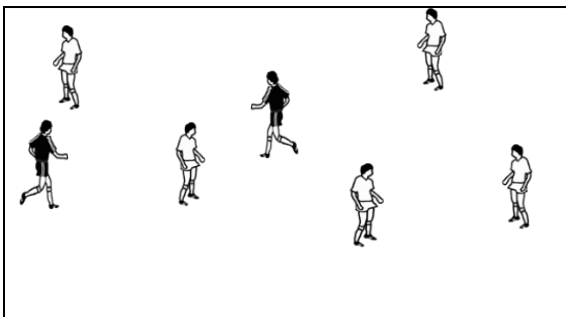




Kindergarten Spring Soccer: Week 7 Dribbling

Warm Up: Cats and Mice



Implementation

Each player (mice) is without a soccer ball, moving around the grid with a pinnie (tuck pinnie in back of shorts hanging out), trying to stay away from the taggers' (Cats). If the tagger takes the pinnie from the mice shorts the mice turns into a cat and becomes a tagger. Play until all mice are caught.

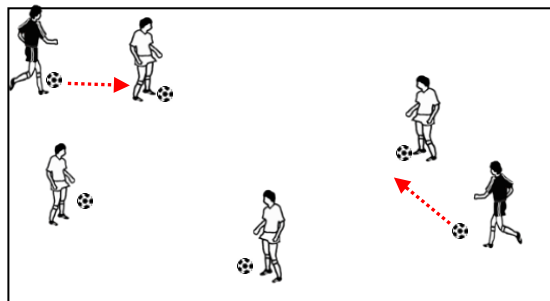
Progression

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

Coaching Points

- Head up looking for space and taggers
- Change speed and direction

Fun Game: Cats and Mice with soccer balls



Implementation

Play cats and mice again, but now add soccer balls. Every player has a ball including the taggers (cats). Play until all the mice are caught.

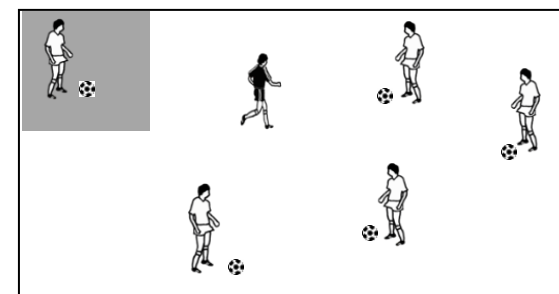
Progression

- Use a skill for a safety button, as you do the skill taggers cannot catch your pinnie. For example use toe taps in place.

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
- Change speed and direction

Fun Game: Cops and Robbers



Implementation

One or two players will be the cops. The cops try to steal the soccer player's ball and dribble it to the jail (grey area). If the soccer players are in jail, they need to shout for help and get a high five from another player to escape from jail.

Progression

- Change the Cops each round.
- Add a skill to become free from jail. For example 50 toe taps/foundations.

Coaching Points

- Head up, to watch for the Cops
- Promote the use of both feet
- Keep both knees bent and lean over the ball
- Players should keep the ball close to them
- Change speed and direction

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

