



BASA RECREATIONAL SOCCER



Topic Speed and Agility with the Ball

For All Age Groups

Warm Up: Start practice with a good dynamic warm up (stretching and running) i.e.: High knees, high leg kicks, lunges, skipping, shuffling, jog then sprint, backwards jog and on go turn and accelerate, etc)

1st Activity: Create a small rectangle 5 yards wide by 12 yards long with a cone in the middle (6 yards)

- Line on each side of grid (10 yards across from each other) Players begin by jogging across grid towards each other and try and cross paths directly in the middle (need timing/awareness of player across circle)
- After players get the hang of it (after 5 tries or so) have the players sprint after they cross each other through to the back of the other line (do this 5-10 times)
- Add a ball so now one line dribbles towards middle while other player jogs (player with ball stops it directly in middle for exchange and sprints through to line and player jogging now speed dribbles to next person in line (take over/need speed and control)

2nd Activity: Create a rectangle 5 yards wide by 20 yards long (3 to 4 players should be at each cone of rectangle with two coaches directly across from each other)

-Each coach has a group of balls. First coach rolls a ball 5-6 yards out and 1st two players in line race to ball and first to get it to the other coach gain point for their team. Now coach on opposite side does same thing (Play to 10 points).

****Coaching Points:** Players should be accelerating quickly to ball, trying to be aggressive to win ball, and trying to find opposite coach as quickly as possible. Very fun and competitive game. You can play multiple rounds.

3rd Activity: 1v1 to goal. In front of net or coned goal about 22 yards from goal. Create a small square 4 yards wide by 4 yards long. (Players should be in two lines a little away from square)

-1st two players start at the cone at the top of the square on coaches command player back peddles towards cone directly behind the goes forward back towards coach(must touch cone with hand or foot) Coach plays ball between players and they are battling to goal. (Add a goalie for more difficulty)

4th Activity: 3v3 +6 or 4v4+8 (depending on numbers) Coach has all balls at the top of the 18 yard line in front of the net. 2 teams of 3 or 4 start in middle with a goalie in net.

-Coach plays ball in and players play to score a goal (they can use the other 6 or 8 players who are surrounding the outside edges of the 18 yard box as outlets, outside players play ball back to someone on team who passed to them).

-2 teams play for 3 minutes (should be very high energy, a lot of shots, quick sprints) Next 2 teams play for 3 minutes. **Basically three minutes hard work/three minutes rest. Do 3-4 rounds.

5th Activity: Cool down.

-End with similar dynamic stretching that you started practice with (probably at a slower pace with more stretching while moving)