

Games incorporating the development of ball skills

These games can incorporate many ball skills from different sports while also being fun and challenging.

They are roughly divided into three levels of difficulty.

The third level includes inter-player competition for possession of the ball and possibly elements of physical contact.

The ability and experience of the players (and not necessarily their age alone) will determine which activities are most appropriate.

Many are also detailed on the PSSI CD Rom.

Level 1

Over and Under

Players line up in teams of 5/6. The ball is passed over the first person's head, under the next person's legs, and repeated until it reaches the last person who runs with the ball to the front of the line to begin the process again. The winning team, should you decide to race it, is the one with the original leader back in front first holding the ball high above their head.

Variations:

1. Instead of passing the ball over and under, using both hands the first person swings around and passes the ball to the right, the next person passes to left, and the game continues as above.

2. Tunnel Ball: Line up as above, making a "tunnel" with legs.

The ball is passed over each person's head in turn. The person at the end of the line rolls the ball up the tunnel and runs to the front to retrieve the ball, and begins the process again. Continue as before until the original leader is back in front.

Pass and Duck

Players line up in teams. Leader faces team who stand one behind the other 1-2 metres away. When a signal is given he/she passes to first in the line. Player passes back and ducks down. Leader then passes to second inline who returns pass and ducks down. This continues until line is finished. Leader leaves ball on the ground and runs to join

end of line. Next person comes to face team and pass the ball to each player in turn again. The group whose leader is first to reach the front again is the winner.

U-run:

A simple activity in pairs. Partners stand at cones 2-4 metres apart. Player A runs with the ball around B and back to starting cone before passing to B who then runs a U run around A and passes. Once players know the routine the running can involve dribbling/soloing etc and the pass can vary to include chest/bounce/fist/kick etc.

Challenge – how many runs/passes in a minute or without dropping ball?

Out in Front

One player, leader, faces 3 or 4 other players (standing shoulder to shoulder approx 1-2 metres away) and passes the ball to each player in turn along the line. When finished he/she holds the ball up. Each player in turn becomes the leader.

Progression: The leader decides which type of pass to use. Each leader must use a different pass.

Dribble and Pass:

Groups of 4-5 line up behind a cone with a second cone 2-3 metres away. Player A runs/dribbles/solos to outer cone, turns and passes back to B and then runs to end of line. Each player does likewise until A is back at the front of the line again.

Pass and Follow (Shuttle Relay)

Teams line up with 2/3 people in line behind each other facing another 2/3
Pass and move to the end of the opposite line.

Level 2

“Squirrels store”

This game aims to improve ball handling/ball control skills, speed and agility. Initially it can be played as a class and later in grids with smaller groups playing more independently.

- Assign 1 team to each of approx. six grids. All teams will be playing against the other teams. At the corner of the grid, children have a place (store) to collect their balls (nuts).
- In the centre of the grid, place at least as many balls as players. In 60 seconds, children try and dribble/carry/solo as many balls as possible (only one at a time) to their store.
- When area in middle is empty, children are allowed to dribble/carry/solo a ball to their own area. (one ball at a time, in a clockwise fashion)
- Each time children must go to a different area to collect a ball and they cannot tackle any other players.

Magpies’ nests

Objective: Improving control, agility, tactics and possession skills.

Assign 8 children to a grid. Each child has a ball.

- In 60 seconds, children knock as many other players’ footballs out of the square while at the same time protecting their own .ball
- Take care to kick out one ball at a time. Also take care not to bump into people and not to interfere with other players.

4 v 1

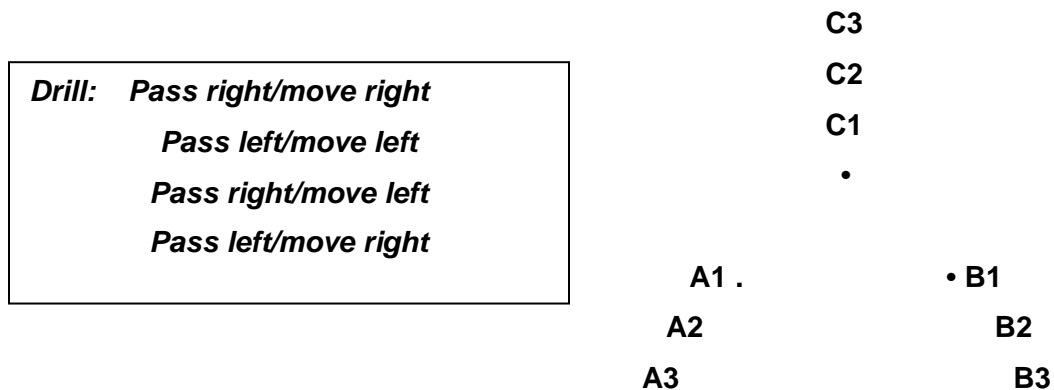
Objective: - To practice and improve passing and moving skills

- Assign 5 children to a grid marked out with plenty of cones. (3m x 3m minimum – adapt size of grid to skills being used an experience of players. Kicking activities may need a larger space).
- Put 1 defender in the area and attackers stay outside the area.
- Attackers score a point when they make a successful pass.
- Change defender after 30 seconds or after an interception.
- Attackers can move along their line to make an angle for the passer, to complete a pass.

Three - Headed Monster

Class is divided into groups of approximately 9 players and each group is assigned a grid space.

Players line up at points A B C.



See PSSI Lesson Plans (third and fourth class Lesson 1)

Free Spot

Groups of four with five hoops/discs/markers spread around a zone. Stand on/at a marker. First player passes the ball to any other group member and moves to the free spot. Receiver each time passes and moves to free spot.

