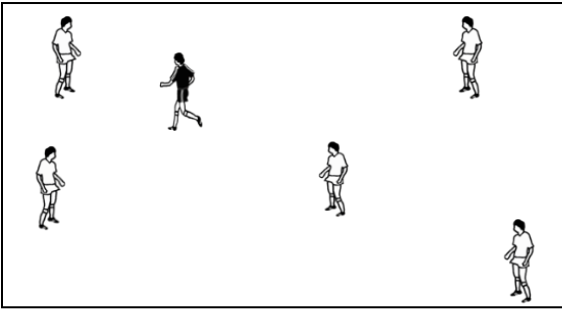




# Kindergarten Spring Soccer: Week 2

## Dribbling & Ball Striking

### Warm Up: Stuck in the mud



#### Implementation

Each player is moving around the grid (white). The mud monster (dark) is trying to tag each player. If a player gets caught he stands with his arm and legs open (stuck in the mud). To become free another player needs to crawl through the legs of the player stuck in the mud.

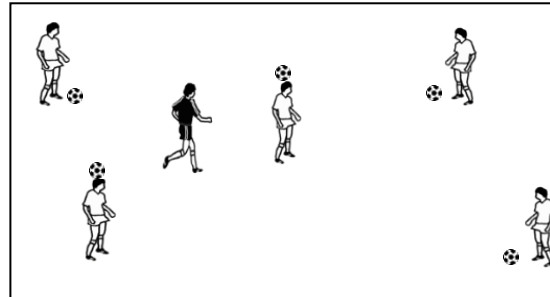
#### Progression

- Change the movement around the grid: running, walking, jumping, skipping etc.

#### Coaching Points

- Keep their head up looking for space and taggers
- Change speed and direction

### Fun Game: Stuck in the mud (with Soccer Ball)



#### Implementation

Each player is now dribbling around the grid (white). The mud monster (dark) is trying to tag each player. If a player gets caught hold the ball on their head with legs wide open. To become free another player needs to kick their ball through the legs of the player stuck in the mud.

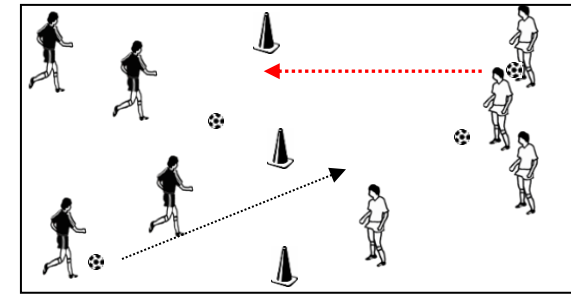
#### Progression

- Add a second or third mud monster.

#### Coaching Points

- Correct technique- NO toes
- Inside of foot or laces technique
- Non kicking foot aiming to the target
- Body facing to the target

### Fun Game: Clean your room



#### Implementation

Players are separated into two teams and put in separate rooms marked off by the cones. The soccer balls are trash, all trash needs to be kicked out of their room and put in the other. The players are not allowed out of their own room. Play for a few minutes then count up who has the cleanest room.

#### Progression

- Add pinnes and cones for trash too, to be thrown over.

#### Coaching Points

- Correct technique- NO toes
- Inside of foot or laces technique
- Non kicking foot aiming to the target
- Body facing to the target

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

