

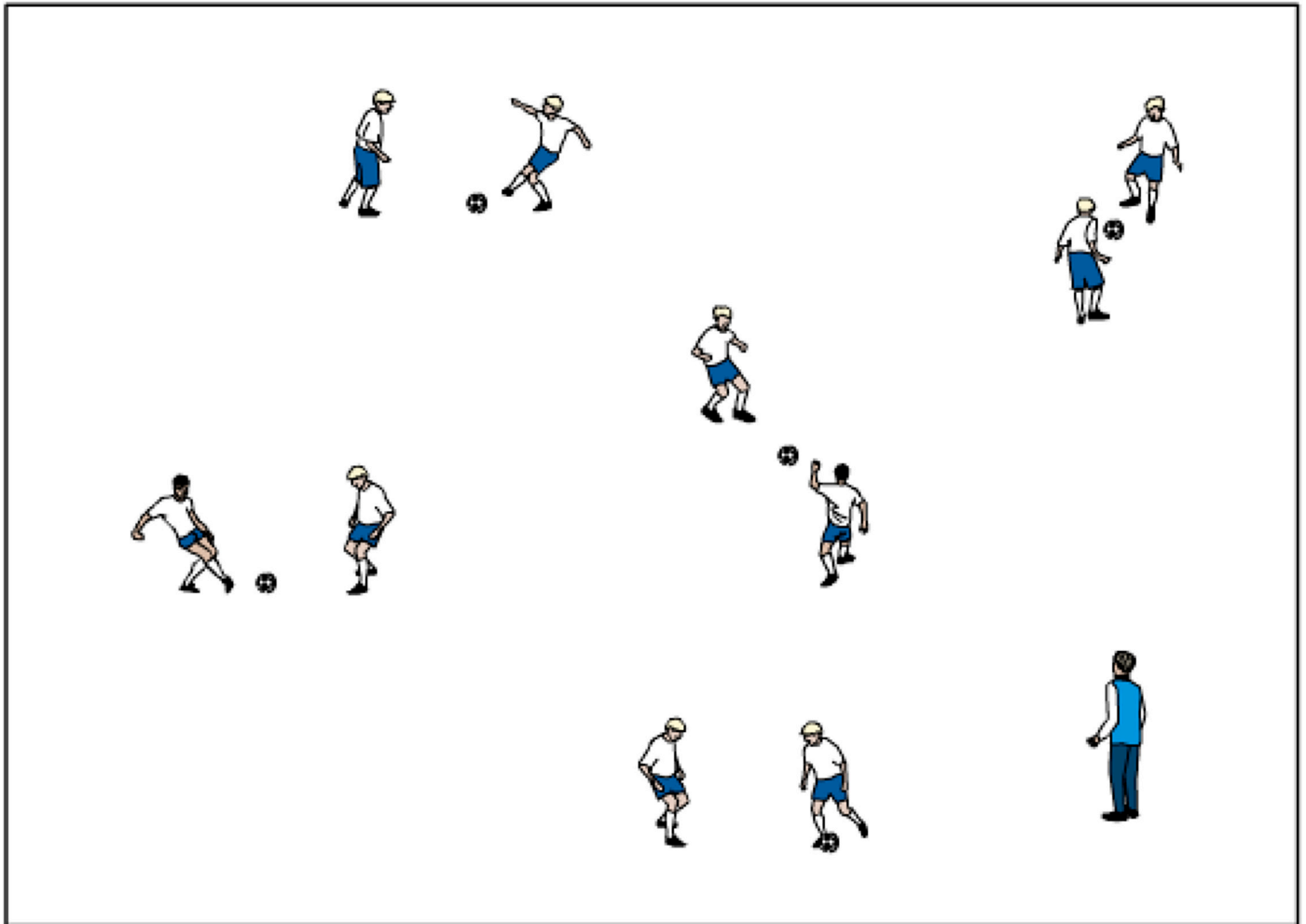


# **Physical Education in the Soccer Environment**

## *Demonstration Session Activities*

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# Partner Passing



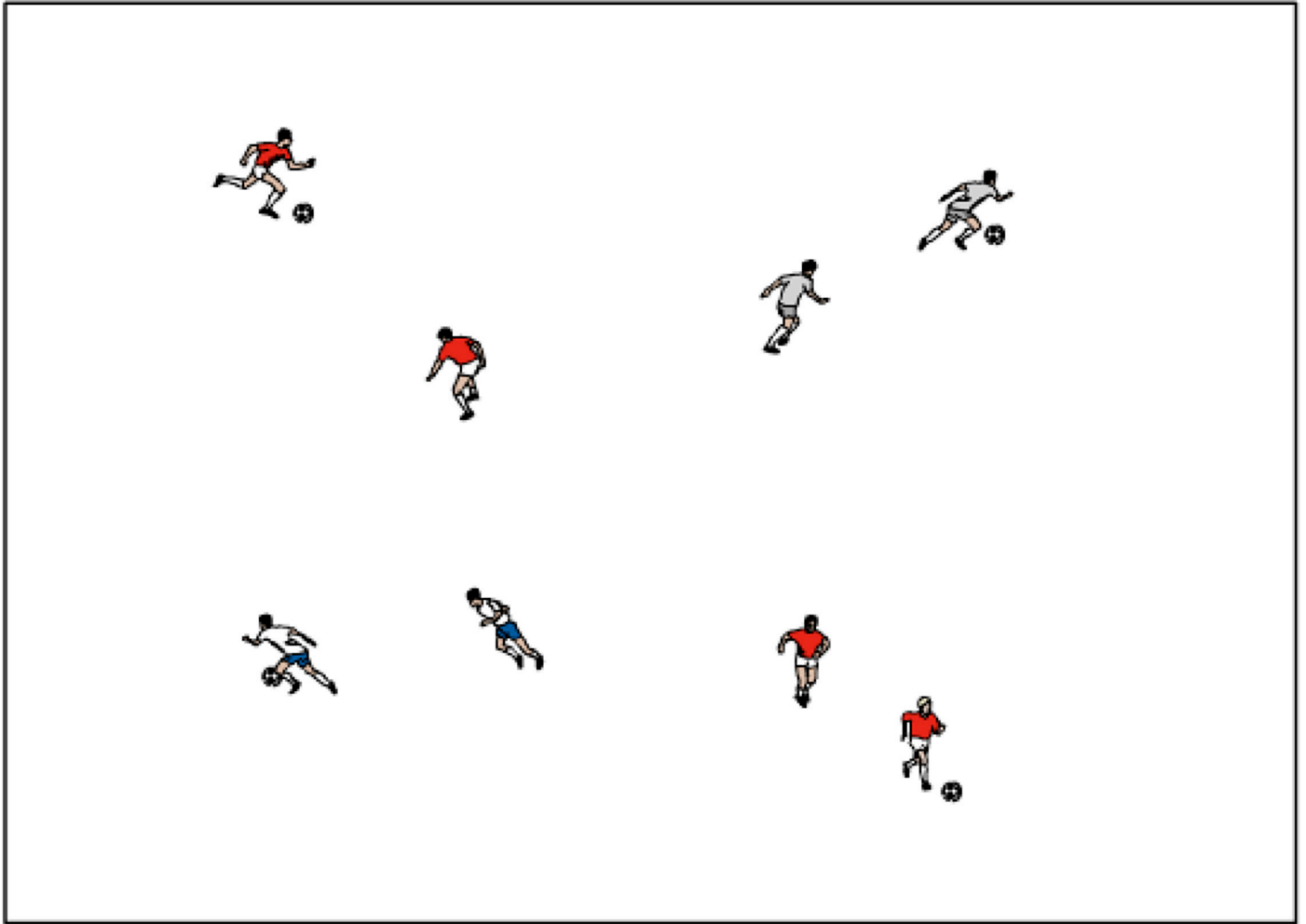
## DESCRIPTION

- Partners stand a few feet away and play 1 touch.
  - On coach's signal they find a new partner and continue playing 1 touch. Try not to be last.
- > Increase distance, play 2 touch. Use visual signal (Coach raises hand instead).

