



United States Youth Soccer Association

Learning Through Play and Games

Name: Aaron Nelson and Phil Johnson

Date: Winter Symposium 2010

Age Group: U9/10

Theme: Dribbling

Activity

Coaching Points

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Tag a Muggle</i></p> <p>Everybody is a Muggle. The muggles have a ball and dribble in confined space. Each muggle tries to “tag” other muggles. Ask muggles how they should “tag” each other. Play. Ask: How many muggles did you tag? Can you get more? Play again.</p> <p>Progression 1: Select where they can tag: only back, below shorts, hand behind back, etc. Progression 2: play and try not to get tagged. If tag someone else but not tagged by other then you become a wizard/witch.</p>	<ul style="list-style-type: none"> ▪ Creativity with Ball ▪ Dribble with speed ▪ Body Awareness ▪ Vision (head up)
<p>2nd Activity <i>Castle Dribble</i></p> <p>Use 4 disc cones to set up small “castles” (small squares) in a large playing area. Everyone with a ball dribbling in the large area. Brief demonstrations of a move or two by selected players: “What can you do with the ball? Show me.” On the coaches signal (say go/raise hand/release snitch) everyone must try to dribble into a castle.</p> <p>Progression 1: Can only get into castle if do a move.</p> <p>Progression 2: Add dementors/defenders to steal ball and then dementors dribbles ball into dungeon. Toe touches to retrieve ball.</p>	<ul style="list-style-type: none"> ▪ Creativity with Ball ▪ Dribble with speed ▪ When dribbling for speed the players do not need to dribble the ball as close ▪ When dribble with speed and when keep the ball close? ▪ Vision (head up)
<p>3rd Activity <i>Hogwarts Cup Dribble</i></p> <p>Divide group into 4 teams: Hufflepuff, Slytherin, Gryffindor, Ravenclaw . Each team a different color vest. All teams in large grid with numerous small castles (same as above) in the area. 3 teams have ball for each player. Player dribbling in the area tries to dribble into and out of as many castles as possible. Players score a point for every castle they dribble into. 1 team without balls defends and tries to get balls from players with ball. Defender either keeps ball or brings ball to a dungeon where other players can then retrieve ball if they do toe touches. Play 4x. Add total points per team. Team with most total points wins the Hogwarts Cup.</p> <p>Progression: Limit balls per team</p> <p>Progression 2: Cannot go do the same move twice</p>	<ul style="list-style-type: none"> ▪ Creativity with Ball ▪ Vision (head up) ▪ Decision Making: which castle? ▪ Decision Making: When dribble with speed and when keep the ball close? ▪ Decision Making: When/what move to try ▪
<p>4th Activity <i>Diagon Alley Dribble</i></p> <p>4v4, 25x35 field + 5 yard End Zone (Diagon Alley) at end lines. Team tries to dribble ball into “Diagon Alley.” Cannot defend in Diagon Alley. If get in Diagon Alley then turn and go in other direction to opposite alley. Each time team gets in Diagon Alley they get a new wand. The team with the most wands win.</p>	<ul style="list-style-type: none"> ▪ Vision (head up) ▪ Recognizing 1v1’s ▪ Attitude/initiative to take players on ▪ Creativity with the Ball
<p>5th Activity (the game) <i>Game</i></p> <p>6v6 with Goalkeepers</p>	<ul style="list-style-type: none"> ▪ To encourage implementation of days’ focus in the game



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Name: Aaron Nelson and Phil Johnson	Date: February 6, 2010
Age Group: U9/U10	Theme: Problem Solving in 3's with Raiders of Lost Ark

Activity	Diagram
<p>1st Activity (warm-up) Team Tag</p> <p>Categories to numbers dribbling. Energy circle. Finish with 3s. Three's Passing – Point the Field – Can you keep ball “awake”?</p>	
<p>2nd Activity Raiders of the Lost Ark: Explore Caves</p> <p>Groups of three players. Each group starts near Crate (Pug Goal). Team needs to enter and explore each cave.</p> <ol style="list-style-type: none"> 1. Pass through cave, “Clear the bats out”. 2. Pass in & out of cave or pass in & dribble out, “Explore quickly”. 3. Receive pass & pass out to third “explorer”, “Explore whole cave”. Seek out other caves. Each “explorer” enters two caves. Limit one explorer in a cave at the same time. 	
<p>3rd Activity Raiders of Lost Ark: Cross Lava Pit</p> <p>Team must get Skull from the Ark. Place 3 pinnies (Skull) in ring (Ark). Ball is the magic key that opens up the Ark. No ball -no unlocked Ark. Players cannot go into the Hot Flowing Lava. Only one player on the swinging bridge at a time. Each team member must get one skull across the swinging bridge. Once team has three Skulls then return to the crate.</p>	
<p>4th Activity Whole Adventure</p> <p>Put the whole adventure together. Can your Raiders Team do it Safely? Remind them of the dangers. Tell them the rules. Tell them they have 30 seconds to make a plan, then let them play and figure out how to get the Skulls back to the crate.</p> <p>Options: Once you have the treasure, you will have “immunity” – the ability to dribble over lava. Use a throw-in for getting the ball over lava. Or once you have your skulls you may steal others skulls.</p> <p>Option: Add “wild boars” to avoid on the way back through the caves.</p>	<p style="text-align: center;">CRATES</p> <p style="text-align: center;">CAVES</p> <p style="text-align: center;">LAVA</p> <p style="text-align: center;">ARK</p>
<p>5th Activity (the game) 6 v. 6 Big Game</p> <p>The Big Game of Choice – Soccer in the Streets Beliefs: Be safe – Everyone has a chance to play – Make it look like soccer – You are in charge – Go and have fun. Here is the equipment: pinnies and cones – Goals are in place. Today is a chance for you to have choices. Now it is your turn to play soccer. You are in charge. Remember what our “beliefs” are. Enjoy.</p>	