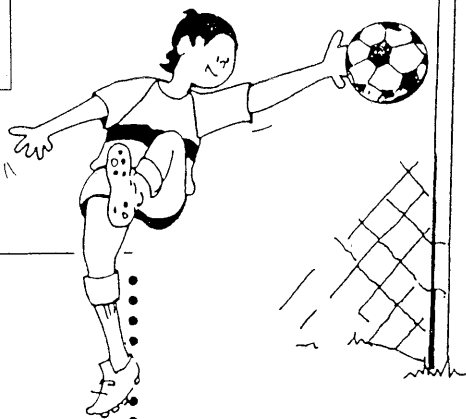


SESSION 1
ROOBALL - LEVEL 1

Passing and Controlling



Equipment

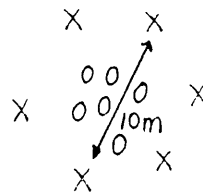
12 RooBalls
12 Markers

Intro. Activity

5 mins

Circular Dodge

- Players on outside of circle aim to hit dodgers below the knee with the ball using an underarm roll.
- Swap frequently.



Skill Development

PUSH PASS

- TIPS**
1. Non-kicking foot placed to side of ball.
 2. Eyes watch the ball, body inclined forward slightly.
 3. The ball is pushed using inside of foot.
 4. Kicking foot follows through for accuracy.



CONTROLLING THE BALL (Inside of foot)

- TIPS**
1. Eyes on ball.
 2. Inside of foot contacts ball in front of body.
 3. Foot 'gives' with the ball.



- 5 mins** • Pass and control in pairs. Try opposite foot.
2 mins • As above but move the ball from side to side.
3 mins • Push pass to a target. Depending on ability, distance can be increased/decreased.

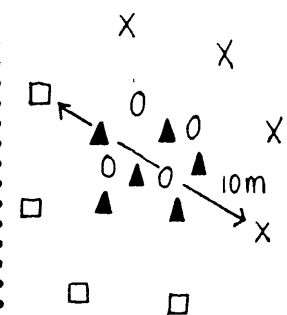
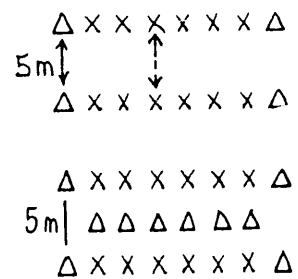
Game

15 mins 'Defend a Target'

- Three teams of 4. One team stands in centre of circle and attempts to defend targets. Players on the outside of the circle aim to knock down as many targets as possible in the time limit, using the push pass.
- Inside players lose one point for every target. 2 minute innings, 2 innings/team.
- * *Encourage outside players to pass the ball among themselves to get the ball in the best position to knock down a target.*

Warm-Down

A warm-down is an essential part of any training session. See the notes on page 3 of the Resource Section for information.



▲ Targets

SESSION 2

ROOBALL - LEVEL 1

Dribbling

Equipment

12 RooBalls
12 Markers

Intro. Activity

4 mins **Tag**

- Four taggers (O), 8 dodgers (X). Taggers use a two-handed throw to tag the other players below the knees. Taggers cannot run with the ball but must pass between themselves to get in the best position to tag a runner.
- Players can move anywhere within the grid. 'Tagged' players swap with taggers.

Variation

- Introduce 2 balls.

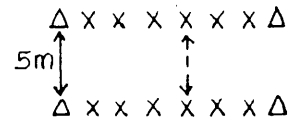
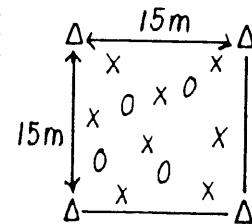
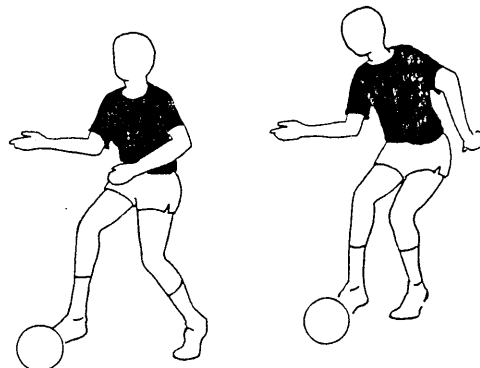
Skill Development

3 mins **PUSH PASS REVISION**

- Pairs pass (x 10 each).

DRIBBLING

- TIPS**
1. Keep the ball close to feet.
 2. Watch the ball closely.
 3. Take short steps.
 4. Use the inside/outside of foot to control ball.



SESSION 3

ROOBALL - LEVEL 1

Controlling (Inside of foot)

Equipment

12 RooBalls
12 Markers

Intro. Activity

5 mins Target Hitting

- Teams of 3.
- Using the push pass players take turns trying to hit their target. Players retrieve their own ball or rotate retriever.
- The winning team is the first team to hit their target 10 times.
- Repeat above, increasing distance from target.

