

Fun Five Series

Activities for the 11-14 age group





Purpose

- These five fun activities are geared for the U11-14 age groups.
- These are five activities that all coaches can utilize this season at least once.
- A guided discovery section is also included so coaches know what types of questions to ask the players to enhance their learning.
- Have FUN!

“Playing Out Of Pressure”

Directions:

Warm Up:

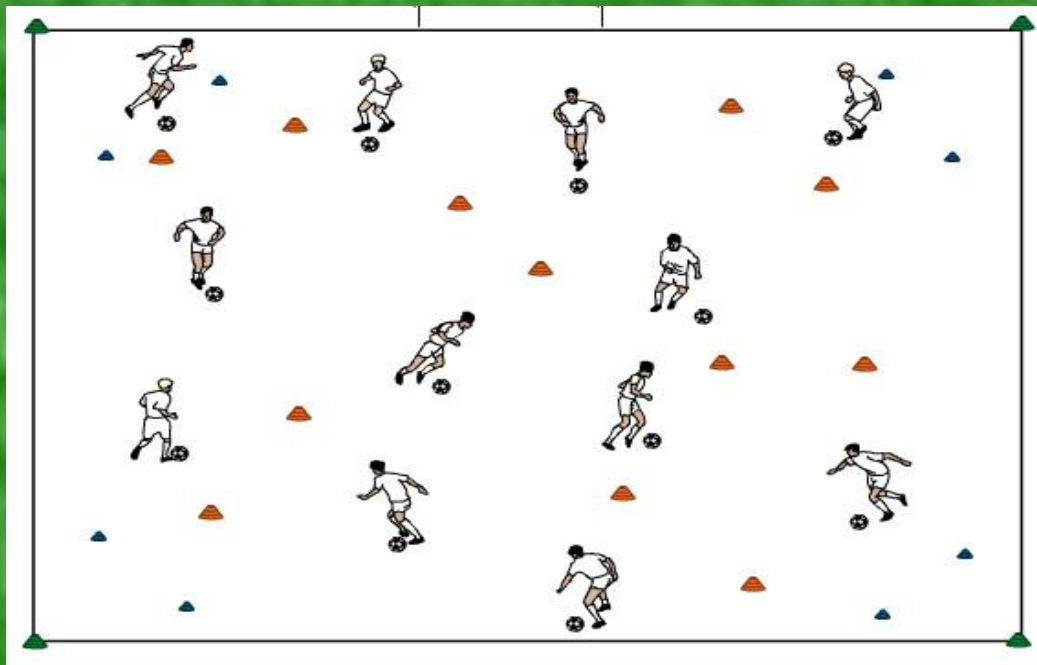
-Each player with a ball moves and turns with outside foot or variations.

-Phase 1:

-Same as above except that 2-3 players do not have balls and try to get them from others. and score when they get a ball. The players dispossessed try to get another.

Phase 2: Play 3v3 +1 (4v4+2) with 4(5) goals in play. Team keeps possession as long as possible while trying to get ball through goals.(go to 4 v 4) Pts. Hold to open for a pass, when and where to risk pass, opening up as support player.

Phase 3: Play 6(8) v 6(8) too Goals (60(70) x 35) with all inbound balls served by the GK on the ground. Go to regular scrimmage. Pts as above



Guided Discovery:

While dribbling, ask them what should they be looking to do after going through a set of cones? (getting their arms out for balance and head up for space)

In Phase 2 and 3 ask them when should you hold for a pass or risk passing the ball to a teammate? (when there is little or no pressure on the ball or teammate)

Barrel Ball



Directions:

Using a barrel, bags or something to hit, the two teams try to pass the ball around and hit the barrel.

You made need to put an arc around the barrel as a “no entry” zone.

Variation: A ball that is “chipped” into the barrel is worth 2 points.

Guided Discovery:

- What types of passes do we need? (short and long)
- Where is your first look? (To hit the barrel with the ball)
- Where do your teammates need to be? (Beside the ball and away from the ball)

“All Up and Back”

Directions:

Two teams play a normal game to goals. The only rule is that all attacking players must be across the midfield line for goal to count.

Variation: All defenders must be behind the midfield line or the goal is worth 2 for the attacking team.



Guided Discovery:

Ask the players when you are walking around, how do they find you? (Get their eyes up-not down).

Ask the players when they are passing the ball, how can they get the ball back to you quicker? (making good passes to their teammates with pace)

“Three Ways”

Directions:

This is a regular small sided game with no goalkeepers. The first team to score in three different ways wins. Both teams agree on how each goal will be scored but the goals must be scored in order.

Example: Goal #1 must be scored on the ground, Goal #2 must be scored off a volley, Goal #3 must be scored from a ball that is passed backwards first.
Nutritional



Guided Discovery:

Depending on the ways they decided to score, base your questions on what you see. Example: What do you need if you are trying to score from a backpass? (Someone needs to play as a target)

“Half Court Soccer”

Directions:

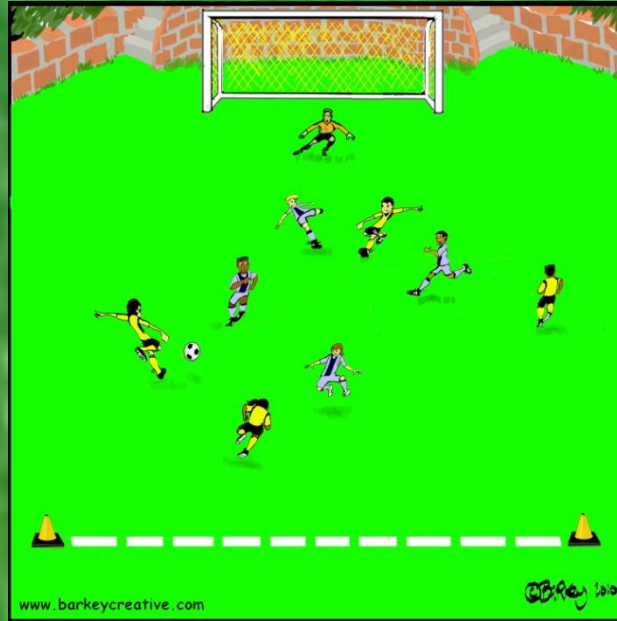
This is a game to one goal similar to half court basketball.

Whenever the defending team wins the ball they must take the ball to a “take-back” line before then can shoot on the one goal.

This game is really fun playing on a normal field with the penalty box being the “take-back” line.

Rules can be created with regard to scoring (i.e. scoring from beyond the take-back line is worth 2 points).

Variation: Play “21” Goals outside the six yard box are worth 2 points-goals inside the six yard box are worth 1 point.



Guided Discovery:

Technique: Ask the players what part of the foot they can use to strike the ball far? (laces, instep).

Ask the players how they can create a scoring opportunity? (by spreading out and serving crosses)

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