



Mini's Week 1 & 2 – Ball Mastery

<p>Back To Coach</p> <p><i>Length – 5-10 mins</i></p> <p>Goal: Welcoming, Listening & Fun</p>	<p>Area size/setup – Every player needs a ball.</p> <p>Activity Description – One at a time, the players hand their ball to the coach who tosses their ball in a different direction while telling them how to bring the ball back.</p> <p>Ways to ask the players to bring it back: running fast like a cheetah (with ball in hand), skipping, hopping. Using only their elbows touching the ball. Using only their knees etc</p>	<ul style="list-style-type: none"> ● Have fun, and be creative with the actions. ● Encourage players to think about how they can bring the ball back, only using the body parts you've said they could use. Don't let them break the rules that you give. ● Give them ways to bring the ball back that are more soccer specific: dribbling the ball, dribbling using only the bottom of their feet, using only the inside of their feet etc.
<p>Simon Says</p> <p><i>Length – 7-10 mins</i></p> <p>Goal: Listening, Using our Feet & Fun</p>	<p>Area size/setup – 20x20 grid. Every player needs a ball.</p> <p>Activity Description – Players "free move" and listen to instructions from the coach, but only when the coach says "Simon Says" or "Coach Says". Try to keep all players moving. Use commands like – "Freeze", "Fast", "Foot on the Ball"</p> <p>Examples –</p> <ul style="list-style-type: none"> ● "Coach Says put your foot on the Ball, Coach Says put your other foot...." Increasing pace to mimic Toe Taps ● "Coach say run fast like a Cheetah" "...Slow like a Turtle" ● "Walk like a Penguin" ie Inside-inside <p>Mix in 'fun' elements like "Touch the ball with your nose, does it smell like a soccer ball?" 'elbow, knee, belly etc'</p>	<p>Right Foot Roll Left Foot Roll</p> <p>"Inside-Inside" (Foundations/Tic Tock) = tap ball back and forth between the insides of both feet</p> <p>"Toe Taps" (Step ons)= tap top of ball with bottom of foot, alternating feet</p> <p>"Outside/Inside" = tap the ball back and forth with one foot using the outside of the foot, then the inside of the same foot</p> <p>"Drag/Push Laces" (Dragon Laces) = With the ball extended out in front of one foot, drag it back with the sole and then kick with the toe pointed straight down on the laces of the same foot</p> <p>"Outside/Outside Stop" = lightly kick the ball twice using the outside three toes of your foot and then put your foot on top of the ball to stop it – hop over and repeat</p> <p>Video of skills moves: Basic Ball Mastery for Kids!</p>
<p>Red Light, Green Light</p> <p><i>Length - 10 min</i></p> <p>Goal: Listening, Using our Feet & Fun</p>	<p>Area size/setup – All players start with a ball on one end. The coach will be in the center or the other end of the field</p> <p>Activity Description – Coach yells "Green Light" and players dribble towards coach. Coach will then yell "Red Light". When players hear "Red Light" they must stop their ball and freeze. "Yellow light" players slow down using small touches to keep the ball close to their body, trying to use their 'pinky toe' to move the ball.</p> <p>Variations - Right foot, Left foot, outside, inside only. Add cones in the field for potholes to go around. Add color variations that mean different actions that they players come up with (i.e. Purple = Dance)</p>	<ul style="list-style-type: none"> ● Head up ● Emphasize both feet ● Keep the ball close ● Stop the ball with their Feet, foot on top ● Emphasize Feet, no hands <p>Do we use one foot? How do we keep it close? What surfaces of our foot should we use? Which surface is faster? Safer? Why do we want our head up? Should we look straight up? Straight down? Why</p>