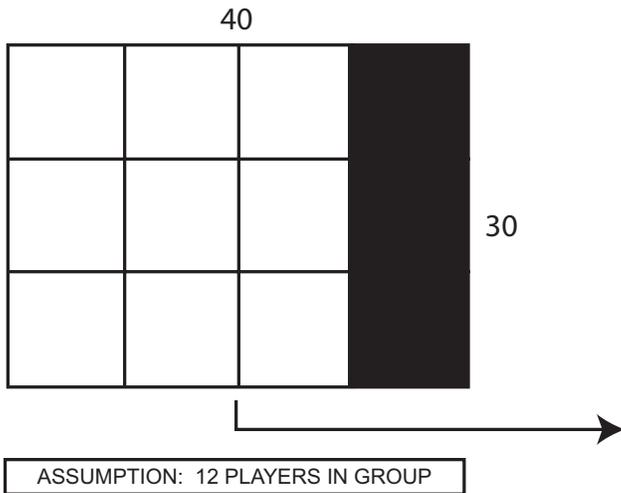
Light player #1 chips the ball across the area to dark player #2. Dark player #2 controls the ball and plays the ball back across to light player #1. Repeat practice.

Progressions

Can the receiving player control the ball in the air before passing back?

Key Coaching Points

1. Straight approach to the ball.
2. The non-kicking foot should be no more than 3 to 4 inches to the side of the ball.
3. The kicking foot action is like a stabbing movement. Contact is made with the ball at the point where it touches the ground.



Purpose

To develop the lofter pass.

Organization

Set out a 10 x 30 yard area. Two groups in pairs. One ball per group. Position two servers 5-10 yards from the players stationed on the endlines. Repeat in 2 other areas for a total of 12 players.

Game Objective

Light player #1 passes the ball along the ground to light player #2, who plays the ball back to light player #1. Light player #1 strikes the ball first time across the area over the heads of light player #2 and dark player #2. Dark player #1 repeats the practice with dark player #2 in the opposite direction. Rotate positions. If the passing distance appears too great, bring the players closer together.

Progressions

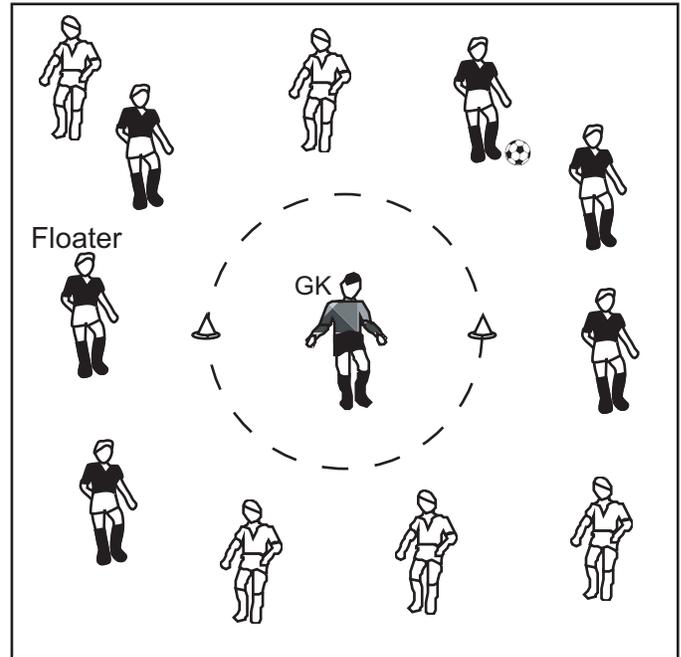
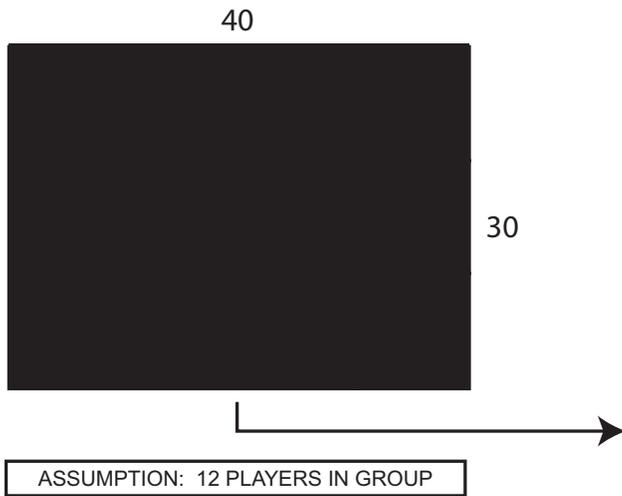
Play a game of "Piggy in the Middle." Score one point if the passer clears both the central players. Score one point against if the ball is intercepted.

