

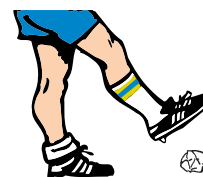
ACTIVITIES TO USE

Developing proper skills in any sport is essential. However, proper execution of these skills often falls to the wayside when the student becomes tired. Therefore, a variety of drills should be designed to maintain/ increase fitness levels while developing skill. The simplest way to accomplish this task is to always keep the students in constant motion. Never allow them to simply stand in line. The following soccer drills should keep your students active this fall.

Center Stomp

1 sponge or paper ball per student

Place 3 to 5 students (Stompers) in the center of the activity area. All other students have a ball and line up on the end line. On command, all participants try to dribble their ball to the opposite end without a Stomper stomping on it. If one's ball is stomped on, the Stomper takes the ball and the student who lost the ball becomes the new Stomper.



Variation: If one's ball is stomped on, the player picks up the ball and runs in place until someone kicks a ball between his/her legs. (Janell Robinson, Alma Public Schools)

Elementary

Hot Soccer

1 ball for each 2 students



Divide the class into partners. All partners run up and down the field, passing the ball back and forth. When "Hot Soccer" is called, the partner with the ball or who touched it last receives a point. See who has the least points. (Groups of three may also be used.)

Note: One key to keeping everyone on the move is having enough equipment. If equipment is limited, devise stations to maximize both equipment and movement. Remember, to increase fitness levels, do not allow the students to simply stand in line.

Middle School

The Conqueror

1 ball for each 15 students

Divide the group into three teams (A, B and C) of five students each. Place two teams (A and B) on the field, assigning each a goal. To start, Teams A and B play against each other (one-half of playing field), while Team C does a drill on the sideline. Team C will switch with the team that kicks the ball out of bounds or allows the other goalie to gain possession. The object is for one team to see how long they can keep the "Conqueror's Spot."



The new team coming in may bring the ball into play immediately at midfield. (If done properly, the activity is very fast-paced, as the teams quickly change places.)

Junior High/High School