

## **ADJUSTING TRAINING SESSIONS FOR DIFFERENT ABILITY GROUPS**

1. The size of the grid (playing area) can be adjusted. The larger the playing area, the easier it is for the players because they will have more time and space with the ball before pressure arrives.
2. Time limits may be adjusted. Beginning players may require more time to perform a given activity.
3. Add "free" players. "Free" players are the players that play for whichever team is in possession of the ball. This gives an advantage to the attacking team and may make it easier for some players to perform an attacking skill.
4. Add or subtract defenders to make the game more or less difficult.
5. If you have a group that has players with very different abilities it is helpful to remember that we can create games and activities that help the stronger players challenge the weaker players and the weaker players challenge the stronger players. An example of this is "Street Soccer". "Street Soccer" is a tournament where each individual receives points for certain criteria that his/her team can achieve each game (shutouts, team goals scored, etc.). After each game the individuals points are recorded. For each new round the players are given different teams so they never play with the same players. So, each player must cooperate with many different players if they wish to get their points.

Regardless of whether or not you play "Street Soccer", the philosophy is useful.

We can also create activities that challenge all players regardless of their ability. An example of this is "Dribbling Pac-Man". This is a game where one player starts with a soccer ball. The object is for that player to dribble the soccer ball and try to tag the other players (who don't want to be tagged). When a player is tagged, he/she runs to get a soccer ball from the side of the grid and joins the other player in trying dribble and tag the others. This continues until all of the players have been tagged. So, regardless of whether or not an individual is good with the ball, runs fast, or is athletic, this game will challenge him/her.

6. Players develop at different rates. Once you establish the ability of your group you can adjust your sessions to meet their needs.

# DRIBBLING

## Games and Exercises

### 1. BODY PART DRIBBLE

**Organization:** Each player with a ball.

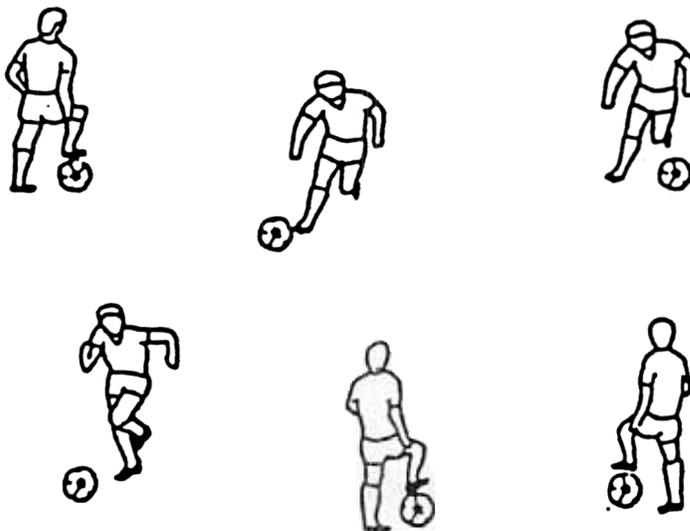
**Structure:** Random formation within a confined area.

**Procedures:** Players dribble to keep control while avoiding touching others. While they dribble, coach or leader calls out a body part, player immediately stops the ball with that body part. You can call "right elbow, chin, left knee, " etc. Can also play like Simon Says.

**Analysis:**

**Technical:**

Dribbling in a confined area, close control, changing direction, changing speed.



**Physical:** Reaction time, reinforce knowledge of body parts.

**Tactical:** Reading the environment, looking and moving into open spaces.

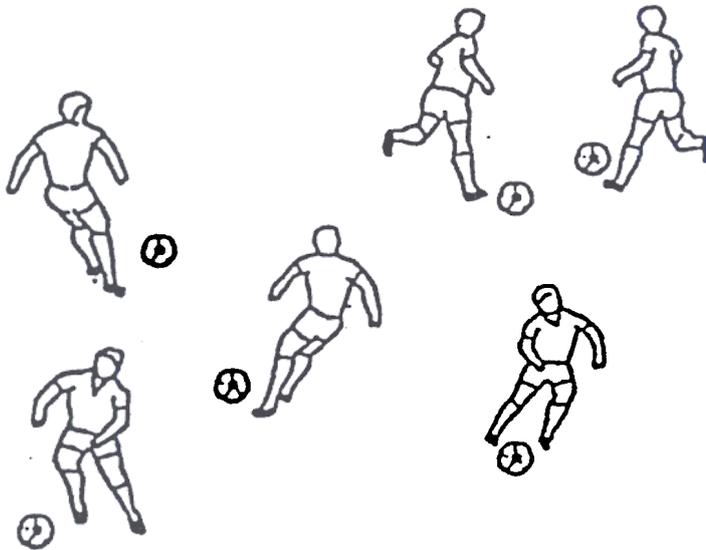
**Social/Psychological:** Working within a group, positive interaction. Listening skills, tuning into exactly what the coach/leader is saying.

