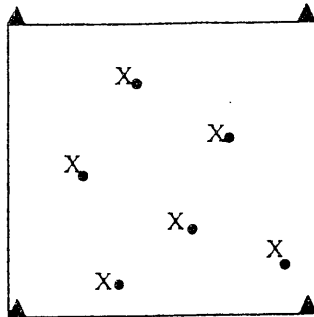


CONTROL

CAPTAIN ON DECK

Game Setup:

20 x 20 grid.
Each player has a ball.



Basic Sequence:

The "crew" (players) are on a ship. They dribble around the deck and await the "captains" (Coach) orders. Upon hearing the orders they attempt the following:-

"Starboard"-crew all dribble to the right of the grid
"Port"-crew all dribble to the left of the grid
"Captain on Deck"-Crew calls out "Aye aye captain"
"Climb the rigging"-crew tap top of their ball with alternate feet.

"Clean the decks"-crew move around deck tapping ball between their feet.

If any of the crew dribble their ball off the deck they shout "Man overboard". Coach then gives them a skill to perform before they get eaten by the hungry sharks.

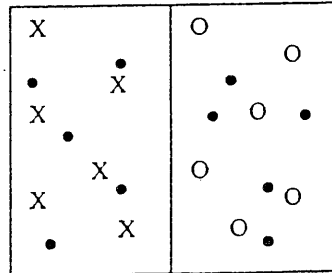
Focus On:

Listening skills, correct technique, coordination - start off slowly

CLEAN YOUR ROOM

Game Setup:

40 x 20 grid split into two halves. Split group into two teams of six. Each team has an equal amount of balls in their half and players must stay in their own half at all times.



Basic Sequence:

Players attempt to control and shoot as many soccer balls as possible into the other team's half, and keep their opponents soccer balls out of their own half (cleaning their room). The first team to clean their room (no soccer balls in their half) wins the game.

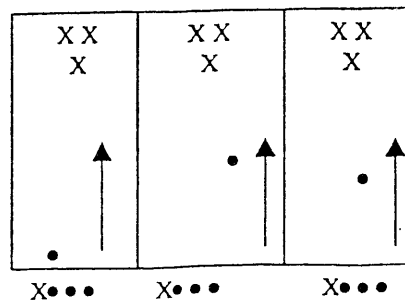
Focus On:

Get to the ball early.
Body position - face the opponents half.
Shooting technique.

SOCCERBOWL

Game Setup:

10 x 30 area divided into 10 x 10 grids. Players divided into three groups of 4. One group per grid. Each grid has 4 soccer balls.



Basic Sequence:

One player stands at one end of the grid with the 4 balls. The other three players stand at the opposite end of the grid in a triangle shape one yard apart (like ten-pins). The player with the soccer balls has four attempts (one attempt with each ball) to strike as many pins as he/she can. Every pin he/she hits equals one point. At the end of the four attempts, player changes places with one of the ten-pins. The player with the highest point total is the winner.

Focus On:

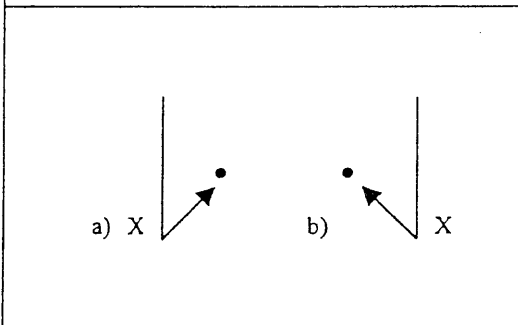
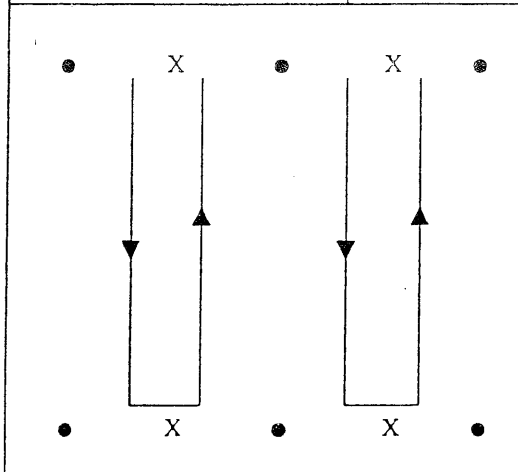
Approach to the ball.
Body position when striking the ball.
Head up to see the target.