Key Coaching Points

1. Make an angled approach to the ball.
2. The non-kicking foot should be away and to the side of the ball.
3. Strike the bottom half of the ball with the inside part of the laces.
4. Keep head steady and follow through in a sweeping motion.

NETBUSTER - Passing & Control

Petke's Pass



Purpose

To develop passing and shooting skills.

Organization

Set out a 40 x 30 yard area with a small circle 6 yards across in the center of the area. Place 2 cones across the circle to create a goal. Station a goalkeeper on the goal line. The circle becomes the goalkeeper's goal area. No players are allowed in this area, other than the goalkeeper.

Game Objective

Play 5 v 5 +1 floating player around the goal area. The floating player plays for whichever team has the ball. Goals can be scored on either side of the goal. Both teams attack the same goal. The team with the ball looks to keep possession by passing and moving until they have a shooting opportunity.

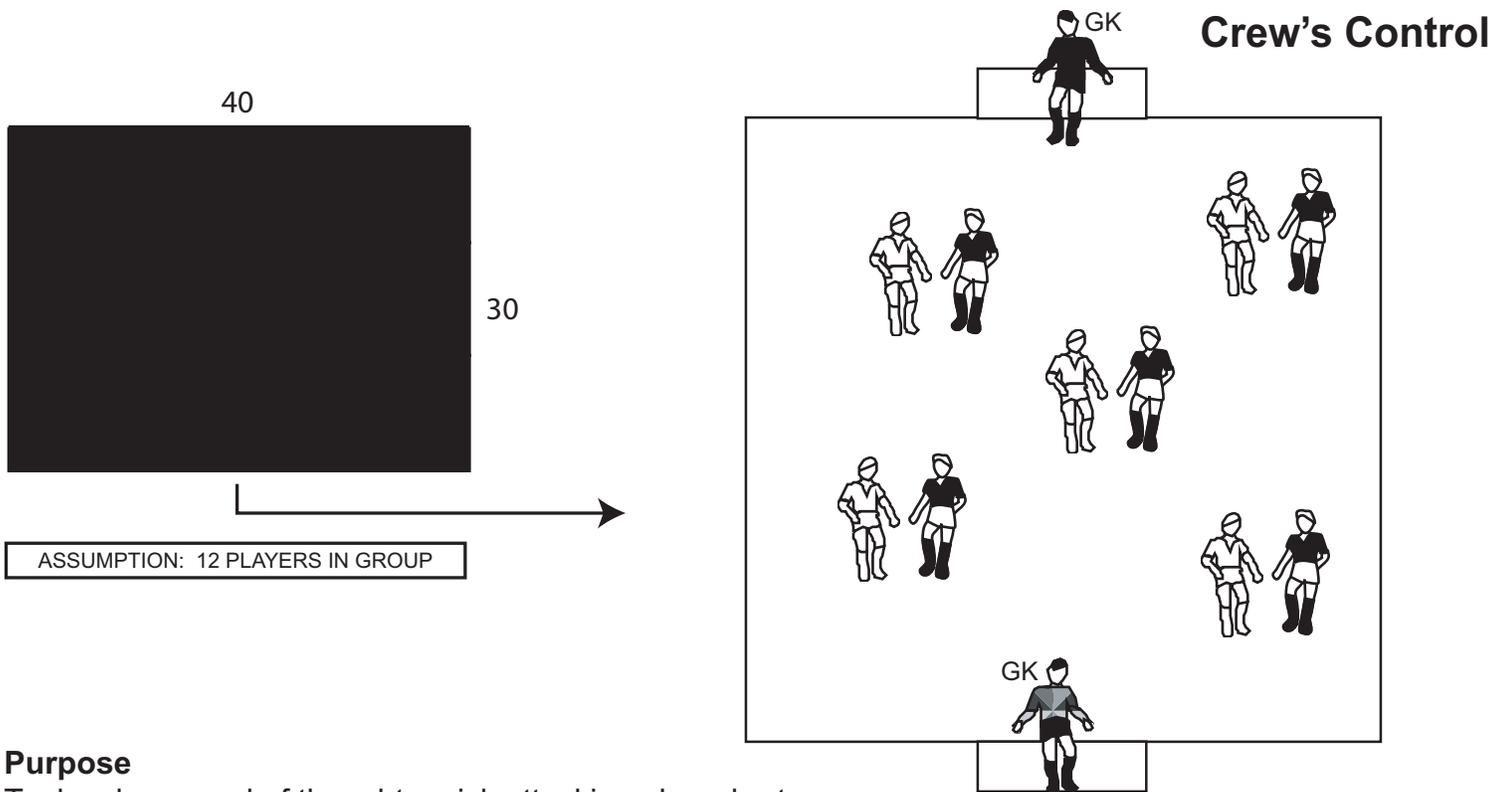
Progressions

Players have only 2 touches. The floating player has as many touches as he needs, but cannot score.

Key Coaching Points

1. Pass the ball to a player in a better shooting position than you.
2. Try to receive the ball sideways on.
3. As the ball is coming towards you, think about where you should pass it next.

BACKYARD SOCCER - Passing & Control



Purpose

To develop speed of thought, quick attacking play, short passing and driven passing.

Organization

Set out a 40 x 30 yard area. Play 5 v 5 + 2 goalkeepers.

Game Objective

The object of the game is to pass the ball to a teammate who must stop the ball with his hands. The receiving player then has 1 touch to pass the ball to another teammate. A player can intercept the ball only by stopping it with his hands. Possession reverts after the interception.

