

Drills versus Games Approach

Soccer Games should present children with opportunities to solve problems and to think for themselves. To revisit one of the "truths" about children and sports, we know that one of the most rewarding challenges of sports are those that lead to self-knowledge – when this can be done in the context of a "fun" activity it is truly a win-win situation for the child participant.

<u>Drills</u>	<u>Games</u>
Static – are focused on one type of movement or skill and allow no room for creativity.	Dynamic – always changing, growing, and developing; constantly providing new challenges.
Order – because drills only provide for one correct way to do something, drills force children into predetermined movement patterns.	Less Structured – gives the children more freedom.
Lines – by standing in lines many children are not participating while watching others perform.	Free Movement – provides greater opportunity for exploration and creativity.
No Thought – the children are given specific instructions of what to do and what not to do.	Decision Making – children are provided with more opportunities to make choices.
Age Inappropriate – coaches usually use the same drill for any age group with no alternation in their expectations of the athletes.	Age Appropriate – are specifically designed to target the needs of the children involved.
Boring – are usually repetitive and predictable, thus not very stimulating.	Fun – because of their dynamics games are more enjoyable.

