

CAN YOU?

STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling
- + Ball mastery.

Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Fundamental movement skills
- + Beating and escaping an opponent

WHY USE IT

'Can You?' is a terrific activity to commence a training session with young players and has almost endless variations and possibilities. The coach demonstrates an activity and asks the players - can you do that?

SET UP

25 x 25 yard area. 12 players each with a ball dribbling around the area.

HOW TO PLAY

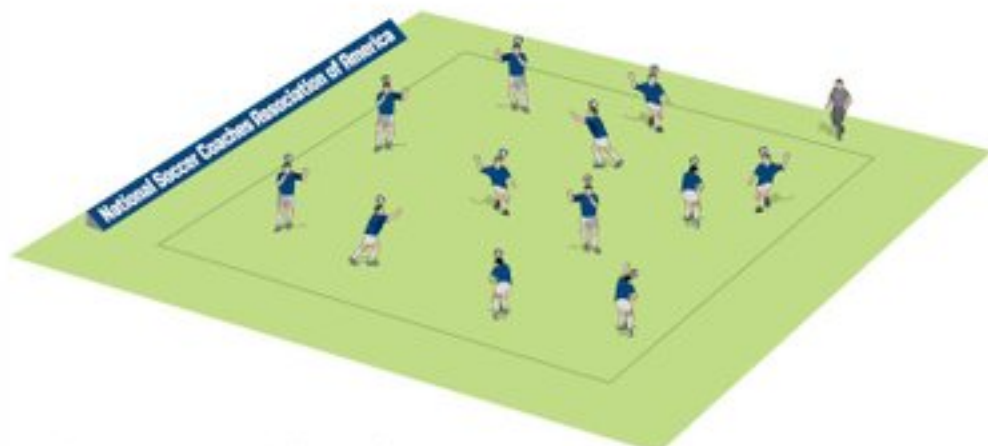
Ask players to dribble around the area using the laces part of their shoe. After 1-2 mins, ask players to come close and place a foot on top of the ball. Explain how to play - the players must copy what the coach demonstrates. Start with fundamental movement skills such as running, skipping, galloping, balancing, dodging etc. Then introduce the ball and add new movements each time you play. E.g. 1) Dribble with laces - slow down and push the ball lightly with the laces - left, right and alternate. 2) Foundations - push the ball from side-to-side, right to the left foot and back again. 3) Toe taps - hopping from one foot to the other touching the top of the ball with the opposite foot each time. 4) Sole drag back - hopping between feet, move backwards dragging the ball back alternating between the sole of the shoes. 5) Sole push - push the ball forward with the sole of the shoes.

COACHING NOTES

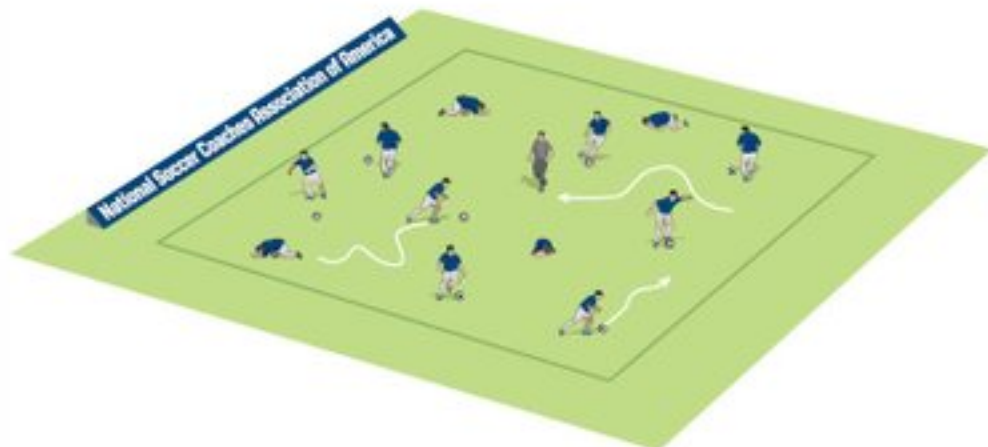
- + Coaching objectives - the coach can add many different skills and objectives. Talk about the 10 surfaces of the feet - inside, outside, laces, heel and sole on each foot and perform moves with each.
- + Coaching tip - Start the activity without a ball and include fundamental movement skills.
- + Adaptations - the coach can add all sorts of movement patterns, turns and tricks to keep the game new and exciting for the players.



- + Players gather around the coach with a ball each.
- + Coach demonstrates some moves.



- + On the coach's command, players perform movement patterns.
- + Simple dribbling moves at first and then more challenging moves.



- + Add in basic turns such as drag back, inside of the foot, step-on and step-over.