

Club East Brunswick Session 3

Session Title BALL SKILLS

Objectives To Improve soft touches and getting players heads up

PHASE and ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>TRAFFIC LIGHTS Get out key to start car- engine sounds. Red light=stop. Yellow light= go slow. Green light= move with the ball. Avoid others= use horn when near others. Reverse= perform drag back. Get gas= dribble to cone roll feet back and forth over ball. Super areen = players dribble as fast as they can. Round the Block=dribble in a complete circle around cone. Emergency=pull over to side of field for coach (ambulance etc.)</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>ALL PLAYERS HAVE A BALL.</p> </div>	10	<p>Soft touches Head up No Hands Can we use Laces?</p>
<p>HUNGRY HIPPOS Players dribble around the field, 2 designated players try to tag the other players' soccer balls. Players are allowed to retrieve their ball and continue.</p> <p style="text-align: center;">X = Players and H = Hippos</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <pre> X. X. X. X. X. X. X. H H X. X. </pre> </div>	10	<p>Dribble fast but keep ball close Head up</p>
<p>CUCKOOS NEST 4 nests, divide group into 4. Start with the soccer balls in the middle. Players runs to centre and take balls back to their own nest. They then go to other nests and steal a ball and brings it back to their nest. Team with most balls at the end of 'time', wins the game. Progression: Allow the players to steal from each other in possession.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <pre> XXX XXX </pre> <pre> XXX XXX </pre> </div>	10	<p>No hands Change direction Be in control</p>
<p>MAILMAN MICKEY X's dribble with ball (mailbag), delivering mail to different houses. They come to coach who gives them a pinnie and they deliver to cone. Count how many houses you can deliver to. Can use pinnies as mail to deliver or to collect See how many pieces of mail a child can collect or deliver in one minute. Coach is constantly picking up pinnies so as not to run out.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <pre> X X X X X X X C X </pre> <p>X = Players and C = Coach</p> </div>	10	<p>Lots of little touches. Head up. No hands. No bumping. Fast feet for tic tocks.</p>