



ALBERTA SOCCER ASSOCIATION  
*The Governing Body of Soccer in Alberta*

# PARENT PLAY

Parent Coaching Activity Handbook



## Introduction

Thank you for taking the Parent Play Clinic. Below are the activity plans for the sessions that you participated within for this clinic. Please remember these are activities to be played with children – so let them play and find their own success.

### ACTIVITIES LIST

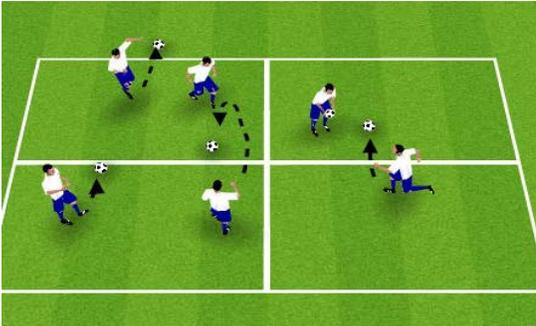
- BALL JUGGLING
- SOCCER TENNIS
- THREE GOALS AND IN
- WALLIE
- PANNA
- TRAM-LINES
- BAKED BEANZ
- CROSSBAR CHALLENGE
- TWIST N SHOOT
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# Let's Go Play!

## BALL JUGGLING

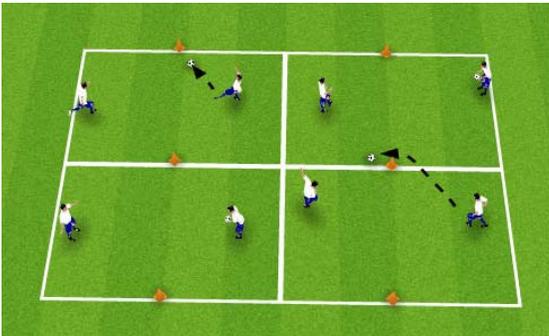


**Set Up:** Juggling is an individual technical skill set that is encouraged from a young age. Players simply need to find some space and a ball to practice keeping the ball off the floor.

**Instructions:** This activity may commence with players practicing one bounce and one touch, remembering to strike the bottom of the ball with the top of the foot softly. As players develop their ability and confidence other body parts should be incorporated to the sequence - head and knees.

They should further attempt accumulating as many touches as possible between the ball touching the floor.

## SOCCER TENNIS



**Set Up:** Soccer Tennis brings a game concept to juggling where two or more players may play within two square/rectangular sized courts. The size should be appropriate to the players age and ability.

The concept is similar to tennis, where teams pass the ball over a mid-line (net) to their opponents for them to return the ball likewise.

**Options:** There are many rules that may guide competition as the players improve.

1. The ball is allowed to bounce on the court twice (or any given number) before being returned to your opponent and players are permitted unlimited touches.
2. If the ball bounces outside the court or more than the designated number of

bounces, on a player's side their opponent receives a point.

3. Following the gaining of a point, the winning team gains service and plays the ball to their opponent to recommence the sequence. All service passes must be played above head height - but the head height ruling is only for the service shot.

4. The game may progress for any series of points (10, 20) and players should replicate tennis, whereby they switch ends at appropriate times within this game.

**OPTIONS:** There are many adaptations to the game rules of tennis, whereby the number of bounces on the floor, touches by a player may be adjusted to alleviate or increase the degree of difficulty for the player. When starting out, this game provides a strong challenge, but once players gain confidence, it is an effective game played the world over.

## THREE GOALS & IN



**Set Up:** This is a simple set up for any number of players and may be adapted in many ways. The organization is a goal and ball. The objective is for the striker to score three goals and then switch roles with the goalkeeper.

**Instructions:** The game is essentially a one on one activity (field 1). The striker may be conditioned to shoot with either foot, limit the number of touches, or play an aerial shot on the volley.

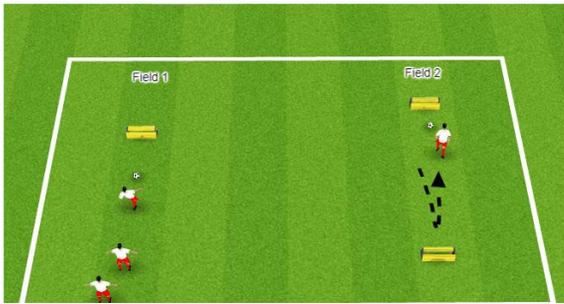
If another player is available (field 2) then they may play a game of 1 v 1 against each other. In this situation the winner rotates position with the goalkeeper once three goals have been scored and a new game commences.

**Options:** Shooting coaching points would be to consider accuracy before power, try

to keep the shot low and if possible into the corners.