## COACHING POINTS

- Keep feet moving
- Find a passing rhythm
- Make it easy for your partner to play ball back
- Change partners quickly

# Partner Tag



## DESCRIPTION

- Players get in pairs
- One player is "it"
- On the coaches signal "it" tries to tag his partner. If successful, the two change roles. New tagger does two push ups before chasing.
- \* Give a ball to the player fleeing.

## COACHING POINTS

- Improve Agility / Dodging
- Spatial Awareness
- Foot skills when soccer ball is added to the game.

# PARTNER PULL UP



## DESCRIPTION

- Partners sit facing each other with knees bent, feet flat on the ground and together, and toes touch partner's toes.
- Grasp hands
- Try to pull each other up without moving your feet.
- If successful with two people, try with three, then four, etc.

## COACHING POINTS

Areas Refined: Balance; Coordination; Strength; Teamwork; Problem Solving

# Tri Tag



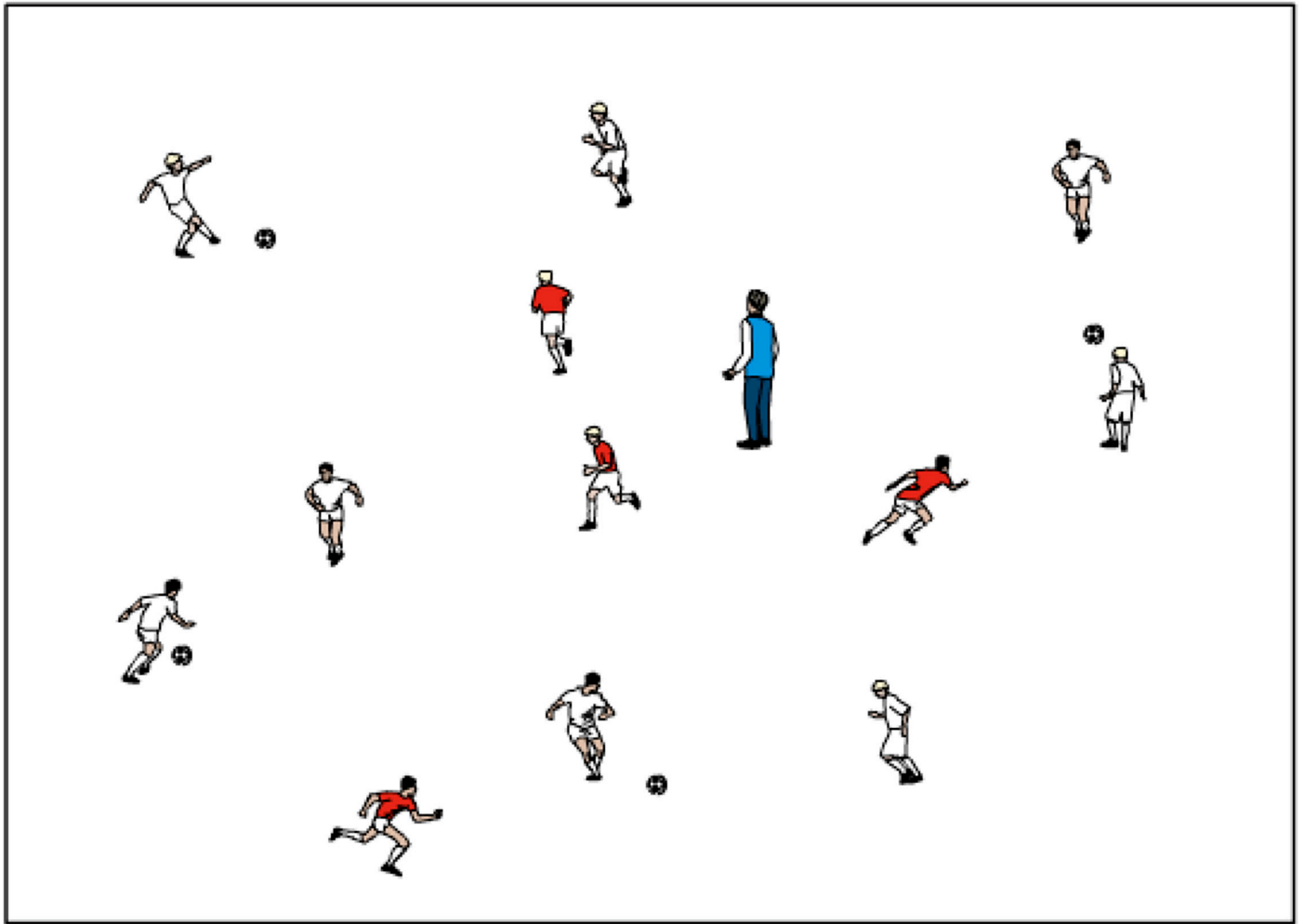
## DESCRIPTION

- Three players create a triangle by putting hands on partner's shoulders.
- One of the three wears a pinnie.
- The tagger must try to touch the person with the pinnie as the triangle swivels to protect the pinnie player.

## COACHING POINTS

- Coordination
- Teamwork
- Agility
- Deception

## Partner Keep Away



### DESCRIPTION

- Most players find a partner with a ball to share.
- Some players are defenders.
- Partners work together to stay in the playing area and keep the ball from the defenders.
- Defenders may steal any.
- Defenders dribble and stop ball next to the coach. Partners do 5 jumping jacks to "buy the ball back"

### COACHING POINTS

- Defenders win ball for themselves. Don't just kick the ball away. Try to get to the coach.
- Partners win ball back. Don't let defenders "score."
- Teamwork / Support
- Passing / Receiving Technique