Skill Development

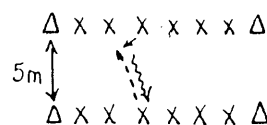
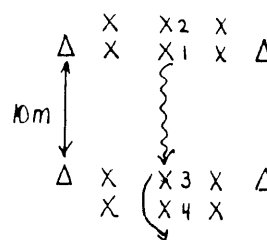
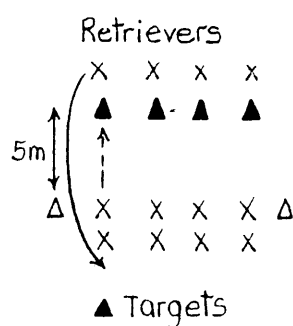
DRIBBLING REVISION

Shuttle Dribble

- 5 mins
- X1 dribbles to X3 and runs to the end of the line. X3 dribbles to X2 and runs to end of line and so on.
 - Competition. First team twice through.

CONTROLLING (Inside of foot)

- 2 mins
- More advanced practice — encourage players to use *both* feet.
 - In pairs, one player push passes ball in any direction to partner who runs towards ball, traps, then dribbles it back to partner (x 5 each).



3 mins

Corner Spry

- X1 passes to X2 who controls ball (inside of foot), dribbles around marker and back to X1. X3 and X4 repeat.
- Change leaders after team has gone through once.

Game

15 mins 3 v 3

- Players aim to pass the ball a minimum of 3 times before pushing the ball through goals.

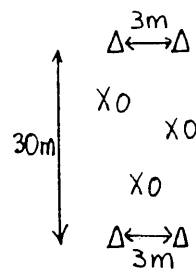
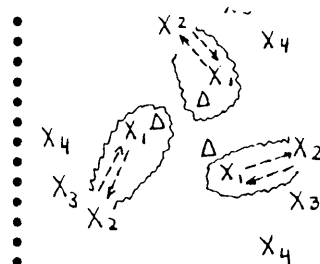
RULES: 1. No boundaries.

2. Ball must go through front of goals.

3. No goalkeeper.

4. No rough or dangerous play.

* If time permits let winners play winners and losers play losers.



SESSION 4

ROOBALL - LEVEL 1

Controlling (Thigh/Chest)

Equipment

- 6 RooBalls
- 12 Markers
- 6 Hoops

Intro. Activity

5 mins Dribble Relay

- Teams of four. X1 dribbles ball to middle, stops ball between markers and runs to opposite line. X2 runs out collects ball and dribbles to X3. X3 dribbles to middle, stops ball between markers and runs to opposite line.
- Continue in sequence until all players have been three times.

Skill Development

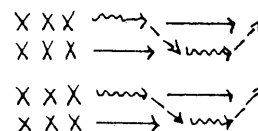
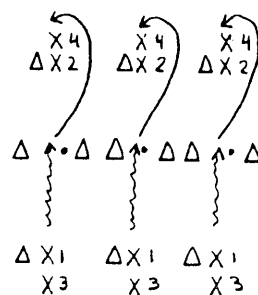
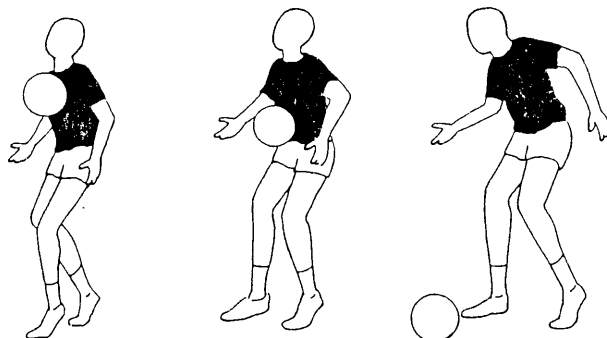
DRIBBLING AND CONTROLLING REVISION

- 4 mins • In pairs, pass and dribble down field.

CONTROLLING (Thigh/Chest)

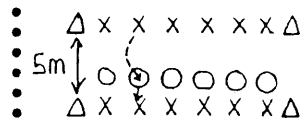
* Method used when ball is too high for foot to reach.

- TIPS**
1. Move toward the ball. Position body in line with the ball.
 2. Keep eyes on ball.
 3. As ball hits, the body 'gives' so the ball is brought under control to drop at player's feet.
 4. Bouncing ball is trapped by lower part of chest — bent slightly over ball.



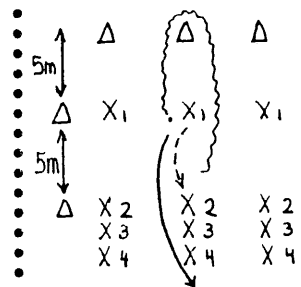
5 mins

- In pairs. Control a ball thrown by partner into a hoop.
- Push pass ball back (x 5 each).