## WALLIE



**Set Up:** A key activity for all aspiring players, to enhance passing accuracy and receiving the ball.

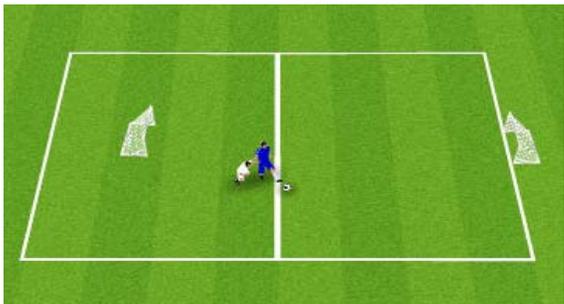
**Instructions:** The activity is passing of the ball against a wall and receiving the rebound. It may be played as an individual or with small groups.

As an individual the player will set the distance they are positioned from the wall and should seek to perform a set number of consecutive one touch passes. There are lots of conditions that may be applied to this activity: Left or right foot, inside, outside or top of the foot, two touches with alternating feet or surfaces, aerial balls, using different surfaces to control the ball, thigh, chest or head.

**Options:** As a team 'Wallie' may be played in a relay fashion where the players play one touch within a specified area and if a player misses the zone or takes more than the specified number of touches they are eliminated from the contest.

A further option if two walls are available is to practice receiving and turning with the ball as indicated in Field 2 diagram. Again, any number of conditions may be applied to this activity such as which controlling surface or number of touches may be used.

## PANNA

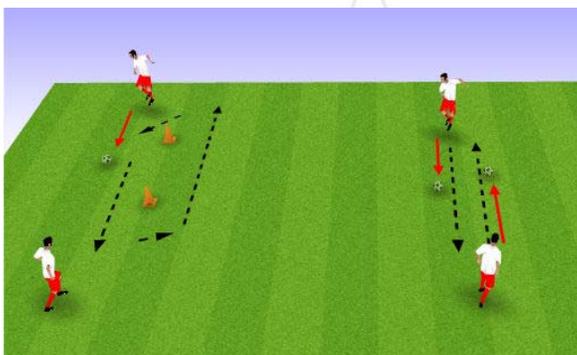


**Set Up:** This activity may be played as Panna with just a ball between two players. The idea is that the player in possession manipulates the ball and attempts to tease their opponent to challenge for the ball and then plays the ball between their legs (nutmeg) to score.

**Instructions:** An alternative game is to play a close skills 1 v 1 game with two small goals and no goalkeepers. The players seek to score as many goals as possible, for a target number of goals, for example 10. However, if a player achieves a nut-meg (Panna) on their opponent, then they win the duel regardless of the score at the time.

**Options:** This activity encourages close skills to move the ball with lots of intricate touches and drag-backs to tease the defending player to stretch their legs and open an opportunity for the player in possession to make a nut-meg (ball played between their opponent's legs).

## TRAM-LINES



**Set Up:** This is a challenging passing activity for players working in pairs. The initial activity is played around two cones and encourages the players to receive and move the ball on the players first touch, so they must play around and along the channel of cones on two touches.

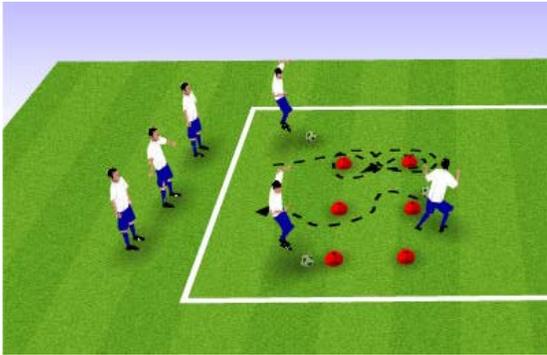
**Instructions:** Players should be encouraged to use a specific foot and consider their body position when receiving, moving and playing the ball.

**Options:** The second activity is played between two players with no cones, but a ball each, so the players pass and receive a ball at the same time. This activity encourages players to consider the movement of the ball and the strength of their touch on receiving the ball.

Once the basic movement patterns have been mastered, players should be encouraged to rotate the directional play, so instead of receiving on their left and passing with their right, they play the opposite direction, hence receive on their right and pass with their left foot.

They may be instructed to play off one foot, so players should receive on the outside of their right foot and pass with the inside of the same foot.

## BAKED BEANZ



**Set Up:** This is a dribbling relay and the players work in pairs. Each pair has two cones placed before them, the distance will be dependent upon the challenge required by the players and one ball per pair. Players should commence the activity without, then add in the ball to focus on technical development.

**Instruction:** The players are instructed to run around and between the two cones in a figure of 8 pattern for two loops. They return to their partner who repeats the sequence. In a race, the first pair to complete the sequences wins, however in the activity the emphasis should be on technique and movement patterns.

**Options:** As indicated it is a good idea to observe the players performing the right sequence (pattern) first, without a ball. Then add in some fun physical literacy actions

such as laying in your stomach at one cone and sitting on your butt at the other?

