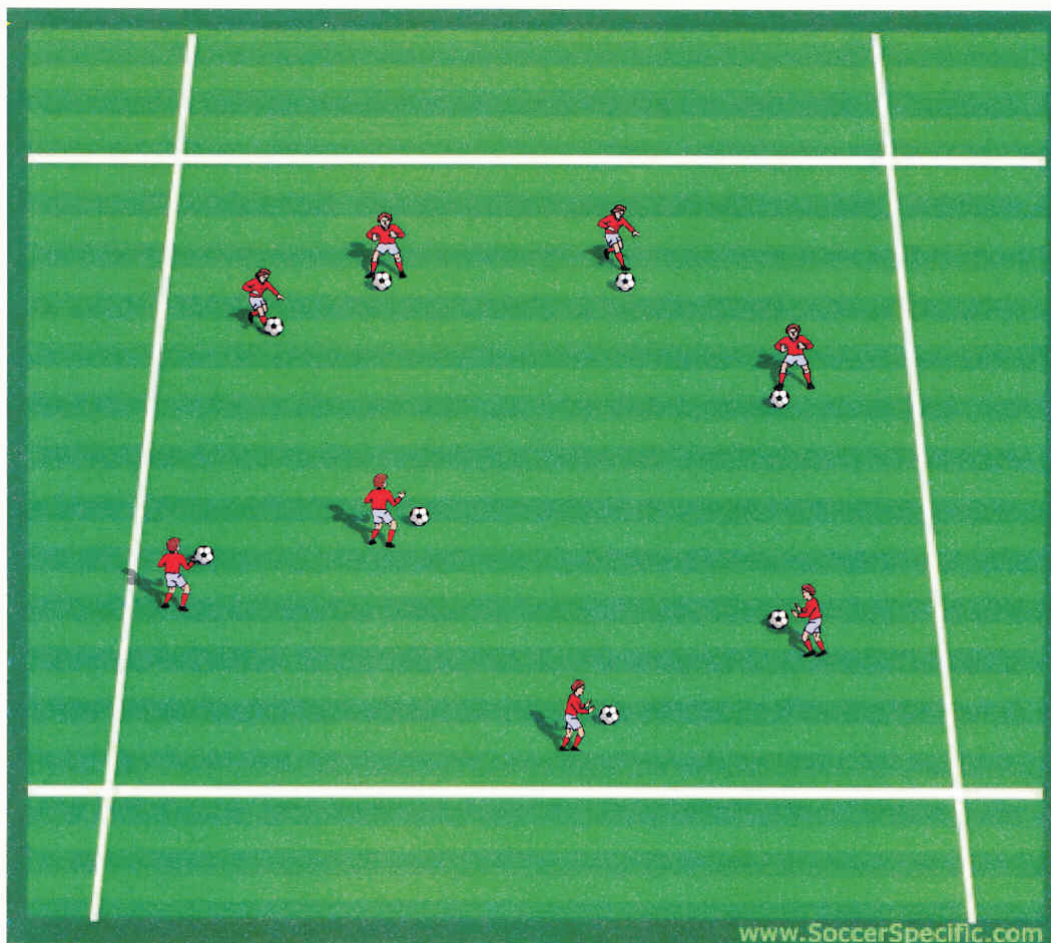


Ten Step to the Clouds



Purpose: Incorporate all technical aspects of soccer in warmup. Coach calls instructional, players listen and carry out instruction. (Taken from Challenger Sports 2002)

Organization

1. Each player has a ball.
2. Coach calls out a command

Coaching Points

1. *On the Run* - dribble around grid, change of pace, change of direction, left foot only, right foot only etc..
2. *Sole of the Shoe* - On command player stops the ball. Encourage use of right foot, then left. (Make fun turning into Buzz Lightyear- hands out in front)
3. *Let's Bend the Knee* - on command player stops ball and place knee on ball (have fun and change to left knee, right knee. Make a little song "oops I did it again" while changing knees)
4. *Head to Ball* - On command player stops ball and puts head on it (dribble with head)
5. *Staying Alive* - Toe taps on the ball (tell players they need happy feet) singing "Staying Alive"
6. *Do a Trick* - Can you do a little turn with the ball, change of speed, change of direction, etc.
7. *Ball to the Clouds* - Throw ball in the air and control with feet. Emphasize communication with partner and part of the foot which is most accurate (side of foot)
8. *Change with a Mate* - Swap balls with a partner. In warm up emphasize communication with partner and part of the foot which is most accurate (side of foot)
9. *It's all Mine* - Keep your ball in grid, while trying to kick someone else's out. No winners, no losers. Just bring ball back into grid and start again. Emphasize moving to the open spaces and keeping body between ball and opponent.
10. *Let's do it again!* - Do not attempt to bring all ten steps in at your first practice. First practice do the first 3 steps, then bring in the additional steps of 4-6. Then the next practice try to do all 10 steps.