

CAPTURE THE BALL

STAGES COVERED BY ACTIVITY

Stages 2, 3 & 4- 6-14 year old players

THEMES & COMPETENCIES

Theme:

- + Passing and receiving.

Competencies:

- + Passing over a short distance.
- + Receiving the ball with the feet.

WHY USE IT

Players must use their passing skills in small groups and with opposition.

SET UP

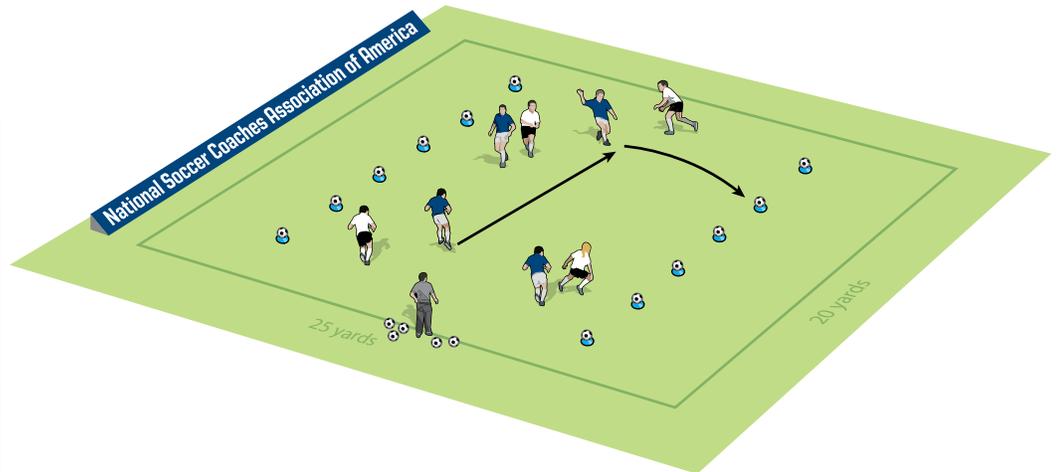
25x20 grid with cones in the corners. 6 balls are placed on top of cones 5 yards off of each end line. Players are split into teams of 4 and each team is in a different colored vest. The coach is in the middle of the touchline with extra soccer balls.

HOW TO PLAY

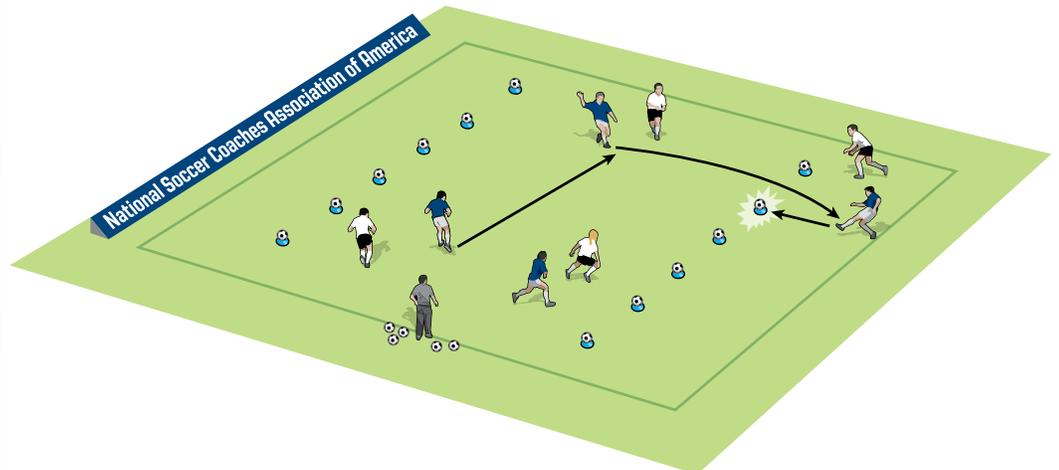
2 teams will play 3 minute games. The coach will play balls in to restart the activity. Teams must try to pass a ball and knock one of the balls off the cones. If they are successful, then they move the ball and the cone to their side of the field and set it up there. The winner at the end of 3 minutes is the team with the most balls set up on their side.

COACHING NOTES

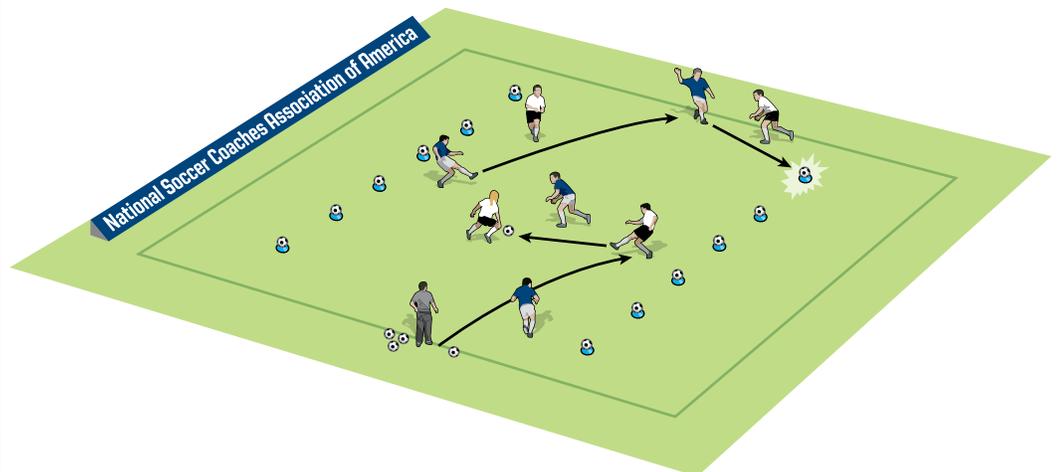
- + Main coaching objectives - players must work together and use their passing accuracy
- + Coaching tips - make sure to play balls into players that may not be as active in order to include them
- + Adaptations - use multiple balls at a time if any players are inactive



- + Player's first touch should take them away from pressure.
- + Player's body position should allow them to see the field.



- + Players should look to communicate and support their teammates.
- + Players are allowed to move behind the balls to support the pass.



- + Introducing multiple balls allows more players to be involved.
- + Players should look to use long and short passes.