## **2. EVERYBODY'S IT**

**Organization:** One ball per person.

**Structure:** Random formation in a confined area.

**Procedures:** Each player dribbles within area attempting to tag anyone, while maintaining control of the ball. Each time you tag someone, player receives a point.



### **Analysis**

**Technical:** Dribbling, changing direction, changing speed. Using all foot surfaces, close control.

**Physical:** Balance, expanding peripheral vision agility.

**Tactical:** Shielding, getting away from players, looking to attack players. Quick decision making.

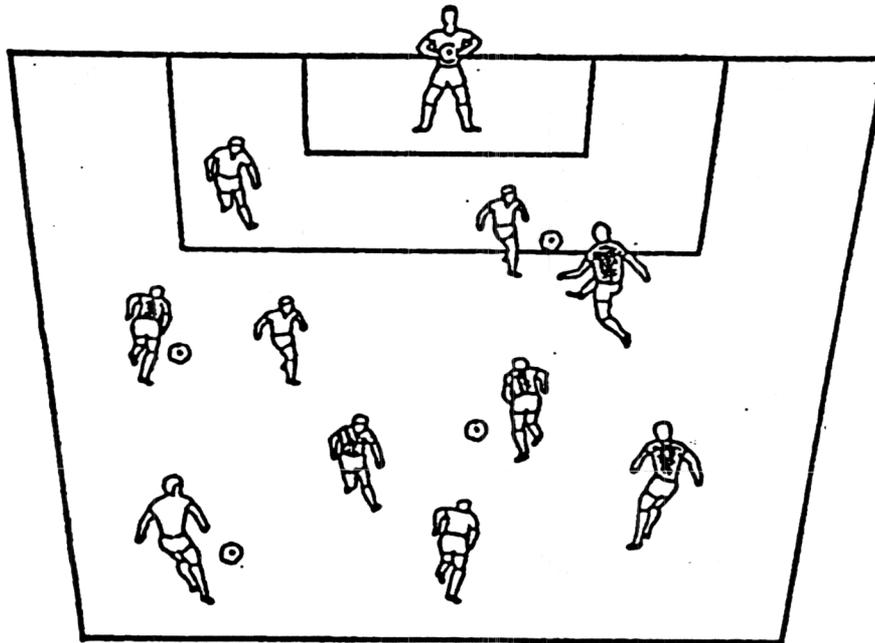
**Social/ Psychological** Positive interaction within entire group. Developing an attack and defensive posture.

### 3. TEAM KNOCKOUT TO GOAL

**Organization:** One ball for every two people

**Structure:** Two teams on half a field.

**Procedure:** Team "A" is on the field, each with a ball. Team "B" stands anywhere along the sidelines without a ball. On the signal, team "B" runs onto the field and attempts to gain possession of all balls and kick them into the goal. The leader/coach starts the clock on the signal and stops it when the last ball goes into the goal. Team "A" members who have lost possession of their ball should attempt to regain possession or help the other team "A" members by getting into positions so that they may receive a pass. Remember, time does not stop until all the balls are in the goal. Shots on goal should be taken from outside of the penalty box, depending on the age of the group.

