

## TOPSoccer

TOPSoccer is designed to encourage the participation in and enjoyment of soccer for children with mental and physical disabilities. This is done through differing activities in a relaxed and encouraging environment.

Due to the varying levels of ability across the group, the first task is to encourage players to use their feet, some players take longer than others to truly embrace this idea and the dedicated buddies work to build this with the players. From there, the progressions go through in a very similar style to other forms of soccer.

The initial process is to make the players comfortable with the ball at their feet while dribbling the ball. From there, we try to maximize the players' skills but primarily their enjoyment of the sport.

TOPSoccer will be a five-week program to ensure the sessions are kept interesting for the participants and do not put too much pressure on parent's schedules. Through the five-week program we will use activities and games using cones, pool noodles and buddies to create a fun environment tailored to the specific needs of players.

The Lazars TOPSoccer program is currently laid out:

### Week 1

Superhero – Players dribble and make a 'superhero' pose when coach says stop.

Partner Cones – Players and buddies are paired together with a ball. The players will then dribble around as many cones as possible.

Tag – Buddies and Players have a ball. The space is set-up with cones spread throughout a grid. The coach will instruct players to dribble at will. The coach will say "base" and the players will go to a cone and try not to get tagged by the coach.

Game time!

### Week 2

Simon Says – The coach will instruct players and buddies to follow directions. Popular game for all ages.

Shapes – Players start in a grid and dribble around inside the grid. Coach will yell a shape and the players will then dribble the shape. Buddies will assist players.

End Line Soccer – Players and buddies are separated into 2 teams; a point is scored when the ball is dribbled across an end line. More than one ball game be used.

Game time!

### Week 3

School of Fish – Each player and buddy have a ball inside a grid, there are four volunteers on the outside. When one of the four volunteers raises their hand, the player and buddy dribble their ball in that direction. At any given time, the coach will lower their arm and another will raise theirs.

Stinger Tag – Each Player has a ball. The buddies have a pool noodle – ‘stinger’ - in their hands. The players dribble their soccer balls and try to not get their ball tagged by a ‘stinger’.

Gate Activity – Small gates are made inside the playing area approximately 5 yards apart. Players and buddies dribble their ball through each gate and see how many they can get in a specified amount of time.

Game Time!

#### Week 4

Network – Cones are placed randomly across the field. Players and buddies dribble and try to pass the ball into a cone. They get a point every time they hit a cone.

Moving Goal – Each player has a ball. The buddies have a pool noodle between them which represents a goal. The buddies will walk around, the object is for each player to score a goal by striking the ball under a pool noodle.

Goal Galore – There are as many balls as players with two teams trying to score as many goals as possible.

Game Time!

#### Week 5

Body Part Dribbling – Players dribble around and the coach yells a body part. The players have to then stop the ball with that body part with the help of their buddy.

Partner Passing – Players pass with the buddy around a grid. Each pair counts the number of passes they complete.

Gate Activity – Players have to pass to their buddy through gates. Trying to pass through as many gates’ as possible.

Game Time!