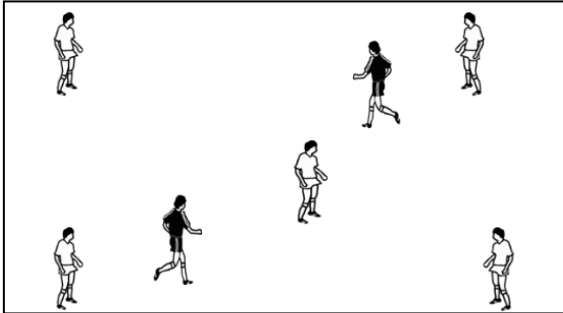




Kindergarten Spring Soccer: Week 8 Dribbling and Ball Striking

Warm Up: Freeze Tag



Implementation

Each player is without moving around the grid, trying to stay away from the taggers'. If the tagger catches someone they are froze in place. Other players can unfreeze each other with a high five.

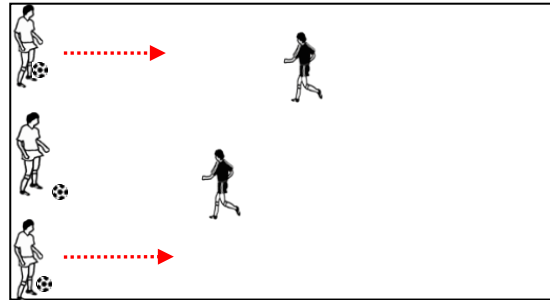
Progression

- Change the movement around the grid: running, walking, jumping, skipping etc.
- Add a soccer ball to each player.
- Add a force field (safe) if the player is doing toe taps/foundations/scissors etc.

Coaching Points

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

Fun Game: Sharks and Minnows



Implementation

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

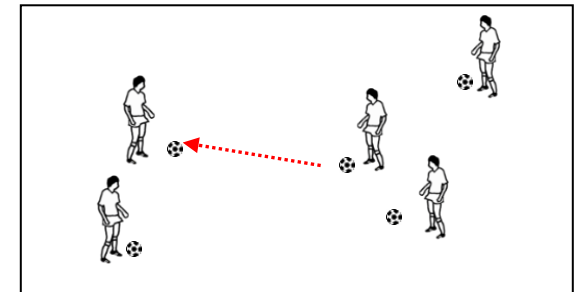
Progression

- Add players in the middle as seaweed, they are stuck, waving their arms in the sea trying to tag the dribblers.

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: Soccer Marbles



Implementation

Each player has a ball in the grid. All players attempt to kick their ball into another player's soccer ball. If they hit another player's ball they get points

Progression

Laces= 1 points

Inside=5 points

Toes=lose all your points

- Pick a color ball (all pink ball) and if you hit it you get 10 points.

Coaching Points

- Promote the use of both feet
- Players should keep the ball close to them
- Laces or inside of the foot to kick the ball
- Timing of the kick

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