



Activity Name	Description	Diagram	Purpose/Coaching Points
<p>“I can do this! Can you?”</p>	<p>Warm up activity. All players have a ball and stand in a circle. Coach demonstrates and verbally explains moving with the ball. Max. 5 minutes</p>	<pre> 0 0 0 X. X. X. X. 0 0 X. 0 X. X. 0 0 X. 0 X. 0 X. X. X. 0 0 </pre>	<p>Movement Education and warm up activity. This activity is also an evaluation of the players (X). (Twin games when number of players is high; appoint a “TOP TOPSoccer buddy) <i>The Buddies (0) are helping the players where needed. They stand either in front, next or behind the player.</i></p>
<p>Goofy Stop and Go Body Part Dribble</p>	<p>All players dribble their ball in an unrestricted area. When coach says, “STOP!” The players must stop their ball and freeze in a goofy position. Max. 5 minutes</p>	<p>Coach</p> <pre> .X X. X. X. X. X. </pre>	<p>Same as above. <i>Depending on the level of the player, the buddy is either assisting the player hands on and or gives the player verbal reinforcement. The buddy does not necessarily have to be next to the player.</i></p>

Author: Auke Wiersma



National TOPSoccer Clinic



Topic: TOPSoccer activities, focusing on player and buddy.

Date: 2/26/11

Age Group: U-5 & Up

<p>Sub Activity 1 "Painting the floor"</p>	<p>Per two players or per buddy – player combination 1 ball. The players are asked to pass the ball back and forward.</p>	<p>X. X X. 0 X. X</p>	<p>"Paint" as much of the floor as possible. So when you can move around. <i>Lower level: Buddy passes with the player. Higher level: two players pass together and buddies support.</i></p>
<p>Sub Activity 2 Aiming game</p>	<p>All players have a ball. Two or more goals are set up with cones as distance markers.</p>	<p>* * * * * * * * * * * * [] [] []</p>	<p>The players will aim and shoot on goal. When they score they will move 1 cone up. <i>The buddies will retrieve the balls and coach where needed. The buddy will help the player move from cone to cone.</i></p>
<p>Sub Activity 3 Finishing on goal</p>	<p>All players have a ball. There is also a goalkeeper standing in goal.</p>	<p>x. *x. .x * * * []</p>	<p>The players are finishing on goal from different angles. The players move from cone to cone after shooting. <i>The buddies will retrieve the balls and coach where needed. The buddy will help the player move from cone to cone.</i></p>

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<p>Sharks and Minnows</p>	<p>The minnows, the players with a ball, line up shoulder to shoulder on one end of the grid. Two players are designated as sharks and are positioned inside of the grid without soccer balls. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without being tagged by the sharks. If a player is tagged while crossing the grid, he/she becomes a shark.</p> <p>Max. 10 minutes</p>	<p>Coach</p> <p>20 yds.</p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>M. M. M. M.</p> <p>S S</p> </div> <p>15 yds.</p>	<p>FUN...Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.</p> <p><i>Depending on the players level, the buddy can run with the player, stand on the opposite side of the player or stay at the same side as the player.</i></p>
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<p>End Line Soccer</p>	<p>Set up a 15 yd x 20 yd grid. Divide the players into two teams with no goalkeepers on the field. A team scores by dribbling the ball or kicking the ball over their designated end line. Balls are served in one at a time by the coach who is positioned outside the field at midfield. The two teams stand on the long side of the field and each player has a number.</p> <p>Max. 10 minutes</p>		<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; decision making; change of speed; change of direction; defending.</p> <p>This game can be played 1 vs. 1 or max. 3 vs. 3</p> <p><i>The buddies either run with their player or stay behind and coach. The other buddies keep the ball in bounds.</i></p>
<p>3v3 Soccer Match</p>	<p>Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>		<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending.</p> <p><i>The buddies either run with their player or stay behind and coach. All buddies keep the ball in bounds.</i></p>

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The clinic will start with a general warm up with all players. We will then break up in three groups by ability of players. The three groups will each participate in the sub activities. The groups will rotate about every 8 minutes. The TOPSoccer buddies are asked to keep the activity going while the field marshal will coach all activities where needed. When we make up the groups, a “TOP” TOPSoccer buddy will be appointed per group, who is responsible for the group and activities.

During the final games (Sharks and Minnows and the 3 vs. 3) the group will come together again and will be split up in two groups according to ability.

The buddies will be asked to leave the players as independent as possible. Only help when needed, i.e. a player needs help due to physical limitations, cognitive limitations or behavioral issues.