4 mins

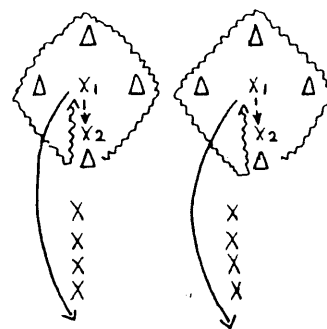
- In groups of 4.
- X1 lobs ball to X2 who controls ball with thigh/chest.
- X2 dribbles ball around top marker then back to X1.
- X1 picks ball up and repeats to X3.



Game

12 mins 3 v 3

- As for Session 3.
- No boundaries/no positions.



OR

Rounders

- Two teams of 6.
- X1 push passes ball to X2 who controls and dribbles it around bases and back to home.
- X2 then replaces pitcher who joins the end of the line. X2 now becomes pitcher and push passes ball to X3.
- All players have a turn. The first team finished wins.

SESSION 5

ROOBALL - LEVEL 1

The Throw-In

Equipment

6 RooBalls
9 Markers

Intro. Activity

3 mins

Pairs Juggling

- Partners attempt to keep the ball in the air juggling it on thighs and both feet.

2 mins

Keep-it-off

- Same pairs, players take turns trying to keep the ball off their partner (dribbling only).

Skill Development

4 mins

PUSH PASSING REVISION

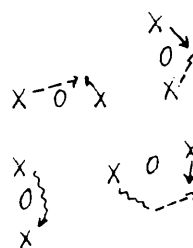
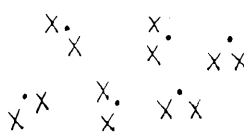
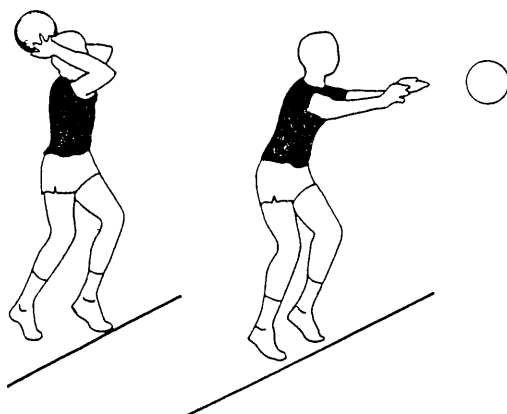
2 v 1 Keep-it-off

- Two players attempt to keep ball off the opposing player.
- If successful, opposing player replaces last player to touch the ball.

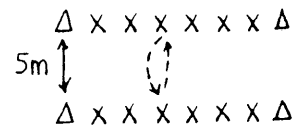
THE THROW-IN

TIPS

- Hold ball in both hands behind head.
- Step toward but not on or over sideline.
- Both feet must be on ground when ball is released.



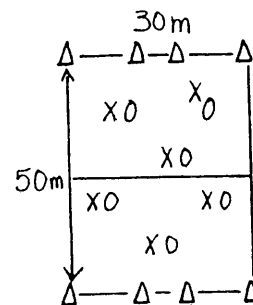
- 4 mins**
- Throw to partner who attempts to control ball and push pass the return (x 5 each).



Game

17 mins 6 v 6

- Players aim to pass and dribble the ball towards the markers to score a goal.
- RULES:**
1. 3 players in attack, 3 in defence.
 2. Play starts and resumes after a goal with a push pass in any direction from the centre.
 3. If the ball goes out of bounds, a throw-in is made by the opposite team.
 4. No rough or dangerous play. Penalty is free pass to the opposite team.
 5. 2 x 8 minute halves.



SESSION 6

ROOBALL - LEVEL 1

Revision

Equipment

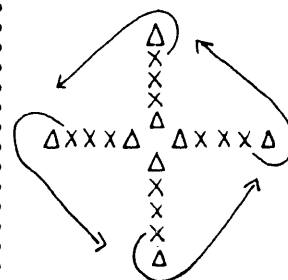
6 RooBalls
8 Markers

Intro. Activity

5 mins

Wheel Relay

- Last player dribbles ball around end marker, then around all other teams and back to next player in line.
- All players have two turns each.



Skill Development

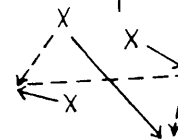
3 mins

REVISION

Passing

- Passing in 3s. Random passing in any direction to right and left, long and short.

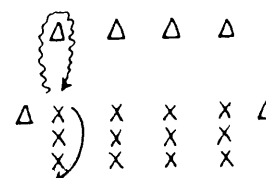
4 Groups



3 mins

Dribbling

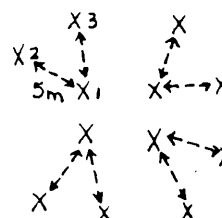
- In 3s, players take turns to dribble around marker, then return.
- Competition. First team 3 times through wins.



