



Kindergarten Spring Soccer: Week 3

Dribbling

Blob tag



Implementation

- Each player is moving around the grid running then dribbling (white). The blob (dark) is trying to tag each player while holding hands. If a player gets caught they join onto the blob

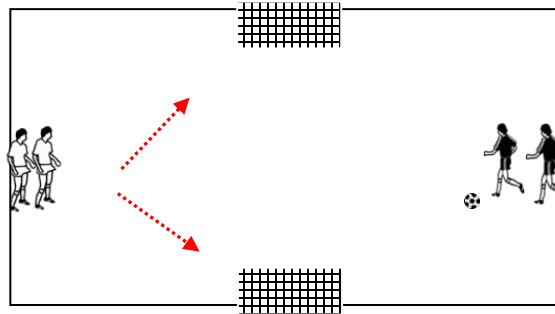
Progression

- 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
- Add soccer ball- safe zone- toe taps/foundations/scissors.

1v1 to either goal



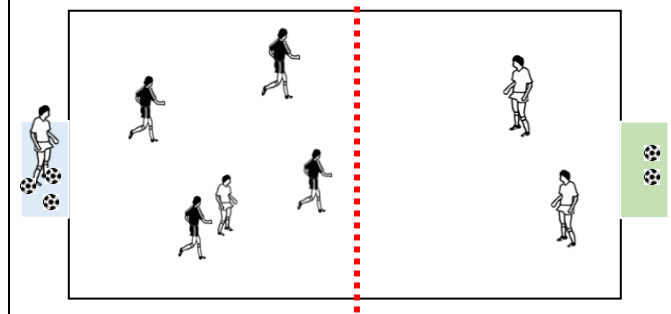
Implementation

- 1v1 to the either goal. The defending player(dark) passes the ball to the attacker (white)
- The attacking player to score on the either goal with a dribble into the goal
- If the defending player wins the ball, change roles and try to score.
- After being a defender, on the next go you will be an attacker.

Coaching Points

- Head up looking for the defender
- Dribble with both feet
- Change speed to beat the defender
- Change direction to beat the defender

Capture the Flag



Implementation

- The players are split into two teams, each have their own side of the field.
- The whites have to run to the blue safe zone to retrieve a soccer ball and dribble it back to their safezone. Darks retrieve from green square.
- You can only get caught in the other teams side of the field. If the caught player has a ball, the ball gets placed in back in the safe zone. Caught players are frozen in place and are freed with a high five from a teammate.
- Most balls in their safe zone wins.

Coaching Points

- Head up looking for the opposition
- Dribble with both feet to space
- Change speed and direction to beat opposition.
- Communication- ask for a high five to get free.

The sessions ends with small sided games
3v3- North v South/ West v East