

Bear in the Woods, submitted by Chris Goldkamp, FC Brandywine TOPSoccer

Objective Dribbling under pressure.

Description

Have your athletes stand at the end line between the posts (if they can fit) each with a ball at their feet. Have their buddies go out about 40 yards and lie on the ground face down very still. Then the coach says to the athletes “We’re in the woods, in our tent (the goal) right now. There are dangerous bears in these woods. Do you guys see any bears?” They’ll point at the buddies laying down. “Do you guys want to stay safe in our tent or do you want to go see the bears?”. They’ll of course say see them. “Ok, but they might eat us – we have to be very careful”. Dribble the balls out the bears being very quiet with a lot of “shhhhh” from the coach. When you get to the bears, ask the campers "Do you want to wake up the bears?" They’ll say yes, of course. Do a count to three and on three everyone dribble their ball into a bear. When the balls hit the bears, the bears wake up, stand up, and chase the campers dribbling their balls back into the goal with lots of growls while the coach is frantically screaming to “hurry up, get back to the tent, they’re going to eat us!”. For bonus points find one camper you can point out that may have been eaten when you get back – it’ll raise a little concern, then say “There she is! She’s safe!” Also hide an arm behind yourself and say it's been eaten, then reveal the arm. Then on round two switch roles and have the athletes go out there with a buddy or two to lead them and they become the bears.

Dribbling
Retreat & Recovery
Turning
Ball Control
Basic Motor Skills

Coaching Points When dribbling, go at speed while keeping the ball close.