3 mins

Throw and Trap

- Corner Spry formation.
- X1 throws to X2 who controls ball and push passes return. Repeat to X3.
- Change leader after 4 throws.
- * *Depending on ability of players, distances, height and speed of throws and passes can be increased and varied as players' skill level improves.*



Game

16 mins **6 v 6**

- As for Session 5, but introduce positions — 2 attackers, 2 defenders, 2 midfielders.
- Rotate positions regularly.

SPORTSFUN

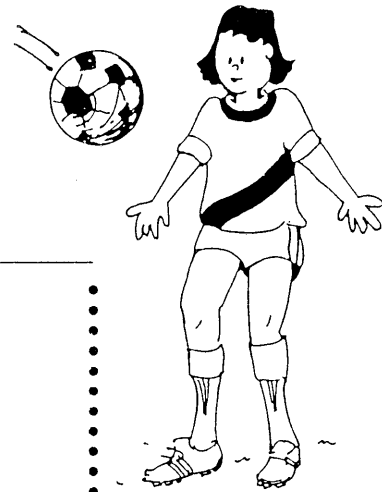
LEVEL 2



ROOBALL

SESSION 1

ROOBALL - LEVEL 2



Push Pass/Controlling

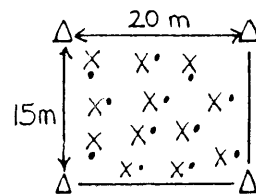
Equipment

12 RooBalls
8 Markers

Intro. Activity

5 mins **Triples**

- Using right foot first, players attempt to juggle ball with feet. Players drop ball on foot then kick it into the air and catch it.
- If successful, kick ball into the air twice before catching. Then try 3 kicks before catching.
- Alternate feet.
- Players repeat using thighs.



Skill Development

PUSH PASS

- TIPS**
1. Non-kicking foot placed to side of ball.
 2. Eyes watch the ball, body inclined slightly forward.
 3. Ball is pushed using inside of foot.
 4. Kicking foot follows through for accuracy.



CONTROLLING THE BALL

(Instep)

- TIPS**
1. Move forward and keep your eyes on the ball.
 2. Turn toe out, knee slightly bent.
 3. 'Cushion' (relax) foot on impact.



5 mins

- In pairs, push and control (x 10 each). Repeat using opposite foot.
- * *Distance and speed of pass can be increased as players' skill level improves.*

3 mins

- Groups of 4 push pass and control,
 1. Around outside of square.
 2. Across square.

Variations

1. Add an extra ball
2. Extend distance.
3. Move ball across body and pass with opposite foot.

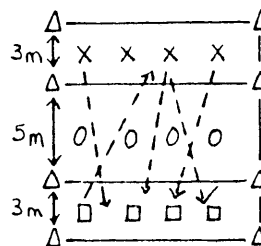
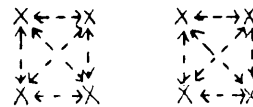
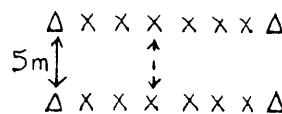
Game

17 mins Control a Ball

- Three teams of 4. Use 3 RooBalls.
- Teams take turns trying to intercept passes between the opposite 2 teams. Count number of interceptions.
- Teams cannot move outside their court areas.
- Rotate intercepting team every 2 minutes.

Warm-Down

A warm-down is an essential part of any training session. See the notes on page 3 of the Resource Section for information.



SESSION 2

ROOBALL – LEVEL 2

Passing/Controlling

Equipment

6 RooBalls
9 Markers

Intro. Activity

4 mins **One against Three**

- Three players push pass and control ball attempting to keep ball away from fourth player. The person in middle tries to intercept the ball and if successful changes places with last person to play ball. Rotate interceptor every thirty seconds.

Variation

- Two against two.
- Use grids to control space.