Progressions

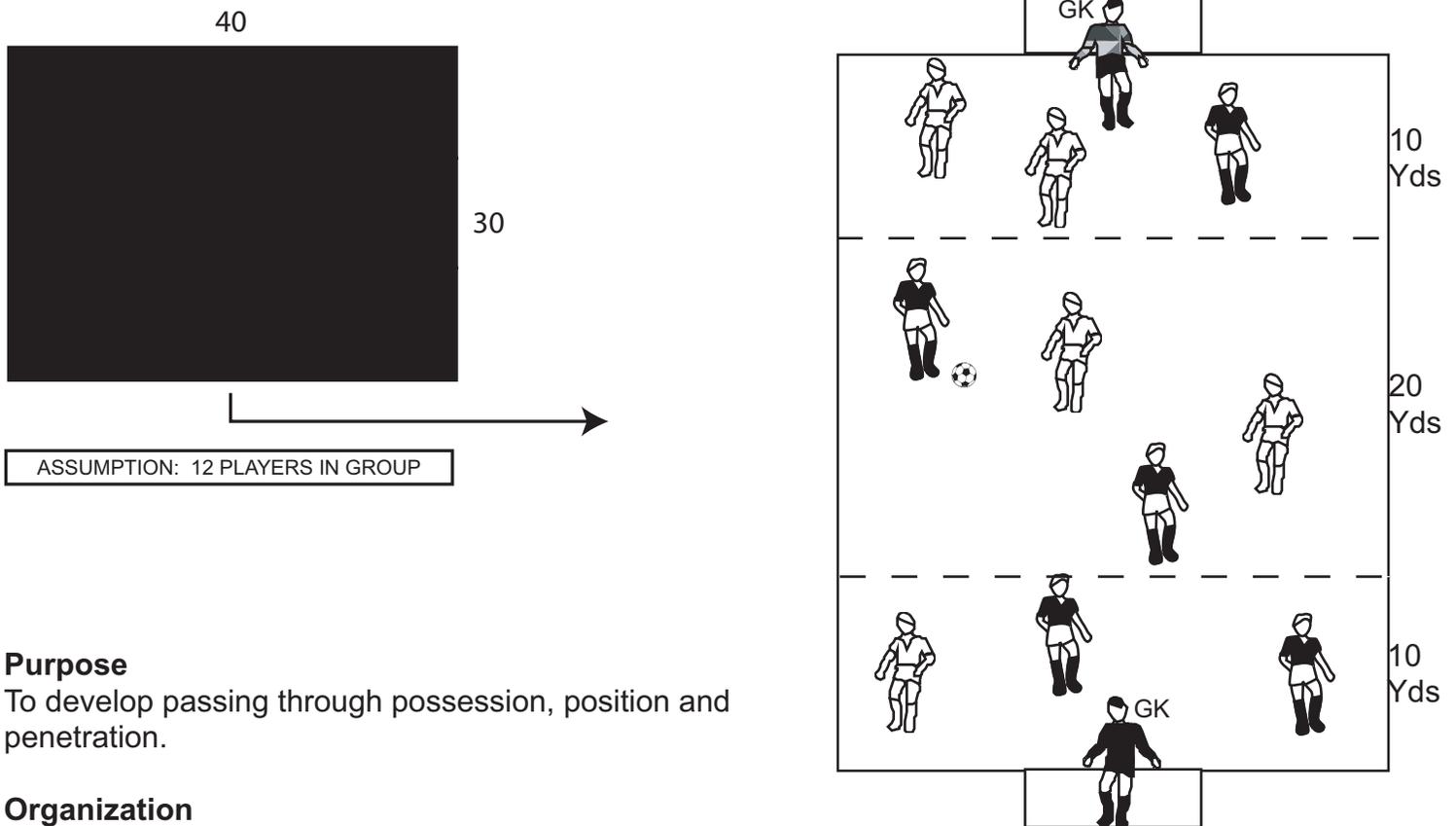
Could develop into a chipped pass to hands or control before putting the ball on the ground. The only way to score is a header or volley.

Key Coaching Points

1. Control the ball with your hand, then pass quickly.
2. Pass then move again.
3. As the ball approaches, you think about where it will go next.
4. Shoot early and quickly.

MLS PLAYOFF - Passing & Control

4 P's (Passing For Position, Possession & Penetration)



Purpose

To develop passing through possession, position and penetration.

Organization

Set out a 40 x 30 yard area and divide the playing area as above. Station players with 2 v 1 in the defensive area, 2 v 2 in the midfield and 1 v 2 in the attacking area. Players must stay in these areas.

Game Objective

The team in possession plays the ball and maintains possession within their area. The object of the game is to penetrate the next area with a pass. The ball must go through consecutive areas—it cannot travel over more than 2 lines without being touched.

Progressions

1. After playing the ball forward, the passer can enter the next area to support the play.
2. Play 1/2's rather than 1/3's of the field. Only the 2 nominated midfield players for both teams can go across the half way line.

Key Coaching Points

1. Awareness of how and when to play in each 1/3 of the field.
2. When your team has the ball, offer support or create space by moving away from the ball.
3. Support behind if the player is under pressure or in front if they have time to turn.
4. Play the ball the way you are facing to keep possession.