

CONTACT SKILLS

GAMES FOR TRAINING

Document provided as part of 'The Modern Game' Pressure Skills Workshop

Contact Skills – “Juniors”

NAME OF DRILL	INSTRUCTIONS	AGE GROUP
Chinese Boxing	Push your opponent’s palms whilst staying balanced.	U8’s – U12’s
Bull Fighting	With arms folded and out front, have your opponent push into you and, using their weight, put them off balance.	U8’s – U12’s
Knee Attack	Bend over, grab your opponent’s wrists, keep your back straight and chin up. Now try to hit your opponent’s knees with his hands.	U8’s – U12’s
Smothering	Coach gets down on 1 knee. With the ball sitting in an open palm, on the count of 3, thrust the ball upwards. The player smothering the ball moves into smother, practising technique and timing, eyes over ball etc.	U8’s – U12’s
Bumping	With you and your opponent close together and elbows tucked in, start bumping each other standing up right and then start to bend your knees so you are bumping each other lower.	U8’s – U12’s
Fox Tails	A game for 2 players. Each player has a piece of material tucked inside his pants/shorts at the back. Aim is for each player to grab his opponents “tail” and pull it out. Tuck it in more to make the tail shorter and this will create more contact without the players realising.	U8’s – U12’s
Crickets & Wickets	A game for 2 or more players. 1 player assumes the hopscotch position and other player jumps over him but then immediately moves to either the right or left side and goes back around the player and crawls through the players legs. (EXTENSION: Could be to have a ball to pick up after jumping player and then another ball to pick up and handball once crawled through legs).	U8’s – U12’s
Sumo	Take turns with your opponent to push back; then resist each other. Try pushing arms away and using opponent’s body weight to make them become off balance.	U8’s – U12’s

Contact Skills – “Youth / Seniors”

NAME OF DRILL	INSTRUCTIONS	AGE GROUP
Support Wrestling	You and your opponent start in the push up position facing each other, try to hit your opponent’s arms away.	U12’s - Seniors
Crab Balance	Stand next to your opponent and with one arm; hold each other’s wrist (handshake style). With other arm out to 1 side, on whistle try to put each other off balance.	U12’s - Seniors
Aerial Bounce	Front on, on the coach’s count, jump up and push chest out so you connect with your opponent (be sure to keep your chin up).	U12’s - Seniors
Crane Balancing	Stand on 1 leg with knee as high as possible and hands high in air with ball. Hold and then change legs every 6 seconds or so.	U12’s - Seniors
Step-in / Grab & Hold	Stand opposite opponent and on coach’s whistle, move in and grab him, then lift and turn him around.	U12’s - Seniors
Tossing the Turtle	1 Player in push up position, the other tries to get him on his back while the player in the push up position tries to maintain his balance.	U12’s - Seniors
Palm Off	Set up cones so that player with ball is confronted by opponent from side. The ball carrier must step into the opponent path to fend off.	U12’s - Seniors