CONTROL – LEVEL 1

STATIC STAGE

Game Setup:

- a) Control using the foot. 10 x 10 yd grids. In two's. One ball between two. Players stand at opposite ends of grid facing each other.
- b) Progression As in a) but halve the distance between players. This gives them half the time to prepare for the first touch.
- c) Progression Close the distance to two yards.



Basic Sequence:

- a) Pass ball to your partner. Have one touch to control and pass with the second.
- b) As above.

Guidelines:

- a) Stay on your toes to get in line with the ball. Body position slightly turned to the side to allow comfortable first touch with the inside of the foot. (Most of the players will control ball with sole of the foot). Bend knees, get contact foot behind ball and make contact with middle of ball, lean forward as you make contact to help keep ball down, relax contact leg and foot on contact to help tap pace off the ball. Direct ball forward and the side (away from body) at an angle of approximately 45 degrees to allow forward movement of the body into the direction of the pass. Control and pass is made with same foot. See a).
- b) Control ball with one foot and pass with the other.
- c) Stay on your toes. You will probably find the majority of players will now automatically control with one foot and pass with the other.

Variations:

Control ball with one foot and pass with the other. This time first touch has to be directed forward and across the body (angle of 45 degrees) to allow forward movement into the pass with the other foot. (See b).

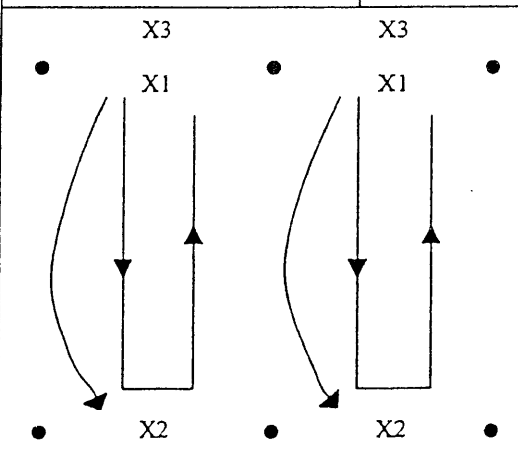
DYNAMIC STAGE

Game Setup:

Passing in three's
10 x 10 yd grids

OPTION A: As in Dynamic Stage for Passing Level 1 but limit players to two touches.

OPTION B: One group per grid with one ball.



Basic Sequence:

OPTION A:

Pass the ball to one of your partners. You only have two touches on the ball. Keep open stance and think ahead as you prepare to receive pass as to where your first touch is going to play the ball. Try to keep moving continuously as you control and pass (players will want to control ball and stop; it, look up, pause and then pass).

OPTION B:

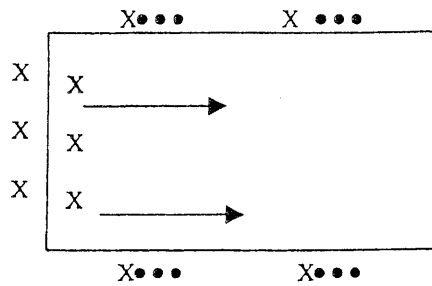
X1 plays ball to X2. X2 must be moving forward as he/she has first touch. X2 has one touch to prepare the ball for the return pass to X3. Once players have passed the ball they must follow their pass and join the end of the opposite line.

CONTROL (CONT'D)

ADVENTURE ALLEY

Game Setup:

10 x 20 grid. Two pairs of players stand at the side of the grid facing each other. These players have a supply of soccer balls. The other eight players stand at one end of the grid.



Basic Sequence:

The players at the end of the grid (Little Indiana Jones') have to run to the end of the alley while avoiding the "boulders" (soccer balls) fired at them by the angry natives. If successful they wait at the end of the grid ready to go again at the coach's command. If struck by a boulder below knee height they join the angry natives and try to eliminate the remaining Indiana Jones'. The last Indiana Jones remaining is the winner.

Focus On:

Passing the ball in front of the target.
Look up to see the target.
Use the inside of the foot for greater accuracy.
Strike through the middle of the ball to help keep it down.