

October 2nd

At this point you have a pretty good idea of your players and their skills. You also have a pretty good idea of the activities that work well with them, and the ones that don't. So here are my thoughts:

1. How can you take an activity that has worked and simply make it harder for them?

Can you give them a time limit? Can you give them a number of repetitions that they need to accomplish? Maybe you can do both.

Can you add an obstacle? If you are doing a fairly simple dribbling exercise, can you, as the coach, try to take balls away from them. This is a great way to teach the concept of shielding with the body.

One of the concepts that I am working on with my team is aggression. I feel that my guys are happy with just kicking the ball once. I want to work on the concept of following up on a play. So here are a couple of games I am going to use:

This is a one-vs.-one game.

Set up 2 goals at opposite ends of your area. Make 2 lines with your players on the sidelines, at midfield.

at first you roll 2 balls on to the field. Have the first 2 players in the line go after the balls. The person who scores first get a point.

After once or twice through each line only roll one ball on to the field.

This forces them to make decisions on offense and defense.

Dragons and Knights - a dribbling game

Set up cones randomly on the field. At first everyone is a dragon and they get a point if they can pass the ball over a cone. If you have the tall cones, you can have them try to tip the cones over to receive a point.

The coach can be the first to play the role of the knight. The knight can simply try to stop pass from going over the cones. Or if you are trying to tip the cones over, challenge the dragons to see if they can have all the cones knocked over. Use your creativity to change the game.

For resting type exercises:

Are you working with your team on juggling?

For the upper two age groups, are you working on throw-in techniques?