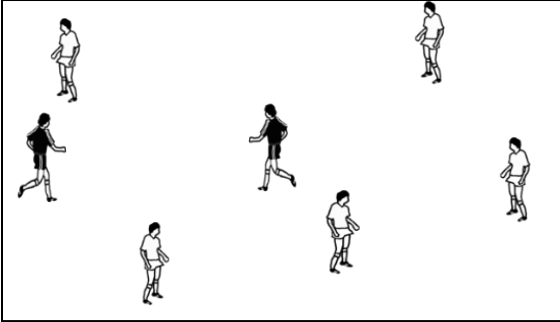




Kindergarten Spring Soccer: Week 5

1v1 & Dribbling

Warm Up: Banana 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 turn into a banana (stood with hands over their head looking like a banana). Other players can free each other by unpeeling them by lowering their hands.

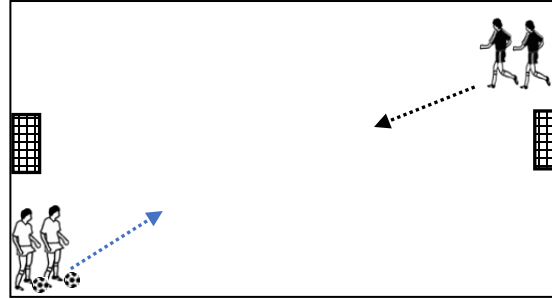
Progression

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

Coaching Points

- Keep their head up looking for space and taggers
- Change speed and direction
- Communicate for help if froze

Fun Game: 1v1



Implementation

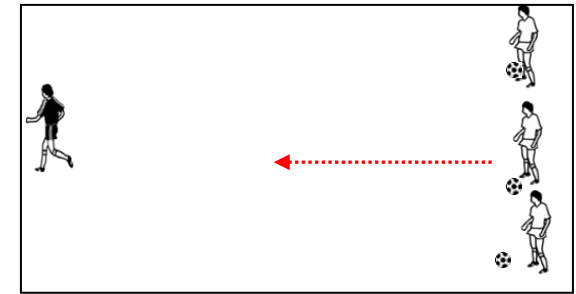
1v1 to the opposite goal. The coach passes the ball from the middle.

- The attacking player (start with the ball) to score on the opposite goal.
- If the defending player wins the ball, change roles and try to score.

Coaching Points

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

Fun Game: What time is it Mr. Fox



Implementation

What time is it Mr Fox, each player asks what time it is? The Fox responds with a number. That number is the amount of dribbles the players take. The players sneak over to the Fox until the Fox shouts 'dinner time' and the players run back to the start line. If Fox catches anyone, they are the Fox next.

Progression

- Change the Fox 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