Skill Development

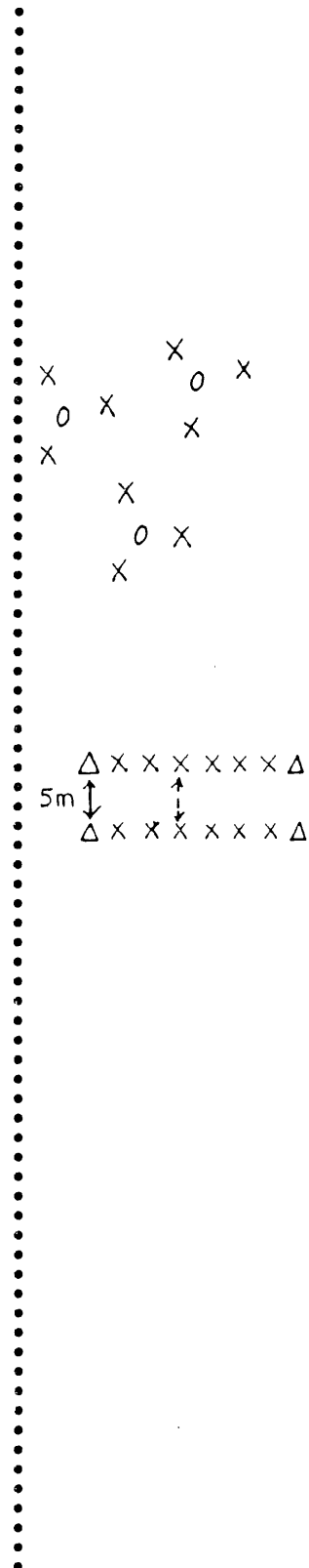
3 mins

PUSH PASS AND CONTROL REVISION

- Pass and control using the inside of foot to control the ball. Repeat with opposite foot.

PASSING (Instep kick)

- TIPS**
1. Approach ball straight on, non-kicking foot beside the ball.
 2. Eyes watch the ball, body inclined forward.
 3. Toes pointed down, heel up, ankle rigid.
 4. Contact centre of ball with instep and follow through.

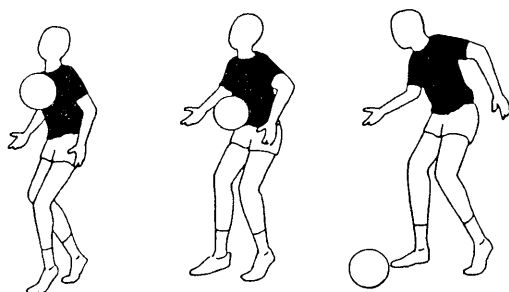


- 5 mins** • In pairs, kick and control using the instep kick. Use both feet instep trapping (stationary and on the move). Increase distance apart as skill level increases.
- 4 mins** • In pairs, pass and control on the move.

CONTROLLING (Thigh/Chest)

* This is the method used when the ball is too high for the foot to reach.

- TIPS**
1. Move toward the ball. Position body in line with the ball.
 2. Keep eyes on ball.
 3. As ball hits, the body 'gives' so the ball is brought under control to drop at player's feet.
 4. Body should be slightly bent over ball.

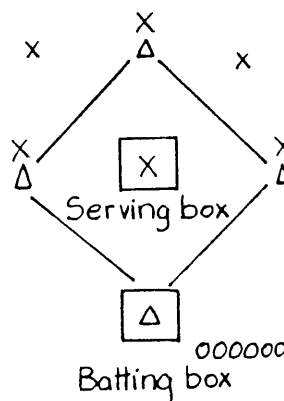
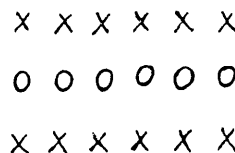
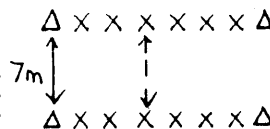


- 3 mins** • In pairs, one player bounces the ball into hoop for partner to control. Vary depth of hoop for bounce.
- Change.

Game

11 mins RooBall Rounders

- Two teams of 6.
- Fielding team takes positions.
- Server throws a lob pass into the batter's box (2m x 2m). Batter must trap ball in box and then may push pass or instep kick ball into field of play.
- Fielders retrieve ball and push pass it to the server who controls ball in server's box (2m x 2m). If the ball is controlled by the server before the batter is clearly on base, (1st, 2nd, 3rd or home), the batter is out. The innings of the kicking team ends when 3 players are out. Same rules as softball — batters need only move 1 base at a time. Rotate fielders/server with each batter.



SESSION 3

ROOBALL - LEVEL 2

Dribbling

Equipment

6 RooBalls
9 Markers

Intro. Activity

4 mins

Circular Dodge

- Players on outside of circle aim to hit dodgers with a push pass below the knee. Successful hitters change places with dodgers.
- Introduce 3 balls.

