



JASA Spark #5

Category: Technical: Ball Control
Difficulty: Beginner

JASA Coastal Surge, Jacksonville, United States of America
Individual-Adult Member

Cross the Ocean



CROSS THE OCEAN:

In a 15W x 20L yard grid, get the players in pairs and have them start on opposite sides of the grid (On the Beach). At coach's command, the players will dribble the soccer ball across the ocean to the beach on the other side. They must go as fast as they can, keeping the ball under control, once they have stopped their ball on the beach they should shout out their name!
Rounds 1-2: Players can only use one foot
Rounds 3-4: Players can go back and forth as many times as they can in 45 seconds
Rounds 5-6: Players must dribble across the ocean using Inside-Outside Pattern
Rounds 7-8: Players try to beat their High Score!

Capture the Pearl



CAPTURE THE PEARL:

In a 15W x 20L yard grid, the coach makes 2 teams of 3-5 players each. Players are lined up next to the coach. When the coach serves the ball, the first player on each team will go after the soccer ball (The Pearl) and try to dribble the ball back to their sea shell. If a player stops the soccer ball inside either shell, they get a point for their team.
Round 1: One game of 1v1 at a time
Round 2: Have two 1v1 games going at the same time with different soccer balls
Round 3-4: Coach can make the games 2v1, 2v2

Sharks and Minnows



SHARKS AND MINNOWS:

In a 15W x 20L yard grid, select 1 or 2 players to be Sharks, Sharks will start in the middle of the grid. The rest of the players (Minnows) are at one end of the grid. When the sharks say "Fishy, Fishy, Cross My Ocean" the minnows will try to dribble their ball to the other end of the grid. If the sharks take the minnow's ball and dribbles it outside of the grid, the minnow becomes an additional shark.
Round 1: The coach starts as the the Shark
Round 2-4: Select 2 players to start as the Sharks
Round 5-8: Sharks can kick the into a goal or dribble the ball outside of the grid

Scrimmage



Set up two fields 20W x 30L yards with a 5 yard space between them to keep the majority of players playing. Depending on the number of players at practice you can play 2v2 3v3 or 4v4. Allow plenty of breaks for water and rest!

Capture the Treasure



CAPTURE THE TREASURES:

In a 15W x 20L yard grid, divide players into 4 equal teams, with each team having a separate home base (ship) in the corner of the playing area. All soccer balls will start in the middle of the grid. Players start on their ship and at the coach's command one player at a time will run out to the middle collect a soccer ball (treasure) and dribble it back to their own ship. Once all the treasure has been collected, players can steal soccer balls from their opponent's ships.
Round 1-2: Players can only dribble the ball back to their ship
Round 3-4: Players can dribble or pass the ball back to their own ship