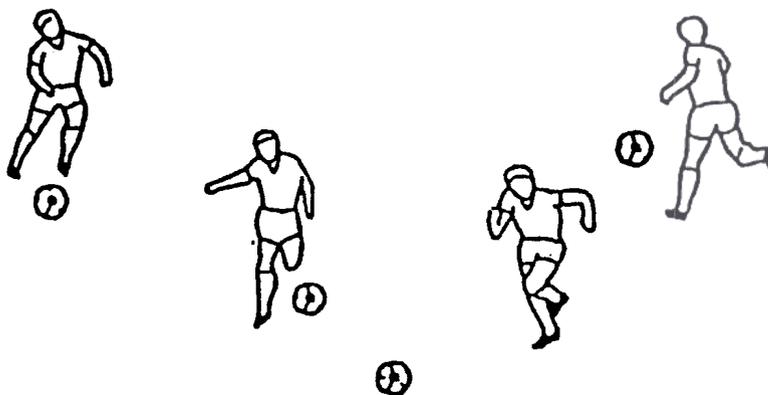


## 4. KNOCK OUT

**Organization:** Each player with a ball.

**Structure:** Random formation within a confined area.

**Procedures:** This game is often played when teaching shielding. Each player dribbles under control and attempts to kick opponents ball away. Traditionally, when a player loses their ball) they are knocked out of the game! This makes no sense if you are trying to develop soccer skills. The new approach says that when the player's ball gets kicked away, give immediate chase. If they can get to the ball before it stops rolling, permit them to rejoin the game. If however, their ball has stopped, give them anywhere from 4 -10 alternating ball taps (Touching the top of the ball with the sole of the foot). After a few minutes, you may want to say there are 30 seconds left. If player's ball is kicked out now, they must stay out. In this way, the most anyone stays out of the game is 30 seconds.



### Analysis:

**Technical:** Dribbling, shielding, tackling.

**Physical:** Balance, agility, quickness, fitness.

**Tactical:** One vs. one. Quick transition from attack to defense.

**Social/ Psychological:** Determination, success, assertiveness. Develops the tendency to give immediate chase upon losing ball possession and not stop or give up.

## **5. DEFROST TAG**

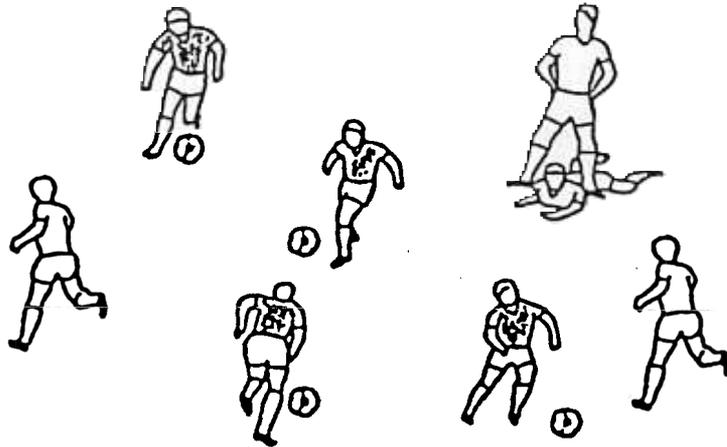
**Organization:** Two equal teams with one ball for every two players.

**Structure:** Confined area between 20-30 yards square. One entire team inside the area without balls, the other on the outside with the balls.

**Procedures:** On the coaches signal, the team with the balls dribble into the area and try to hit the other players below the waist. Emphasis is placed on passing, not shooting the ball. Players are allowed to run or jump to avoid getting hit. Once a player is hit with a ball (below the waist), they are frozen, the hit player then stands with his hands on his hips and legs apart. The objective is to freeze the entire team. A frozen player can only get unfrozen and rejoin the Same when a teammate crawls through his legs. However, as long as a part of the crawling player's body is still beneath the frozen player, both players are safe and a ball cannot be played. Only when the player crawls completely through can the frozen player become unfrozen; then both are actively back in the Same. You can play with a time limit or until all players are frozen. in either case, make sure that each team gets a chance to play both roles.

### **Analysis:**

**Technical:** Dribbling, passing, receiving, heading. Complete use of all soccer skills in a very game-like condition. Additional emphasis on shooting.



**Physical:** Cardio-respiratory fitness, coordination, strength, balance, agility.

**Tactical:** Game goes through an entire tactical progression; 1 v 1 to 2 v 2, to 2 v 2 to 3 v 2, etc., to 8 v 8, or whatever the size of the group, possession.

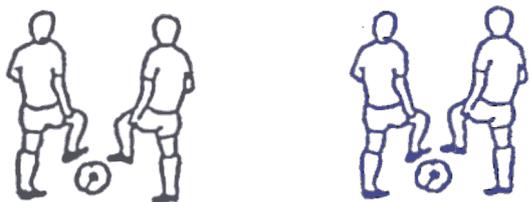
**Social/ Psychological:** Teamwork, working toward a common goal, success, patience, composure.