Skill Development

5 mins

PASS AND CONTROL REVISION

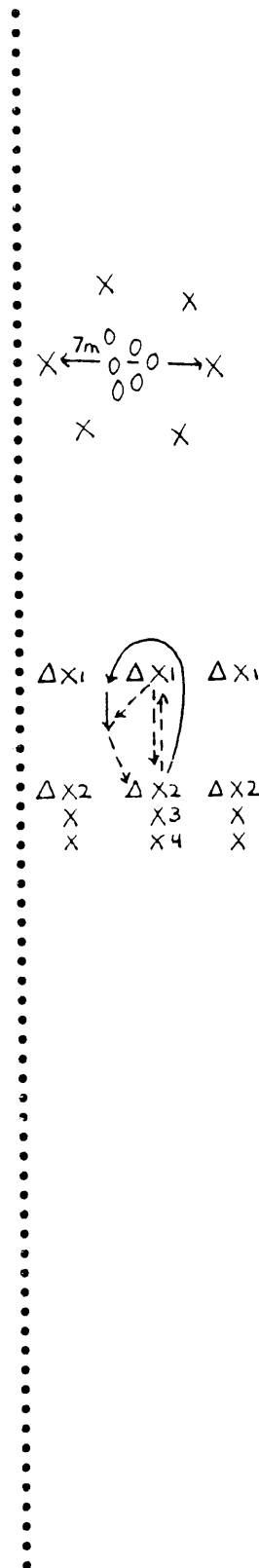
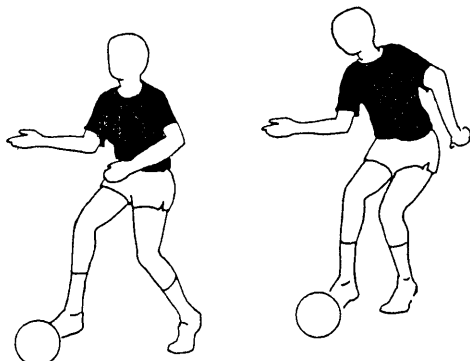
File Relay

- Teams of 4. X1 instep passes ball to X2 who controls and push passes it back to X1, then runs around X1. When X2 has rounded top markers X1 push passes ball in front of X2 who controls, pivots and instep passes it to X3. X3 instep passes ball back to X1. Repeat.

DRIBBLING

TIPS

1. Keep ball close to feet.
2. Watch ball closely.
3. Take short steps to begin with. Increase as skill level improves.
4. Use inside/outside of foot to control ball.



- 5 mins**
- In pairs, dribble the ball around partner, push pass the return. Partner repeats.

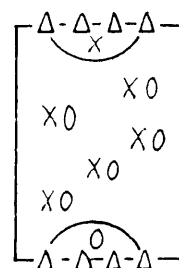


- 3 mins**
- Teams of 4. Dribble in and out of markers.
 - Practise looking up while dribbling.



Game

- 13 mins Four Pin**
- Push passing and dribbling the ball, players attempt to knock down all their markers. (Remove a marker when it has been knocked down).
 - When all markers have been knocked over, players swap ends.
 - Only goalkeepers are allowed in the goal circle.
 - * Using a netball or basketball court will assist with goal circle markings.



SESSION 4

ROOBALL - LEVEL 2

Goalkeeping/Shooting

Equipment

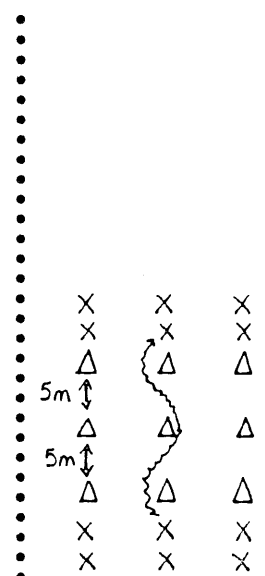
6 RooBalls
9 Markers

Intro. Activity

5 mins

Weave Relay

- Dribbling the ball, players weave in/out of markers, passing to next player on team. Three turns each.
- Remove markers. This time practise push pass/instep pass to next player. After passing ball, run behind opposite line.



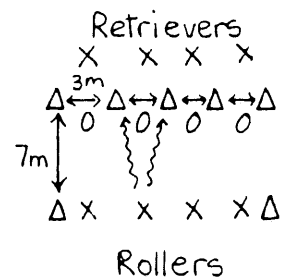
Skill Development

GOALKEEPING

- TIPS**
1. Keep body between the ball and the goals.
 2. Try to catch ball with two hands and bring it into the body.
 3. If ball cannot be caught or controlled it should be deflected or punched away to the sides of the goal.

4 mins

- In threes: a roller, goalkeeper, retriever. Roller rolls ball to keeper who stops ball going between 2 markers.
- Rotate after 10 turns.



SHOOTING

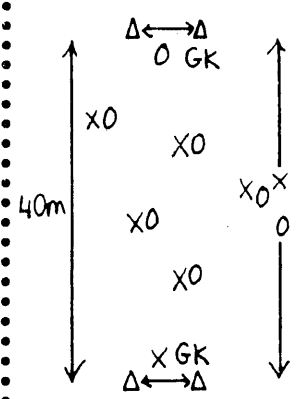
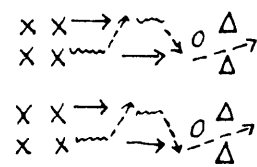
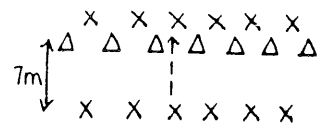
- TIPS**
1. Ball makes contact with the instep of the boot near the laces.
 2. The body leans slightly over ball.
 3. Keep head down and eyes on ball.
 4. Follow through with kicking foot.

