

## ACTIVITIES & GAMES TO DEVELOP SKILL

PMSC Coaches Clinic - Larry Moro Oct. 24/08

### BALL MANIPULATION & TOUCHES – 1 ball per player

- Side touches - using the inside of the feet tap the ball rapidly back & forth between your feet – start standing – progress to moving forward
- Toe taps - using the area beneath the toes alternately tap the top of the ball – start standing – progress to moving forward
- Side Roll – facing sideways drag the ball with the back foot; foot rolls over the top of the ball; go both directions
- Side Roll & Stop – facing sideways drag the ball with the back foot and stop it with the lead foot; foot rolls over the top of the ball while the other stops it. Repeat for 10 yards then come back using other foot to drag
- 360 Turn – 360 turn alternately using outside of each foot; repeat using inside of foot. This is done while slowly dribbling forward. You want a tight 360 turn. Add speed later.
- Back pedal – first one foot then alternate two. Stay on your toes
- Touches – partners, 1 ball - start standing still – progress to jogging across field – server jogs backwards. Emphasize good tosses from server
  - Instep (shoelaces) – keep toes pointed & ankle locked; knee up & straighten leg on impact
  - Thigh – Instep – toss to thigh; ball drops from thigh to instep, ball contact as above
  - Chest – instep
  - Headers – straight back to server

### MIRROR MAN - a Simon Says variation - 1 ball per player

- all players in front of coach with a ball; player's chest must face coach at all times
- start with verbal directions – right, left, forward, back using ball manipulation skills above
- progress to less specific verbal directions – “this way”, “that way” forcing players to look up from the ball/feet
- progress to non-verbal arm directions with a hand clap to signify change of direction
- progress to non-verbal arm directions without sound to signify change of direction

### CIRCLE DRILLS - 1 ball per player

- Form a large circle and start players slowly dribbling in one direction; do not pass anyone
- “Switch” means change directions and dribble the other way. Look for a variety of ways to switch directions with the ball – outside of foot turn, inside of foot, sole of foot etc. When you see one, stop the group, have player demo it and then have everyone practice that one turn. Have them all dribble towards the centre of the circle, turn with right foot then dribble back and turn with left foot. Repeat then restart the circle looking for a new turn until you have demo'd and practiced all turns.
- “One” means stop your ball, move forward and dribble the next ball you come to
- “Two” means stop your ball, move forward, jump over the first ball you come to and dribble the second ball you come to
- Add multiple directions – ie. “Switch – 2” meaning change directions, then get the second ball ahead of you.

### LINE DRILLS – 2-3 players per line is best – no more!

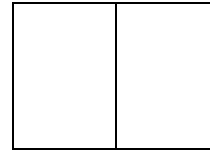
- Slalom course of 6-8 cones with a final shared cone at the top to go around before coming back. Second player should start before first player is finished – pick a cone that once passed the next player goes or make it a relay once they have the skills for it. To start go as fast as you can without losing control.
- start with no ball in a relay; next is to carry the ball and hand it off
- dribble the ball thru the cones and straight back
- dribble straight to the end and slalom back
- dribble around – 360 – every second cone
- Shuttle relay – dribble to first cone, stop ball and come back, next player runs, dribbles ball to next cone and stops it. Keep repeating until the ball has gone all the way and back again.

### MUSICAL SQUARES – space awareness – 1 ball per player; 1 square per player to start – progress to 1 square per 2 players (you'll need to eliminate some squares)

- dribble every which way about the squares (do not let players dribble in a circle around the squares)
- Coach starts counting down: 5, 4, 3, 2, 1. By 1 all players should be in their own square. Forces head up and spreading out.
- When progressing use half the squares and 2 players per square


**KNOCKOUT** – an elimination game with a twist 1 ball per player

- all players start in one square dribbling about
- when coach calls “GO” players attempt to knock another players ball out of the area WHILE KEEPING POSSESSION OF THEIR BALL
- eliminated players run to get their ball, do 5 side touches and 5 toe touches then return to the game in the adjoining square. Repeat any time a



player is eliminated

**CAT & MOUSE** (a version of British Bulldog)

- all players start at one end of a square (ie half of the knockout field) with a ball. The mouse starts in the middle of the square
- On “GO” the mice dribble to other side while cat tries to catch them by winning the ball and passing it to a coach situated on either side of the field. If the cat gets the ball to the coach then the mouse becomes a cat and joins in the middle. Coach restarts the game each time everyone is at one end

**SPACE INVADERS** – for younger players; 1 ball per player; 2-3 adults as invaders; a 20 x 20 grid – adjust as needed

- players dribble about the square; when coach comes near they place their foot on top of their ball, point their stun gun at the invaders belly button and yell “Zap!” The invader goes elsewhere and the player dribbles on.

**SHARK ATTACK** – 1 ball per player; 3 sharks without a ball; a 20 x 20 grid – adjust as needed

- fish dribble about until the coach yells “Shark Attack!” – sharks then try to win the ball, not kick it away
- when a shark wins a ball he becomes a fish and the fish becomes a shark

**SQUIRRELS & ACORNS** – 4 teams of 2 or 3; 8-10 balls (1 per player + 2) in the middle of a 10 yard square

- use a second cone diagonally behind each corner to keep waiting players back a few yards
- Starting at the same time, 1 player per team sprints around the 4 cones then runs into the middle and dribbles a ball back to their nest. The second player then sprints around and retrieves a ball and so on.
- Once all the balls in the middle are gone players can then steal another team’s acorn.
- Have a time limit or first team to get 3 balls in their nest wins.
- Sprint left one time and go right in the next game

**KNOCK THE TOP OFF** – same set-up as above except each team starts with 1 ball and one ball sits in the middle of the square – resting on a disc cone is best

- Player 1 dribbles to the right around the 4 cones & leaves the ball for player 2 to do the same. Each player does the same.
- The last player to dribble comes around his cone and shoots to knock the ball off the cone; if he misses he must chase his ball, dribble it back to his team and the next player dribbles around the 4 cones and then attempts to knock the ball off with a shot.
- First team to knock the ball off wins
- Repeat going to the left.

**5 GOAL GAME** – partners with 1 ball; a large enough area for all pairs to play at the same time ie. 20 x 20 yards or more.

- set up 5 goals with cones around the area, about 1-2 yards wide; spread them out
- partners play 1 v 1 and can score by dribbling under control thru any goal from either direction.
- When a goal is scored the defender gets the ball & goes on offence
- If the defender steals the ball he attacks a goal trying to score
- If the ball goes out of bounds treat it like a real game and the other player gets possession
- Progress to 2 v 2, eventually requiring a pass before a goal can be scored

**NUMBERS GAME** - two teams at either end of a field ie. 30 x 20 yards. A good gym game!

- Number players on each team 1 thru however many players you have ie. if you have 12 players you’ll have numbers 1-6 at each end.
- Use Pugg nets, a cone goal or the entire end-line as the goal. No GK with Pugg nets or small goals. If using the end-line all other players are GK’s.
- Coach stands with soccer balls in the middle of the field on the sideline
- Coach calls out #1 and passes a ball into the field. The #1’s from each end run out and try to score on the opposition
- Repeat the process calling out each number individually
- Progress to 2 numbers at the same time ie. 2 & 5
- Progress to 3 numbers at the same time ie. 2, 3 & 5 or odds then evens