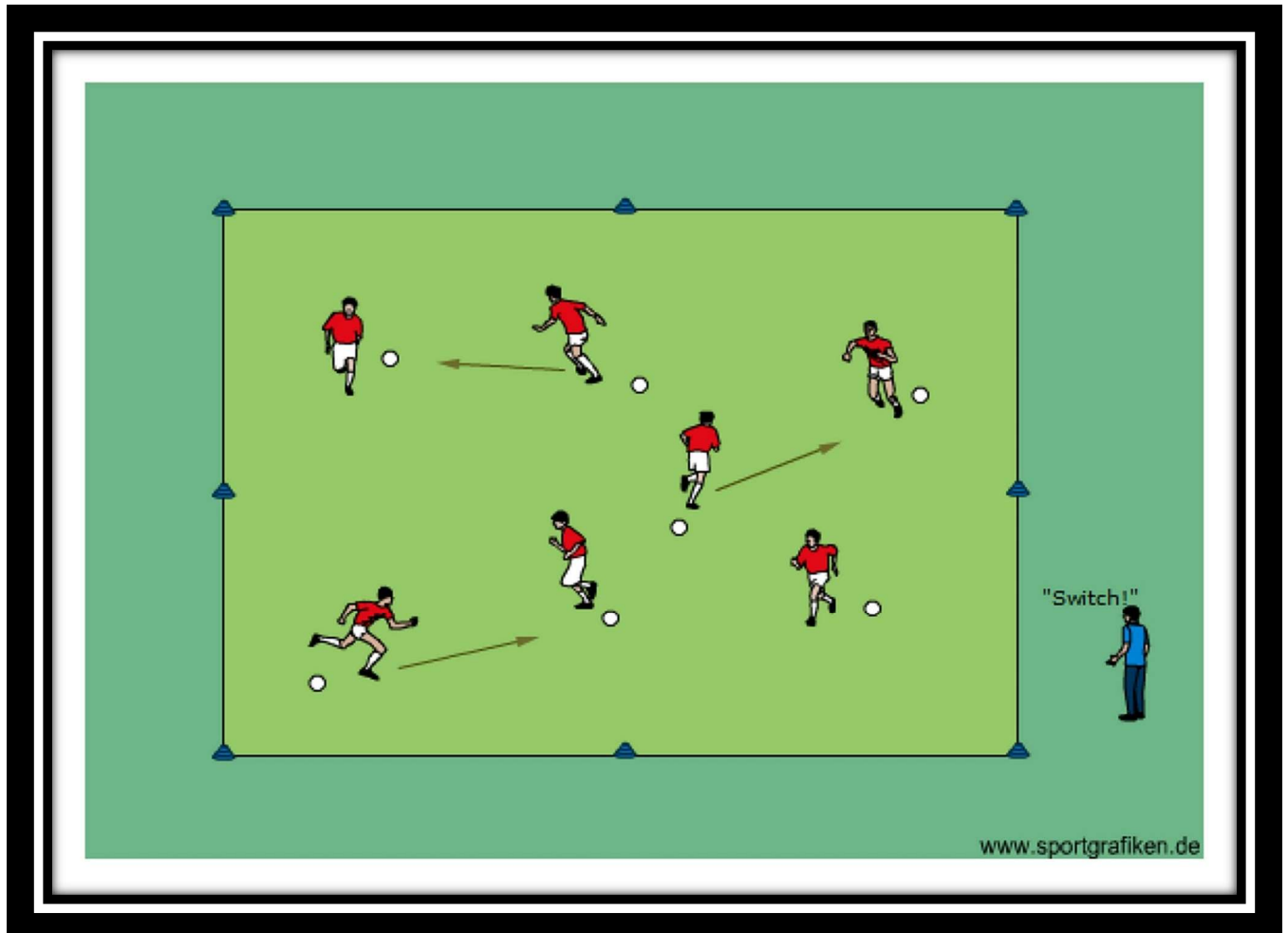


Ball Switch



Ball Switch

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Basic Information

Age Group: 5-11 years old

Number of Players 5+

Difficulty Easy

Time 5 min.

Emphasis: Ball Control. Dribbling

Field Preparation:

- each player with a ball
- grid (15yds x 20yds)
- cones to mark off area

Description:

- players dribble around inside the playing area
- on coach's command "Switch!" everybody stops his ball and finds another ball and then starts dribbling again

Variation:

- coach calls out different body parts with which players have to stop it (knee, forehead, buttocks, chest, elbow, heel, toes etc.)
- "Musical Soccer Balls" everybody has a ball except for one player; (on coach's command "Switch!" everybody stops the ball and finds a different one, the player without a ball has to do an exercise (i.e. 10 squat jumps, 10 toe taps with the ball))
- adjust spacing depending on the age and ability of the group

Coaching Points:

- agility and balance
- contact surface of foot
- vision
- close control