- 4 mins**
- In pairs, practise shooting a stationary ball between 2 markers. Partner retrieves kicked ball. 5 turns each.
 - Change over.
 - * *Depending on ability, shooting can be practised with a moving ball varying speed, direction, travel and height of ball.*

- 3 mins** **2 v 1**
- In pairs, pass and dribble the ball then shoot for goal.
 - Rotate goalkeeper regularly.

Game

- 14 mins** **6 v 6**
- One goalkeeper per team. Teams aim to pass then shoot at goal.
- RULES:**
1. No boundaries.
 2. Change goalkeeper after every goal.
 3. No rough or dangerous play.
 4. Play starts and resumes after a goal with a push pass from the centre.



SESSION 5

ROOBALL – LEVEL 2

The Throw-In/Heading the Ball

Equipment

6 RooBalls
10 Markers

Intro. Activity

3 mins

Keep-it-off

- One ball per pair. On 'Go', player 1 walks/jogs while dribbling the ball trying to keep it off player 2. On whistle players change roles.

2 mins

Pairs Juggling

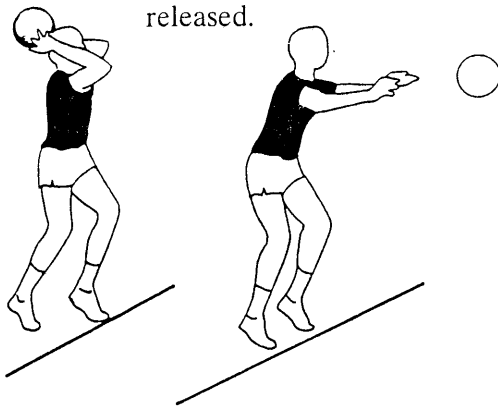
- Partners attempt to keep the ball in the air, juggling it on thighs and both feet.

Skill Development

THE THROW-IN

TIPS

1. Hold ball in both hands behind head.
2. Step forward but not on or over sideline.
3. Both feet must be on ground when ball is released.

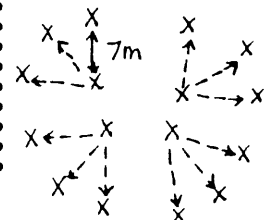
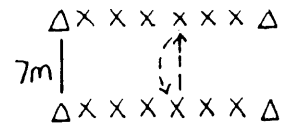
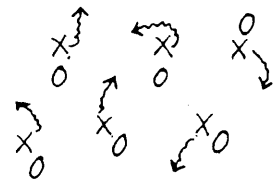


4 mins

- In pairs, one player throws ball to partner who attempts to control it and push pass the return (x 5 each).

4 mins

- Leader throws ball to each player in turn. Players control it using the inside of the foot, instep, thigh, or chest, then push pass the return.



HEADING THE BALL

* *This skill should only be practised for a short period of time.*

- TIPS**
1. Ball is struck with front part of forehead.
 2. Eyes kept open.
 3. Head is pushed forward to meet the ball.
(Head should move as quickly as possible when it makes contact with the ball).
 4. Keep neck firm.

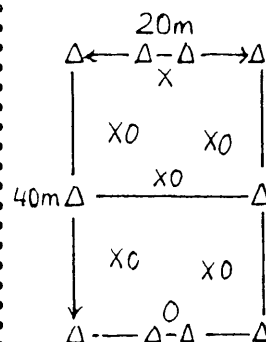
- 4 mins**
- In pairs, 1–2 metres apart.
 - Throw, head and catch 5 times each.
 - Change.

Game

13 mins RooBall

- Two teams of 6: 2 attackers, 2 defenders, 1 goalkeeper, 1 midfielder.
- 2 x 6 minute halves.

- RULES:**
1. *Play starts and resumes after a goal with a push pass by the centre player.*
 2. *Rotate positions regularly.*
 3. *If the ball goes out of bounds a throw-in is taken by the opposite team.*
 4. *No rough or aggressive play. Free kick to opposing team if this occurs.*



SESSION 6

ROOBALL - LEVEL 2

Revision/Game Play

Equipment

12 RooBalls
10 Markers

Intro. Activity

4 mins Eggs in a Basket

- All soccer balls in centre. Players take turns running to centre and return dribbling ball to team's hoop. Next player cannot go until ball is inside the hoop.
- Winning team is team with most balls in hoop when all balls are gone from centre. Repeat by returning balls to centre.