## **6. DRAW**

**Organization:** One ball between two players.

**Structure:** Players are facing each other with the ball between at a distance of one step away. Both players stand with feet parallel, so that a straight line is across their toes.

**Procedures:** On the signal "draw" from either the coach or players themselves, 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." Can also be used to start small-sided games, or as a lead up to one. versus one exercises.



### **Analysis:**

**Technical:** Develops quickness with the ball and deceptive dribbling and passing.

**Physical:** High activity, cardio-respiratory endurance, agility, balance. Allow players to play regardless of their fitness level, since players have an opportunity to rest when they are frozen.

**Tactical:** Players develop on their own a system and plan to get everyone frozen. Allow them this opportunity.

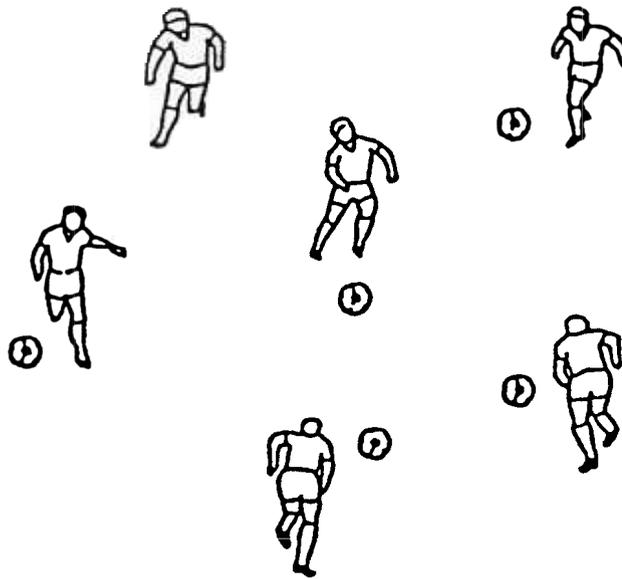
**Social/Psychological:** Team cooperation, high level of communication.

## 7. MUSICAL BALLS

**Organization:** Start with one ball per player.

**Structure:** General area, defined space not necessary.

**Procedures:** Play like musical chairs, could use a music box ' your own melodic voice or a whistle. Everyone begins dribbling their ball within the area. When the music stops or you blow the whistle, all players must leave their ball and run to another. During the change take one ball away. Player without a ball continues to run in area until the next change then attempts to grab a ball. Continue this until you take 4 or 5 balls away then begin adding them back. You would not want to play until the last ball because too many players would be without a ball to dribble.



### Analysis:

**Technical:** Dribbling.

**Physical:** Agility, quick reactions.

**Tactical:** Quick decisions to challenge for a loose ball.

**Social/ Psychological:** High group interaction. Develops assertive play with an appropriate setting.

# EXERCISES FOR OLDER PLAYERS

## Dribbling

1. Draw-Possession for 5 seconds  
Possession through Draw-Possession & use of Targets  
shielding and escaping  
Draw-Go to Goal - moves



2. 3 v 3 + 1, or 4 v 4 + 1 Restricted Area  
Unlimited Touches  
Possession through dribbling and escaping moves and passing with free player.

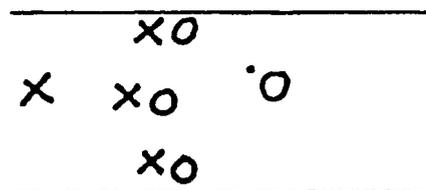
3. One vs. One to Center Goal  
2 Zones



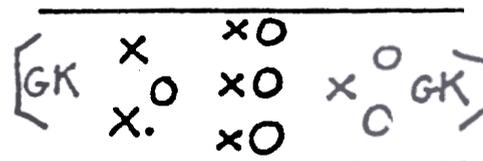
4. One vs. One vs. One  
3 Zones



5. 3 v 3 with Distributors (Dribbling and Turning)  
Functional exercise for midfielders



6. Same as Above with GK's and added Players



7. 4 v 4 or 4 v 4 + 1 or 5 v 5  
Four goals scoring to any goal by dribbling through

8. 6 vs. 6 (2 end goals each side)  
Players must dribble 3 15x before passing  
Scoring to either goal
9. 1 vs. 2, or 2 v 2 v 2 (Control through dribbling and passing Numbers down)
10. Two vs. Two plus Four  
Possession through dribbling and passing.  
Restricted area  
Use of outside targets

