

Super Soccer Saturday May 7th 2011

The following is a summary of the activity we actually did May 7th. As such it will make most sense to those who attended the respective session. Much of it appears on the ESA curriculum web pages

Session 1 (1st Grade Coaches) 8.30am–9.45am

1. Tail Tag: Without a ball, with ball in one hand, with ball at feet
2. Sharks and Minnows: A shadowing activity in pairs
3. Pac Man: Players with balls dribble and pass at players without a ball
4. Kick Out: Players try to keep their ball in the space and “kick out” opponent’s balls, immediate chase to get back in
5. All Goalie game: Two big goals when you call out a number two players play 1 vs. 1

Session 2 (2nd Grade Coaches) 10.00am–11.15am

1. Everybody is it/Hospital Tag: Dribble the ball and try to tag and avoid being tagged
2. 3 players with gates: One player makes a gate goal, the other two play 1 vs. 1
3. Empire/Steal the Bacon: Each team starts with balls in their home base and try to keep them and steal them away from others
4. Shooting using two goals: Shoot, move back to goal keeper, retrieve ball
5. Get Out of Here: 2 vs.2 and on the command sub in and out. Coach serves in each ball

Session 3 (3rd–4th Grade Coaches) 11.45am–1.00pm

1. Individual ball work: Dribble, change pace, change direction
2. Individual ball work: “musical balls” on command find a different ball, on command throw ball up and find another ball
3. 2 players using gates: One player makes a gate the other dribbles through as many as possible and then switches. Develop to have half the players play 1vs. 1 and the other half be gates.
4. 10 x 15 1 vs. 1 across the grid: Straight forward set up coach. Serves the ball in and players come in from each end and play 1vs. 1. Can then expand to 2 vs. 2

Session 4 (5th Grade and Older Coaches) 1.15pm–2.30pm

1. Mirrors: Half the group have a ball and half create a circle around them. Play ball out and receive it back in different ways. Dribbling, passing, turning, air control, heading etc.
2. 12 x 20 1 vs. 1: Players come from the diagonal and defend off set goals on the diagonals. Develop to be 2 vs. 1 and even 2 vs. 2. Defending shape, decisions, communication, transition from def to off
3. Get Out of Here: Use permanent goal keepers and players step in on the coach's direction. Do not chase balls out of play and coach will serve