

**Region IV Coaches Education Symposium
Albuquerque, New Mexico**

**Fun Activities for Centers of Excellence
Jan Smisek**

Set up a 20x30 yard grid. This can be utilized for all activities!
12xU12 Players

Warm-up

Get players (each with a ball) to dribble in a grid. Then instruct kids to try and get as far away from everybody else as possible.
Introduce a trick/turn with the ball to change direction. Jan used a step by the ball, spin on standing foot and take the ball away with other foot.

Advance exercise by giving one player (without ball) a colored bib and play freeze tag for 30-60 seconds high intensity. If he tags someone they have to freeze (& place ball by side of feet) and can only be released with a teammate passing a ball through their legs. Then have 2 taggers! They got everyone in Jan's session.

Then taggers have to touch ball. Coach shielding.

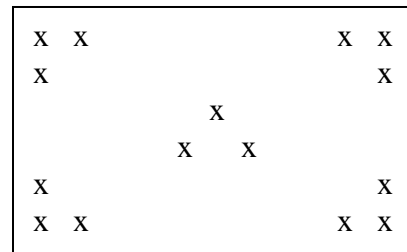
Windows '95 Triangles

Create 4 small triangles, one in each corner, and a larger triangle in middle of grid.
Play through a triangle = 1 point. Cannot go through same triangle twice in row.

Then introduce a tagger. If heading for a corner and tagged, player loses 1 point, if heading for the middle and tagged they lose 3 points.

Then pick 2 taggers.

Ask kids to keep score and find out record – always ask players to try and beat the record for intensity.



Passing

Have each player dribble in area with partner passing ball between them.
Then introduce two taggers who try and knock balls out of grid. If knocked out, then both partners have to sprint to the ball, then play it back in. Both pay for the mistake.

Ask Question:

Do we need short or long passes when we are under pressure?

Swap taggers, until all have been in middle. Passers must always keep the ball moving – “If you kill the ball you kill the game” Johan Cruyff
Now if ball is knocked out do 5 toe taps simultaneously.

Ask Questions about **awareness...**

Show angles and distance of support in 2v1 – don't let defender cover both players!

Play again.

Three teams of four (red, yellow, green)

All red and yellow players in grid with ball each. On command, greens are timed knocking all balls out. If a ball is out it stays out, but then the red and yellow players can pass and support each other to keep remaining balls away from green. Keep green's time. Then play again timing red and then yellow as the attackers. A lot of scheming, helping and double teaming strategy will be evident.

Can send in two stealers, for first 30 seconds, then add third and then fourth after 45 seconds. Ask Question:

How can the chasing team make the game easier?

Keep new winning times/scores.

Jan's kids schemed – left best kid with ball so he couldn't help others!

Play game – 3v3+Goalies Play 5 minute halves.