# Ballnastics



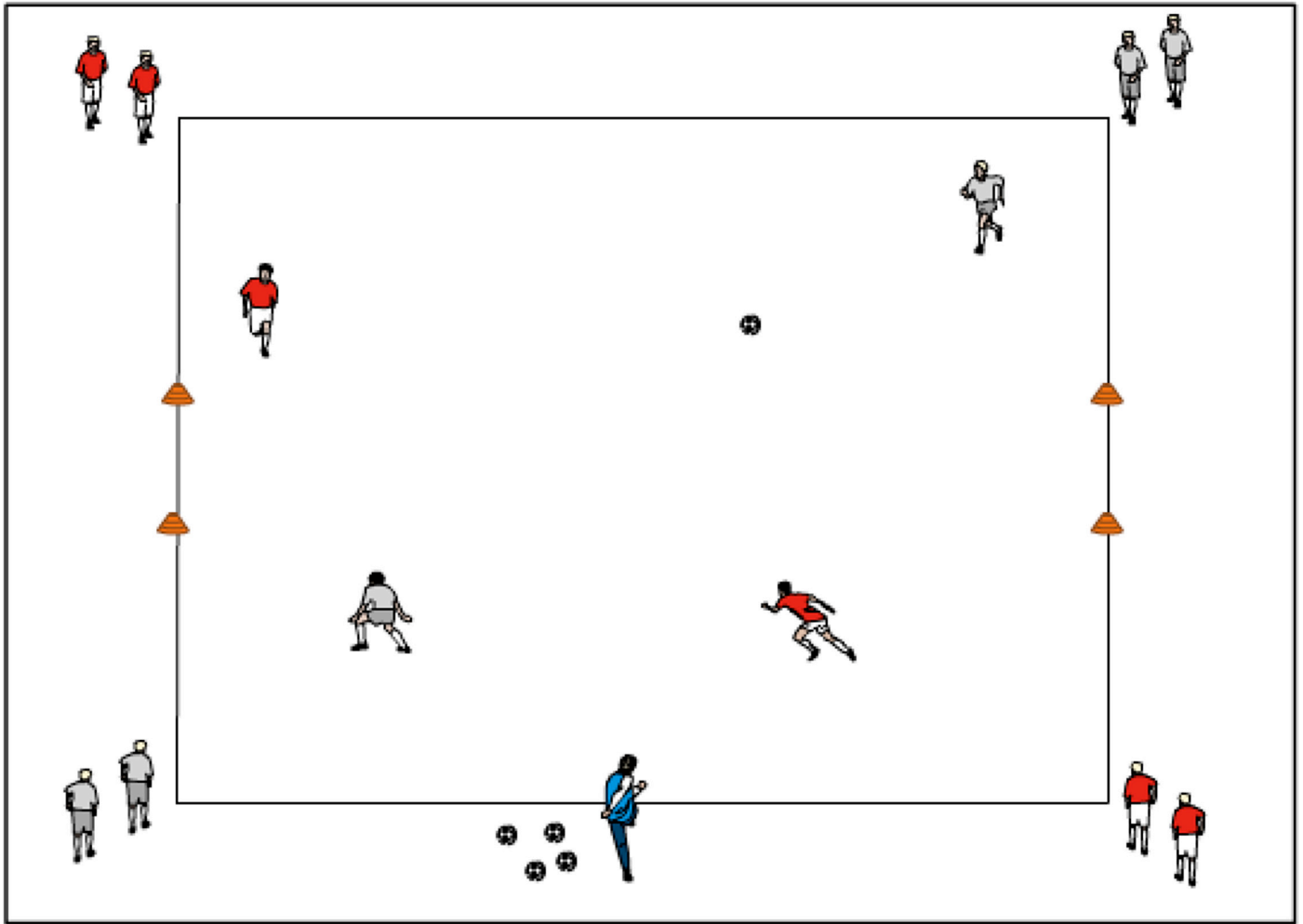
## DESCRIPTION

- Each player has a ball
- Push up position with ball under thighs  
-> Do 1 push up.
- Try 1 leg at a time (Right then Left)
- Move ball under shins and repeat.
- Move ball to instep and repeat.
- Move ball to stomach and pick hands up -> Without putting hands down, roll onto your back and return to the stomach

