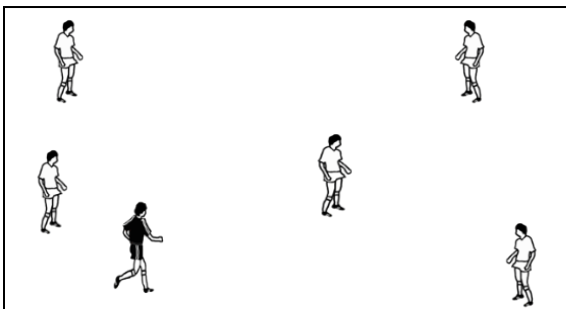




Kindergarten Spring Soccer: Week 4

Ball Striking

Warm Up: Spiderman Tag



Implementation

Each player is moving around the grid. The tagger Spiderman is holding two pinnies, he shoots his webs by throwing the pinnies at the players. Players who get caught by the web turn into Spiderman.

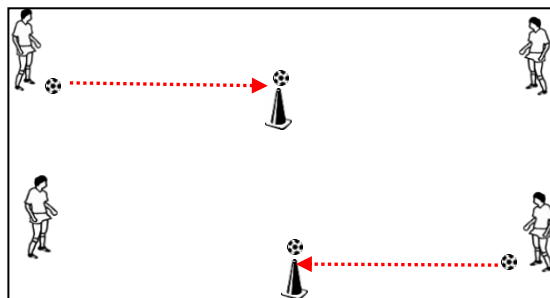
Progression

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

Coaching Points

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

Fun Game: Coconut Shy



Implementation

Each player will set up in a pair across from a center cone about 10 yards away. Every time the cone is hit the player gets a point. Play for 2 minutes, you will have a winner and loser in each pair. The winners move up and losers move down. The top of the grid will be the king/queen of the game.

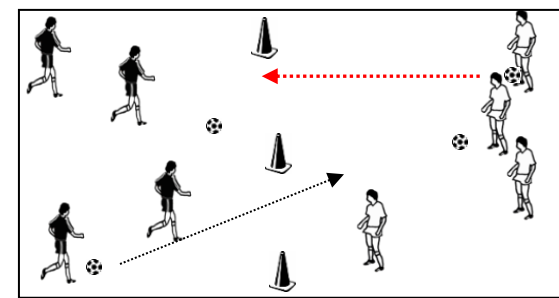
Progression

- Moving further back in distance from the target.
- Try left and right foot

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 pines 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

