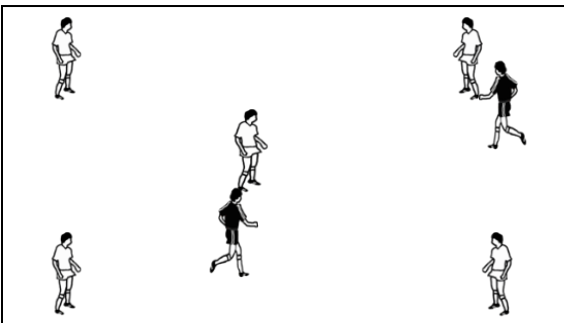




# Kindergarten Spring Soccer: Week 6

## Dribbling

### Warm Up: Disco 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 have to 'dance' in place. Other players can free the dancers with a high five.

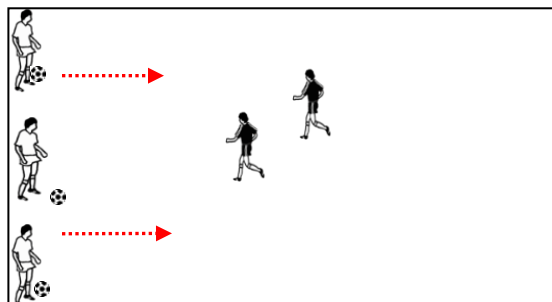
#### Progression

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

#### Coaching Points

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

### Fun Game: British Bulldog



#### Implementation

Each player has a ball except the Bulldogs who have to steal their ball away as they dribble through the grid. The soccer players go back and forth across the grid until everyone is caught by the Bulldog. If you are caught you turn into a Bulldog.

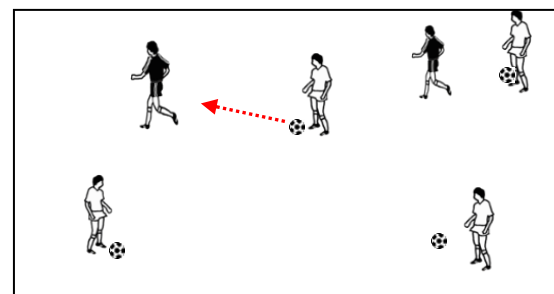
#### Progression

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

#### 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: Coach Robot



#### Implementation

Each player has a ball and attempts to kick their ball to hit the coach. Every time the coach gets hit, they lose a body part. Arms, legs, then kneel and move around, then crawl on all fours until the next hit comes and the Coach is defeated.

#### Progression

- Change the Robot to new players each game.

#### Coaching Points

- Head up, to look for the Robot
- Promote the use of both feet
- Keep both knees bent and lean over the ball
- Players should keep the ball close to them
- Laces or inside of the foot to kick the ball

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