## COACHING POINTS

- Strength
- Muscular Endurance
- Balance
- Coordination

## Two vs. Two from Diagonals



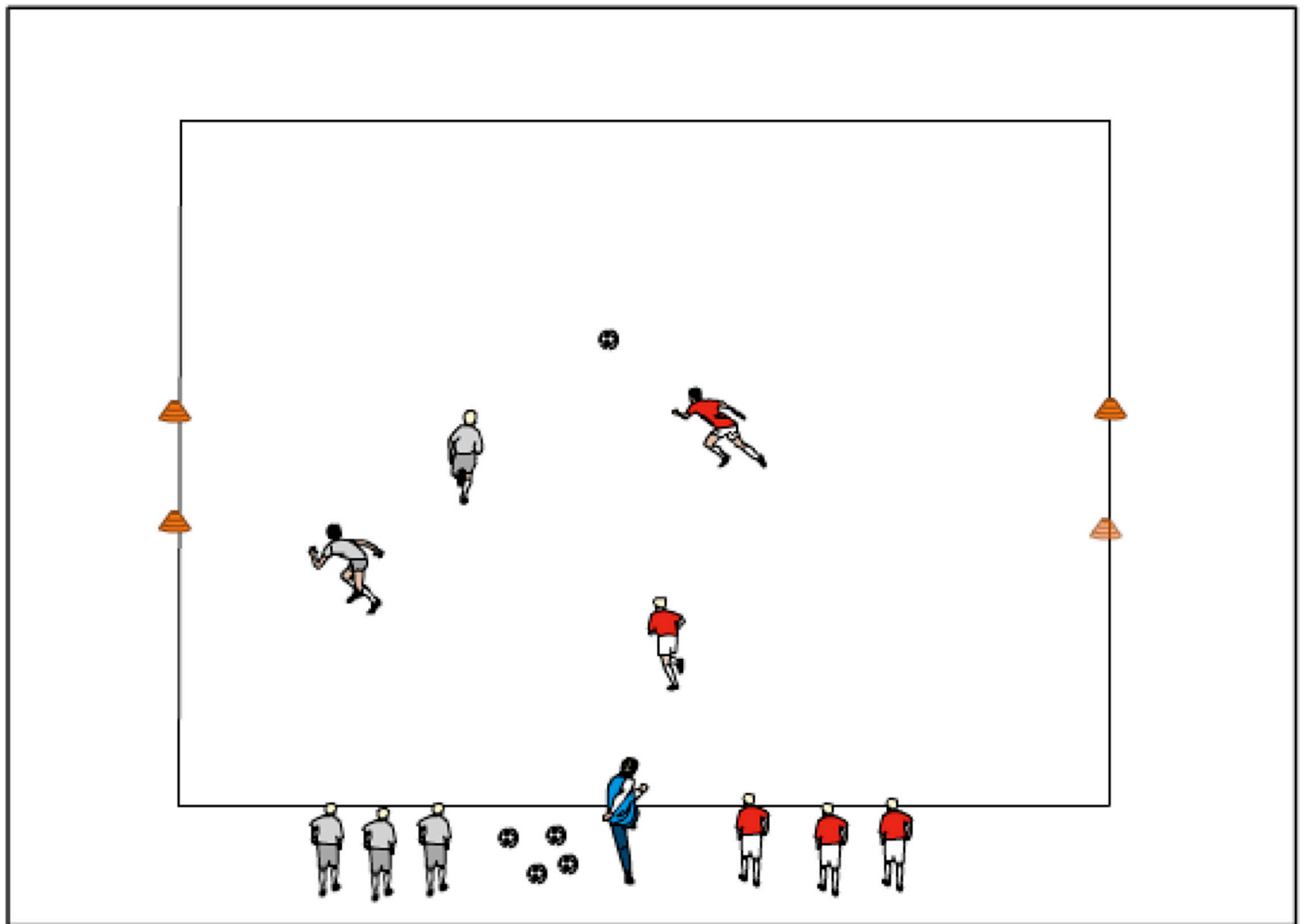
### DESCRIPTION

- Coach on side with pile of soccer balls
- Two teams half at diagonal cones
- Gray tries to score on goals to the left of the diagram and Red tries to score on goal to right
- Coach serves ball to any line -> First player from each line comes in to play 2 vs. 2
- At end of turn switch lines.

### COACHING POINTS

- Get a peek as ball is traveling
- Can you shoot?
- If not, can you pass?
- If not, keep it for yourself.

## Boss of the Balls



### DESCRIPTION

- Each team lines up on either side of the coach
- Coach plays a ball in and the first two players from each team go in to play 2 vs. 2
- \* Can increase the number of players (3 vs. 3, etc.)
- \* May have "front" players do 3 jumps over hurdle / ball before coach puts a ball in play

### COACHING POINTS

- Pay attention when in line.
- Don't miss the service / cue to start
- Can you score right away?
- Create a scoring chance?
- Find your partner?
- Team spacing / shape / cooperation