Challenge: How many passes in a set amount of time?
 How many passes without dropping the ball?

Zig and zag

Divide class into groups of 8-10. Place 6-7 cones in zig-zag/slalom formation with one player at each cone and the remainder at the first cone. Starting with one ball the first player passes to the player ahead and follows to the cone. Each player subsequently passes to the player ahead and follows. The player who receives the ball at the last cone dribbles/solos back towards the first cone and when appropriate passes to the next waiting player. The returning player then joins the queue at the first cone. Once the players are familiar with the routine more than one ball can be used in each group. (See PSSI Lesson Plans fifth and sixth class Lesson 1)

The Clock:

Divide class into groups of eight. Each group of 8 then splits into two teams of four. One group forms a clock-face while the other lines up at a cone outside the clock-face. The inner group passes the ball from player to player while the outside group dribble in turn around the outside of the circle. Groups then alternate roles.

Challenge 1: Each team spends one/two minutes at each task and adds the numbers of circles passed to the total of circles dribbled.

Challenge 2: Inner group completes as many rounds as possible while all outside group dribble once round.

(See PSSI Lesson Plans third and fourth class Lesson 1)

The Wheel:

Divide the class into groups of 8-12. For each group place four cones in a diamond formation. Players stand two/three behind each cone. Two balls are kept in motion as players pass to the person directly opposite and then move to the cone to their right. Choose a combination of passes which ensures the two balls travel at different heights (for example bounce and chest pass or ground kick and kick from hands).

See PSSI Lesson Plans (third and fourth class Lesson 1)

Tag Me:

Divide class into groups of 8. Each group splits into two teams of four and is allocated a grid space. The team in possession of the ball try to tag an opposing player with the ball by touching them with the ball while still holding it with two hands. Allow each team an agreed length of time to tag the opposition as often as possible. The teams then switch roles.

See PSSI Lesson plans (third and fourth class lesson 2)

Level 3

Small-sided games:

Game 1: 3 v1 (version of Pig in Middle)

Divide class into groups of four and assign each group a grid space to play in.

- 1) Number players 1,2,3,4.
- 2) No 1 starts as “piggy” with others passing among themselves to keep ball from player 1. No 1 remains “piggy” only until other players complete 5 uninterrupted passes and touch ball on ground or if he/she manages to intercept and win possession.
- 3) No 2 then becomes “piggy” with No 1 starting passing.
- 4) Nos 3 and 4 follow as “piggy” in rotation.
- 5) N.B. Encourage player to move while not in possession
- 6) N.B. Only use 4v1 if numbers demand. Use 2v1 if players are skillful/experienced.

Game 2: 3 v 3 possession game:

Divide the class into groups of 6 and assign each a grid space in which to play.

Each group of 6 divides into two teams (identified by bib colour). Team A take possession and aim to score by making three consecutive passes. Team B get possession after three passes or by intercepting and gaining control of ball before that

The game is played within grid with normal rules regarding tackling and losing possession when ball leaves grid. (See PSSI Lesson plans fifth and sixth class lesson 1)

Game 3: 5 v 5 invasion game (attacking one end of court while defending the other):

Divide a class of 30 into three groups – each group sub-dividing into two groups of 5 Each group is allocated a playing space.

- teams score by touching ball down in defined touchdown area.
- Teams score by passing to receiver positioned in touchdown area. Scorer becomes receiver in touchdown area.
- Bench Ball: Teams score by passing to receiver standing on bench. Scorer moves to bench and receiver returns to play area.
- All of the above practices and games can be played using any of a variety of ball-handling and kicking skills or even some carrying and striking skills (providing the necessary safety practices are applied)
- Possible rule modifications in these games: a) Do not pass back to player you received pass from (not in 3 v 3). b) All players must touch ball before team scores; c) No dribbling/travelling with ball.

Line Ball:

Divide the class into teams of 5-6.

This is a passing game where players pass the ball to reach the target i.e. a team mate standing behind a line or between two cones. The ball has to be caught cleanly by the child to count as a score. Confine the children to passing only (no dribbling) to promote teamwork

Hand the ball to the other team:

- if the ball is out of bounds i.e. ball over sideline or end line;
- after a score;
- if there is a violation e.g. running with the ball;
- if there is a foul e.g. someone is pulled or pushed or hit on the arm, etc.

Agreed rules:

- No running with the ball.
- No pushing.
- No pulling/dragging.
- The catcher may move up and down the line.

A score can be one or two points.

N.B. After a score or when the ball goes behind the line the ball is left on the ground and the throw-in is taken by the defending team. i.e. not the catcher on the line

After a score the scorer becomes the catcher in the end zone.

- Initially, teachers must use their discretion with the implementation of the travelling rule – two or three steps can be allowed.
- As the children improve, become more strict.
- Discuss with the children conditions or skills which could be included to improve or change the game, for example use a short dribble or no dribbling!
- Discuss how to develop inclusion in the game.

See also PSSI Lesson plans (third and fourth class lesson 2)

Bench ball

Similar to “Line-Ball” this is a passing game where players aim to pass the ball to a team mate standing on a gym bench to score.

The ball has to be caught cleanly by the child on the bench to count as a score. Confine the children to passing only (no dribbling) to promote teamwork. To prevent the children from standing right beside the bench, mark out a semi-circle into which no player may go.

See also Zone Ball (PSSI Lesson plans fifth and sixth class lesson 5)

Hoop Game:

This game is a progression from Line Ball and Bench Ball but now use a basketball/netball hoop as the scoring target.