2 mins Triples — Juggling Competition

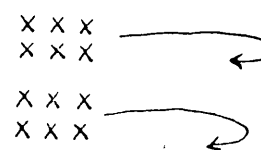
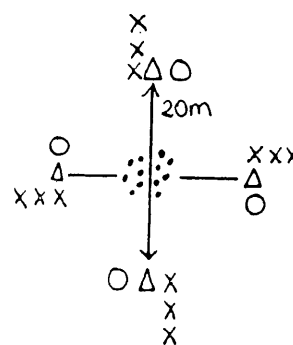
- Winner is the trio that can keep the ball in the air using feet/head/thighs the most number of times without the ball touching the ground.

Skill Development

SKILLS REVISION

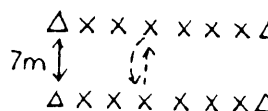
3 mins Pairs Passing

- Pass, control and dribble the ball while moving down and up the field.



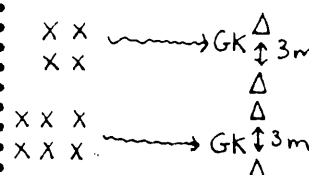
2 mins Throwing and Controlling

- One player throws ball to partner who controls and push passes the return.



4 mins Goal Shooting

- Pairs pass and shoot. Pairs retrieve their own ball after shooting at goals.
- Change goalkeeper every minute.



Game

15 mins RooBall

- As for Session 5.
- 2 x 7 minute halves.

RULES:

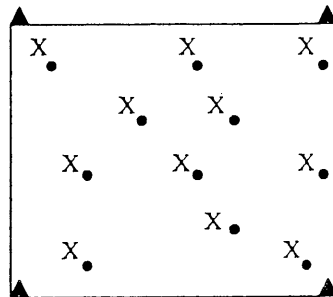
1. *Play starts and resumes after a goal with a push pass by the centre player.*
2. *Rotate positions regularly.*
3. *If the ball goes out of bounds a throw-in is taken by the opposite team.*
4. *No rough or aggressive play. Free kick to opposing team if this occurs.*

DRIBBLING

RED LIGHT / GREEN LIGHT

Game Setup:

20 x 20 grid.
Each player has a ball.



Basic Sequence:

Players dribble around the inside of the grid, pretending they are driving a car. Players have to obey road rules e.g. stopping when coach calls "red light" and continuing at green lights. If a player bumps into another, or loses their ball out of the grid, they wreck their car and go to the repair shop (coach) to get it fixed-the coach then gives them a skill to perform e.g. 10 toe taps etc.

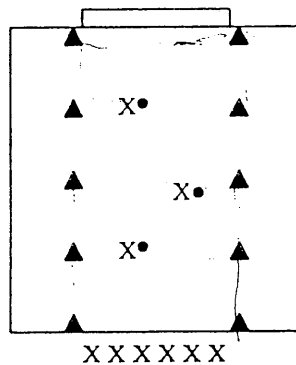
Focus on:

Keeping ball under control - keeping it close particularly when coach calls "Red Light". Keeping head up. Use different parts of feet to change direction of the ball.

* INTERSTATE MADNESS

Game Setup:

10 x 40 grid.
Use of goal is recommended.
Each player has a ball.



Basic Sequence:

1. Players line up at end of grid opposite goal. On coach's command they dribble ~~down~~ the Interstate, score a goal and dribble back up the sides to go again. How many can they score in a minute?
2. Introduce 1 defender in each grid who can only move by hopping on 1 leg. They're restricted to staying within their grid in next 3 stages. They attempt to kick the car's soccer balls off the Interstate by kicking it with the leg they're standing on. Cars now have to drive down the Interstate avoiding the obstructions, score a goal and try again. If they get knocked off, go back to start.
3. As in 2 but now defenders can move like crabs (on all fours).
4. As in 3 but now defenders are unrestricted (still have to remain in their respective grid).

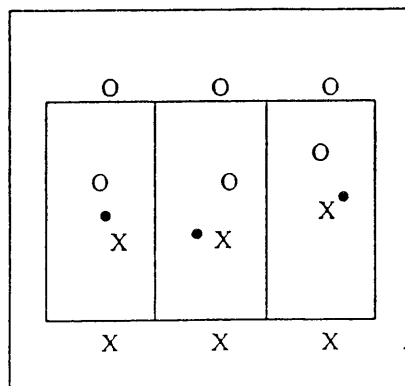
Focus On:

Keep close control, change direction & speed, finish.

* CHANGE SOCCER

Game Setup:

10 x 30 area,
divided into
10 x 10 grids.
Groups of 4 per
grid. One ball per
group.



Basic Sequence:

Two players stand with legs apart at opposite ends of the grid. This creates a 1 v 1 situation with the other two players. To score the players must pass/shoot through the legs of the opposing stationary player, who acts as a goal. On the coaches command "change" the players swap positions. The team with the most goals scored after three minutes is the winner. Rotate teams to other grids so every team has an opportunity to play against each other.

Focus On:

Keep close control of the ball.
Change direction as you near your opponent.
Change speed as you dribble around your opponent.
Accuracy of shot.