

# Soccer Drill A

## Soccer Group Juggling

Materials –

- Bag of throw able objects
- Soccer Balls

Game Outline –

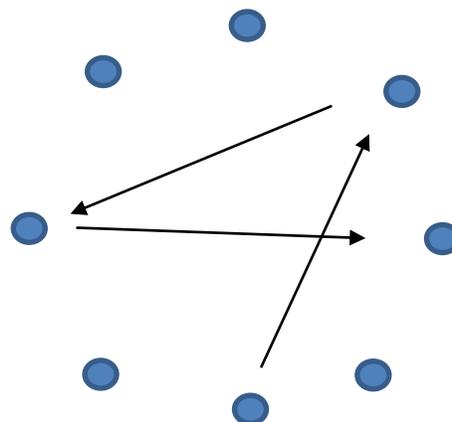
The team attempts to pass thrown objects around a circle without letting any of them touch the ground. If they land on the ground they are considered out of play. The task is complete when all objects have successfully made it to the last member or the initial leader of the group.

1. Begin by bringing the group into a large circle.
2. Throw a ball or other object to someone in the circle and say their name. Instructed that person to do the same, continuing until everyone in the group has received the object and returned it to either you or another participant.

*Make sure that everyone receives the ball once. The trajectory of the objects should crisscross throughout the circle.*

3. Ask the group to point and remember the person they threw to, and received from.
4. Start passing objects around the circle.
5. Regardless of success or failure to pass the objects ask the group to brainstorm suggestions about how to better complete the task? Focus on teamwork and communication.

Challenge the group to attempt the same task with soccer balls, passing the ball to each person without letting it escape the circle.



# Soccer Game A

## Soccer Ping Pong

### Materials –

- Soccer Balls
- Cones
- Net/Caution Tape (optional)

### Game Outline

The goal of the game is to pass the ball over the net between teach team. The ball may bounce once on each side of the net. If the ball bounces twice on a team's side of the net or that team kicks the ball out of bounds the opposing team gains to a point. If a team gets 11 points and is two points higher than the opposing team they win.

1. Divide the team into groups of 2-3 players per team.
2. Use cones to create a square boundary area with a line in the center dividing the court into equal sides either with cones, a net, of caution tape.
3. Teams set up on opposite sides of the court or net depending on resources available.
4. ROCK, PAPER, SCISSORS to decide which team should go first.
5. After game lead a discussion of techniques used by the teams to successfully complete the game. Further discuss how they might improve, and how this activity can help improve their skills during the game. Focus on teamwork and communication.