# Finding Space



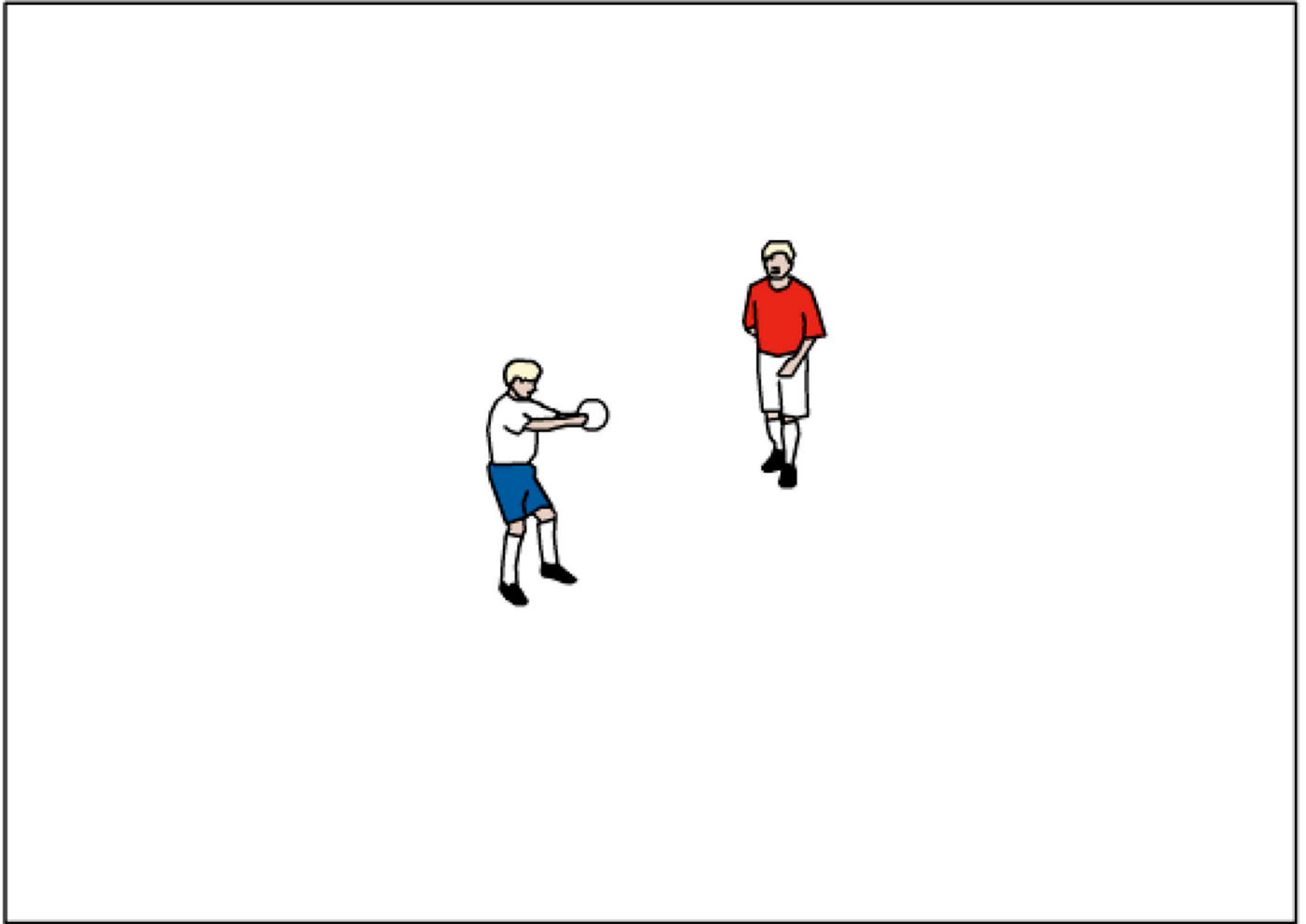
## DESCRIPTION

- Play 6 vs. 6 (5 vs. 5 plus GKs)
- Coach is “boss of the balls.”
- Coach passes to any player who makes a run into an open space.

## COACHING POINTS

- React as soon as ball is out to “show” for the pass.
- Remember space on the far side of the field
- Body shape and vision while finding space.
- Make decisions early.

# PIG



## DESCRIPTION

- PIG is a juggling game that's played like HORSE in basketball.
- Player 1 leads. The ball always starts in the hands and ends with a catch.
- Leader calls a juggling pattern (ex. right foot, left thigh, left foot, catch) then tries to do it.
- If successful, partner 2 must do it. If partner 2 can not execute, he gets a letter "P"

## COACHING POINTS

- Ball control
- Can you find patterns that will eliminate your opponent?