

## BODY BALL

### STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Dribbling
- + Ball mastery.

#### Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Fundamental movement skills
- + Beating and escaping an opponent

### WHY USE IT

Young players like to experiment and 'Body Ball' is the perfect way to incorporate laughter and skill development into one activity. Players learn to use different surfaces of the feet and to keep hands off the soccer ball.

### SET UP

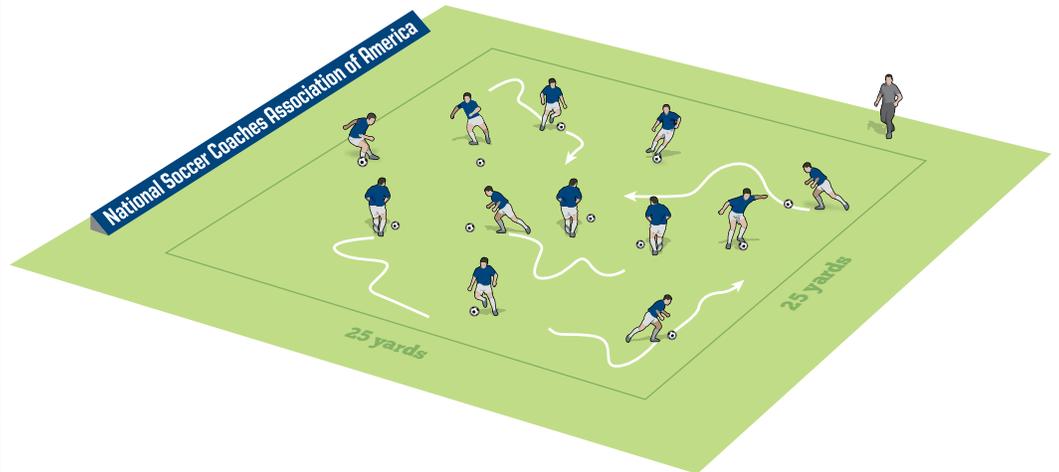
25 x 25 yard area. 12 players each with a ball dribbling around the area.

### HOW TO PLAY

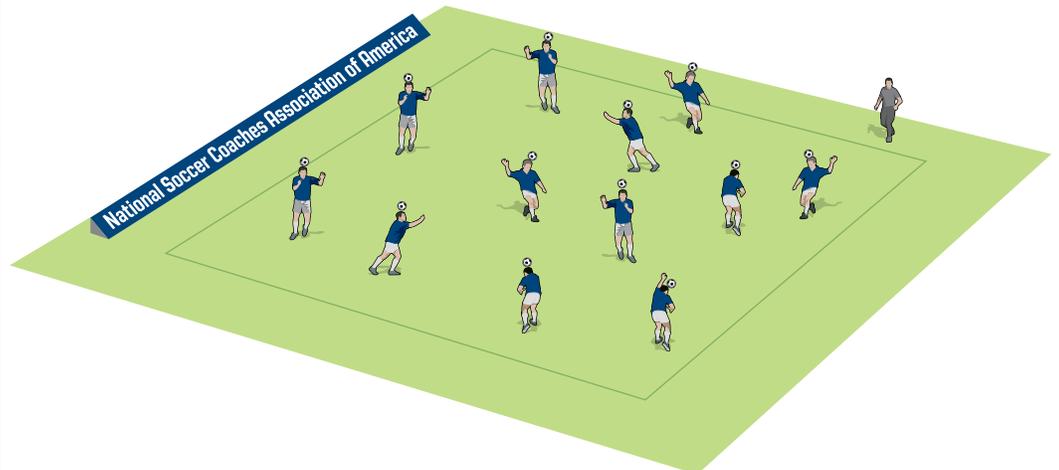
Players dribble around the area listening for the coach's instruction. When the coach shouts out a body part, the players have to place that part on the ball. Start off simple, keeping the instruction to single body parts, such as 'head', 'tummy' and 'bottom'. Increase the complexity by calling out 'left foot', 'right knee', 'left elbow' etc. As you know, some young players also like to use their hands. One way to introduce the 'no hands rule' is to have the players repeat as a group 'No hands in Soccer' when you call out 'hands' as a body part. Be ready for the smarty pants who tells you that goal keepers use their hands!

### COACHING NOTES

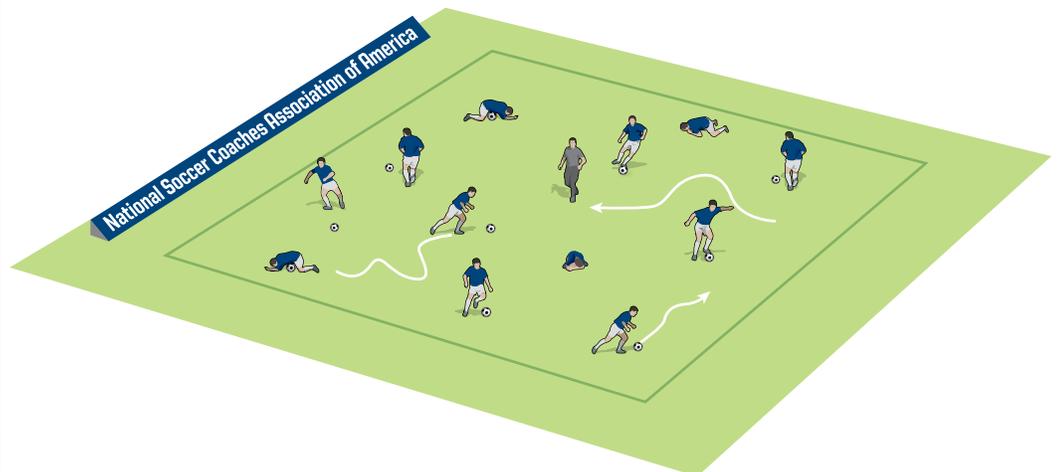
- + Coaching objectives - To get the players moving and touching the ball using different parts of the foot. Also introduce players to 'left' and 'right' and the 'hand ball rule'.
- + Coaching tip - Kneel down so your head height is at the same level as your players to establish eye contact. Avoid wearing sunglasses when you coach.
- + Adaptations - as player become proficient, call out body parts consecutively (i.e. tummy, nose, elbow) or call out two body parts at once. (i.e. right hand and left foot).



- + Players dribble around the area listening for the coach to call a body part.
- + Start with simple parts such as tummy, bottom and head.



- + A good opportunity to teach some rules such as handball.
- + When coach says 'hands', plays repeat 'no hands in soccer'.



- + Increase the challenge by shouting a sequence of body parts.
- + Players need to place 2 body parts on the ball.