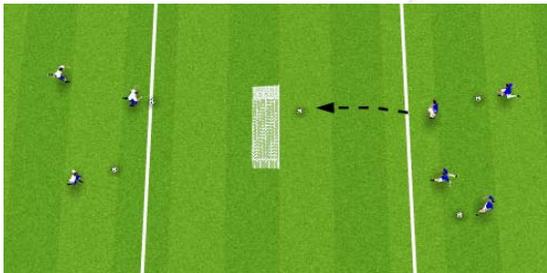
Finally add in the ball and guide the players to understand which is the most efficient part of the foot to use in the sequence.

1. Right foot only (inside and outside of the foot)
2. Left foot only (inside and outside of the foot)
3. Inside of both feet (left foot around one cone and right foot around the other)
4. Outside of both feet (left foot around one cone and right foot around the other)
5. Drag through - no conditions except when passing between the cones the player must drag the ball with the bottom of the shoe.

The key is to change feet whenever passing between the two cones.

A further challenge maybe to place a spare ball on the two cones and the players are conditioned to avoid knocking these off the cones.

## CROSSBAR CHALLENGE



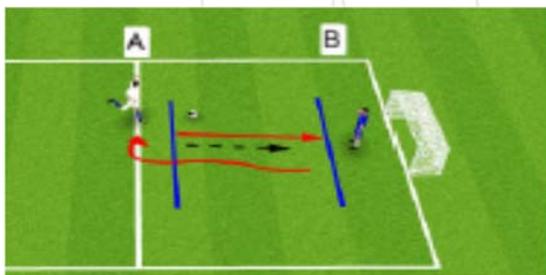
**Set Up** This is a fun and engaging activity for players to develop their ability to strike and lift a ball. Two teams are positioned either side of one set of goalposts, the players have as many balls as are available.

**Instructions** The objective of the activity is to strike the ball to hit the crossbar. Players should be instructed to stand an agreeable distance from the crossbar before attempting to strike the ball. They are not required to retrieve their balls as the opposition team will retrieve these and attempt to shoot back. The winning team will be the team who strikes the bar first or for a pre-determined number of strikes.

**Options** Other options for this activity are to condition which foot the strikers use.

A further team challenge could be to hit the crossbar and then both side posts in the correct sequence (crossbar, right post left post).

## TWIST & SHOOT



**Set Up:** The dimensions should match the age and ability of the players, who can play in pairs. Ideally the distance between the two lines should be sufficient to challenge the striker and allow the receiver an opportunity to save the shoot.

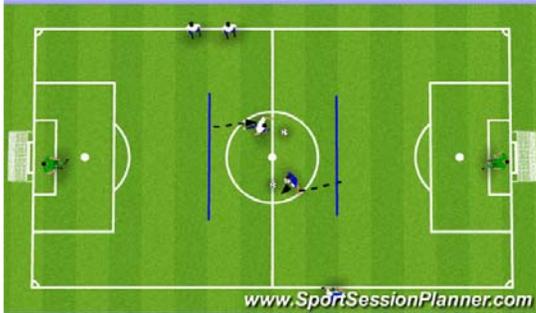
**Instructions:** The players start at each line and the player standing furthest from the goal (player A) has the ball. Player A passes to player B and then makes a retreating run to defend the goal, whilst player B moves with the ball to the outside line that they must cross and turn with the ball as quickly as possible, before attempting a shot on

goal. The shot must be taken from beyond the line. Each player then reverses their roles after each shot. The player receiving the ball must attempt to save a goal from being scored by using their body but not their hands or arms.

**Options:** The main techniques for this activity are running with the ball, turning and shooting. The essence is to push the ball ahead on the run, perform a tight turn that plays the ball ahead of your body as you turn, so that you can move on to strike the ball effectively. If the ball is still under the body following the turn, it will require an additional touch or step back to perform an effective shot.

Certain conditions may be placed on the activity to make it harder, such as conditioning the specific use of either foot, are requesting specific turns and then possibly positioning cones in between the lines to present a slalom run.

## US PENALTY SHOOT OUT



**SET UP:** This activity can be played into one goal or alternatively two goals (as template above). The dimensions should reflect the ability and number of players available. There should be a goalkeeper for each goal and players compete in pairs, these may be teamed pairs or random pairs. The activity will also require a large supply of balls.

**INSTRUCTIONS:** In the illustrated template the two players commence the activity standing on the blue line and the goalkeepers on their respective goal-lines. On the coach's command both players run to their balls that are positioned on the centre line and commence to attack the opposite goal. They may choose to shoot or dribble the ball

closer to the goal before attempting a shot. The first player to score is the winner.

**OPTIONS:** There are lots of ways in which the activity may be adapted to include a fun and challenging start to each race. One may be to have the two players attack the same goal, hence a race to the same ball. Others include

1. Players sitting down crossed legs
2. Players laying on their backs
3. Players laying on their stomachs
4. Players performing a somersault before taking possession of the ball
5. Player performing three spins before taking possession of the ball
6. Perform a slalom dribble around cones before shooting





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