



PROGRESSION

BALL GYMNASTICS

The following tables are the ball gymnastics guidelines to develop coordination for the Micro Division players. These exercises are meant to be fun. Eventually, increase the speed of the activities and establish some of your own.

Age	Ball Gymnastics	Division	Volume	Page	Document
U7	1 through 10	Micro	I	pg. 50	310 117
U8	11 through 20	Micro	I	pg. 59	310 124
U9	21 through 25	Bantam	II	Pg. 36	310 135

#	With Ball In Hands	DESCRIPTION
1	Figure 8 Around Legs	Ball on Ground, feet spread apart further than shoulder width, use hands to move ball in figure 8's around legs. Repeat going opposite direction.
2	Figure 8 Around Legs (Ball in Air)	Feet spread apart further than shoulder width, without the ball touching the ground, move ball in figure 8's around legs. Repeat going opposite direction.
3	Circle Leg L & R	Ball on Ground, feet spread apart, with ball on ground circle one leg at a time using both hands. Repeat going in the opposite direction.
4	Circle Leg L & R (Ball in Air)	Feet spread apart, without the ball touching the ground, circle one leg at a time using both hands. Repeat going in the opposite direction.
5	Circle Waist	Using both hands circle your waist with the ball. Repeat going opposite direction.
6	Throw & Catch	While standing, throw ball into air underhanded and catch.
7	Throw, Stand & Catch	While sitting, throw ball into air underhanded then stand and catch.
8	Throw, 360 & Catch	While standing, throw ball into air underhanded then do a 360 and catch.
9	Throw, Sit, Stand & Catch	While standing, throw ball into air underhanded then sit and quickly get up to catch the ball.
10	Throw, Somersault & Catch	While standing, throw ball into air underhanded then do a somersault, stand up and catch.

#	Off to the Races	DESCRIPTION (players in squads of 3 or 4, relay race to a cone and back)
11	Carry 3 Balls	Player carries 3 soccer balls and runs to cone and back, hands off the 3 balls to next player, repeat. First squad done wins.
12	Dribble 2 Balls	Player dribbles with feet 2 soccer balls to cone and back, then next player repeats. First squad done wins.
13	Bounce the Ball	Player bounces the ball with hands to cone and back, next player repeats. First squad done wins.
14	Hopping	Player hops with both feet to cone and back, next player repeats. First squad done wins.
15	Backwards	Player runs backward to cone and back, next player repeats. First squad done wins.
16	Sole of the Foot	Player rolls ball with sole of both feet to cone and back, next player repeats. First squad done wins.
17	Crab Races	Player crab walks to cone and back, next player repeats. First squad done wins.
18	On All-Fours	Player crawls with hands and feet to cone and back, next player repeats. First squad done wins.
19	Jump with Ball Between Feet	Player pinches ball between feet and hops to cone and back, next player repeats. First squad done wins.
20	Carry 2 & Dribble 1	Player carries 2 balls with hands and dribbles one with feet to cone and back, next player repeats. First squad done wins.

#	Other	DESCRIPTION
21	Jump Overs	Each player with a ball, jump over the ball side to side for 10 repetitions.
22	Partner Throws	Using different types of throwing techniques, players throw balls to each other and catch.
23	Throw-Ins	Using proper soccer throw-in technique, players practice throwing to each other.
24	Ball Wrestling	With only hands on the ball, players try wrestle the ball from each other.
25	Alligator Wrestling	Each player faces a partner in push-up position, players knock arms and try to make partner's stomach touch the ground.



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