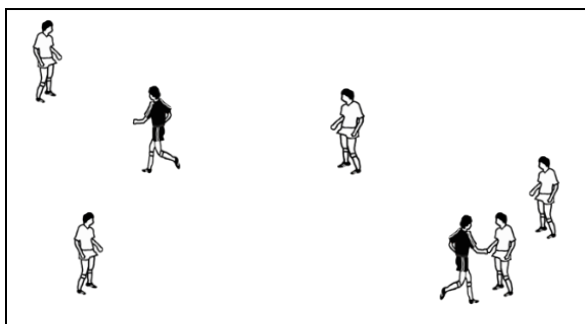




Kindergarten Spring Soccer: Week 1

Dribbling

Warm Up: Freeze Tag



Implementation

Each player is without a soccer ball. Moving around the grid, trying to stay away from the taggers'. If the tagger catches someone they pretend to be frozen. Other players can unfreeze each other by giving a high 5.

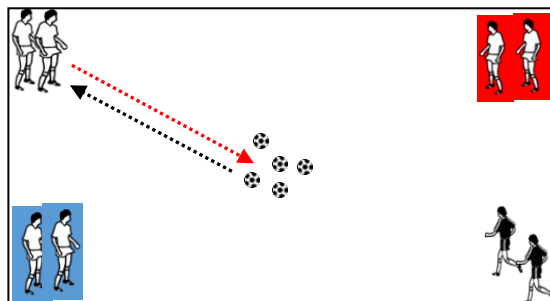
Progression

- Change the movement around the grid: running, walking, jumping, skipping etc.
- Add a soccer ball to each player.

Coaching Points

- Head up looking for space and taggers
- Change speed and direction
- Communicate for help if stuck on the toilet

Fun Game: Ball Collector



Implementation

Split the players into 4 teams. Each team has a home base in the corner of the grid. The aim of the game is to recover as many balls as possible from the middle. Players can only go one at a time. They must dribble the ball back to their home base. The team with the most balls wins.

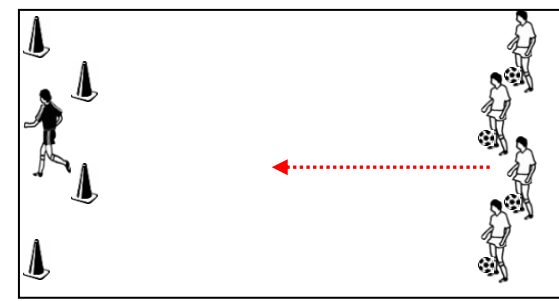
Progression

- When all the balls in the middle are gone, players all allowed to steal from each other's home base.
- Select on ball which is worth 5 ball's. (Bright ball)

Coaching Points

- Promote the use of both feet
- Keep both knees bent and lean over the ball
- Players should keep the ball close to them
- Keep their head up and look for space

Fun Game: Big Unfriendly Giant



Implementation

Each player has a ball and attempts to dribble down to the giant's layer and steal his gold (pinnies). The Giant pretends to be asleep but when he wakes up players must freeze. If frozen then the giant cannot see them or take their ball. If the players move as the giant wakes up, the giant can chase them back to their base.

Progression

- Change the Giant each game.

Coaching Points

- Head up, to watch for the giant waking up
- Promote the use of both feet
- Keep both knees bent and lean over the ball
- Players should keep the ball close to them

All sessions end with small sided games- play two 3v3's.
Play for 15 minutes at least