SAILING THE SEAS

**OBJECTIVE:** Improve the player’s ability to dribble their soccer ball and change direction

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 15W x 20L grid, all players with a soccer ball (their ship) & the coach is the captain of all the ships. The players will dribble their ball and change speed or direction based on the weather; high winds=dribble faster, no wind=go slow, hurricane=dribble in a circle & rogue wave=go backward. Each round, add 1-2 new directions. Coach can even try to combine some of the movements such as dribble forward then turn in a circle. **RULES:** Play starts when the captain says, “ahoy mates, set sail.”

**KEY WORDS:** Turn in a circle, use the bottom of your foot to go backward

**GUIDED QUESTIONS:** Can you list 2 things your foot would have to do to turn in a circle? Who can show me what they would have to do to turn in a circle?

**ANSWERS:** Quickly look over your shoulder, get close the ball, take little touch so each touch turns the ball a little, use your big toe or little toe (inside or outside of the foot) to turn the ball. Gently put your foot on top of the ball, pull the ball back toward you, while keeping your foot on top of the ball, hop backwards with your foot that is on the ground & pull backward again.

**Note:** Try to allow the players to demonstrate the turns or change of speed. This will give a good indication of who understands as well as who can complete the task.

**8 minutes-12 intervals-20 sec. play-20 sec. rest**
### FIVE ELEMENTS of TRAINING EXERCISE

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### TRAINING EXERCISE

#### PRACTICE (Activity 3): Bruce the Shark vs Nemo (Dori)

**OBJECTIVE:** Move the ball forward to get past the opponent's

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** In a 15W x 20L grid, all players except for 1-3 start with their soccer ball on one end line. Select 1-3 players to be Bruce the Sharks. They do not need a soccer ball (coaches can start as sharks too). The players on the end line are Nemo or Dori. They must swim (dribble their soccer ball) to the other side and stop it on the opposite end line without losing it to Bruce the Shark. **Rules:** Game starts when Sharks yell, “Nemo, Nemo cross my ocean.” Once a dribbler has reached the opposite side, he/she is safe.

**KEY WORDS:** Swim away from the sharks, try to fool the sharks

**GUIDED QUESTIONS:** How do you know where it is safe to cross the ocean? What can you do if a shark blocks your opening to the other side?

**ANSWERS:** If the sharks are not looking or if they are not close to you, swim past them. Try to find a new opening to get across.

**Note:** Coaches can be Bruce the Sharks to allow for more dribbling and player success. This game can be continuous by asking the players to get across as many times as possible in 1 minute. Remember to allow for longer rest after the extended work.

#### 2nd PLAY PHASE: The Game – 3v3 or 4v4

**OBJECTIVE:** Move the ball forward toward the opponent's goal & create scoring chances

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4) no goal keepers. Play for 24 minutes. Play 2 equal halves with a half-time. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

**KEY WORDS:** Strike through the middle of the ball, go to goal, find your teammate

**GUIDED QUESTIONS:** When should you try to pass to a teammate? Thinking back to Bruce the shark and Nemo, who would be the sharks in this game and who is Nemo?

**ANSWERS:** If the openings are closed to go to dribble forward or go to the goal, try to pass the ball to a teammate who can. The team without the ball are the sharks and the team with the ball are the Nemos trying to get past them.

**Note:** Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.