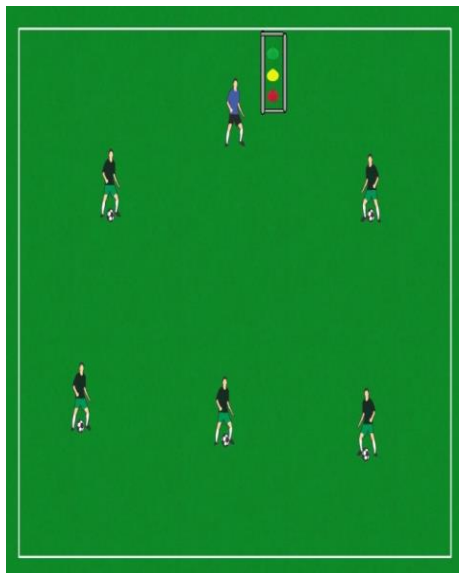


**SYC Lil' Boots
Session 1**

Dribbling Basics

15 Minute – Red Light Green Light



Instruction:

Setup a 20x20 area. Each player with a soccer ball in the area. All players are dribbling their soccer balls in the area. Pretend their soccer balls are “Cars” and their dribbling on “Soccer Island” On coaches command players will:

Red Light- Stop (5 toe touches)

Green Light – Go (Dribble)

Yellow Light – Tick Tocks (Rev their Engines)

Progression:

Traffic- Turn (change direction)

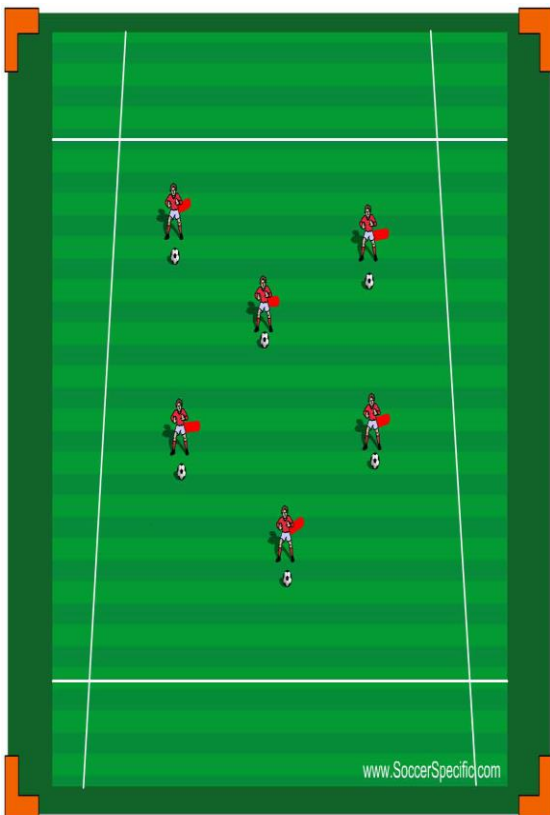
Highway- Faster Dribbling

Police- Chase them pretending you are a police officer.

Coaching Points:

- Keep the ball under close control.
- Use different parts of the foot to dribble.
- When making turns, turn quickly and accelerate after.
- Keep your head up and be aware of players, boundaries, and to look for the police officer when being chased.

15 Minutes - Tail Tag



Instruction:

- Have players take a pinnie and stuff it in the back of their shorts, like a tail
Each player has a ball at their feet and their pinnie to protect. The object is to steal another players’ pinnie while keeping control of their own soccer ball. If a player has their pinnie pulled out, they have to do 5 toe touches before they can put their pinnie back in their shorts and continue to play.

PROGRESSIONS

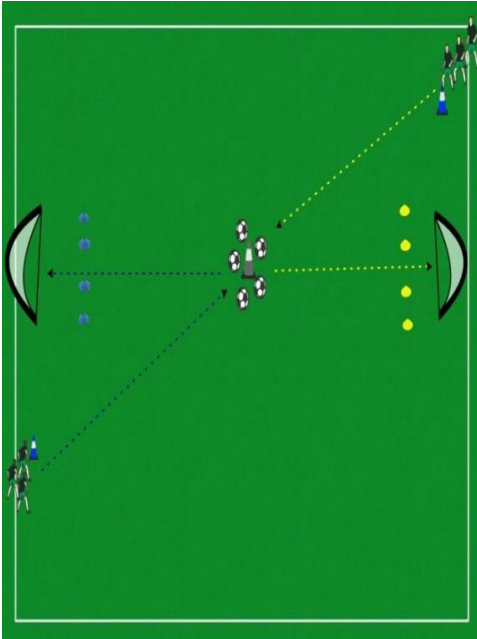
1. Use different types of dribbling (inside of the foot only, outside of the foot only, right foot only, left foot only, make moves, etc.)

Coaching Points:

- Use different surfaces of the foot according to the ability of the group. Focus on the main 3 surfaces:
 - > inside of the foot
 - > outside of the foot (side of the pinky toe)
 - > bottom of the foot
- Use soft small touches to keep the ball close.

SYC Lil' Boots Session 1

15 Minutes - Apple Picking Shooting

**Instruction:**

Split the kids up into two teams. Tell the kids that they are apple pickers, and the balls are the apples that they need to bring back to their teams bucket. Players will run out to the "tree" and grab an "apple" to dribble back to their goal, and shoot it in their "bucket". Once one player finishes, they have to go give the next player in line a "high five" in order for the next player to go.

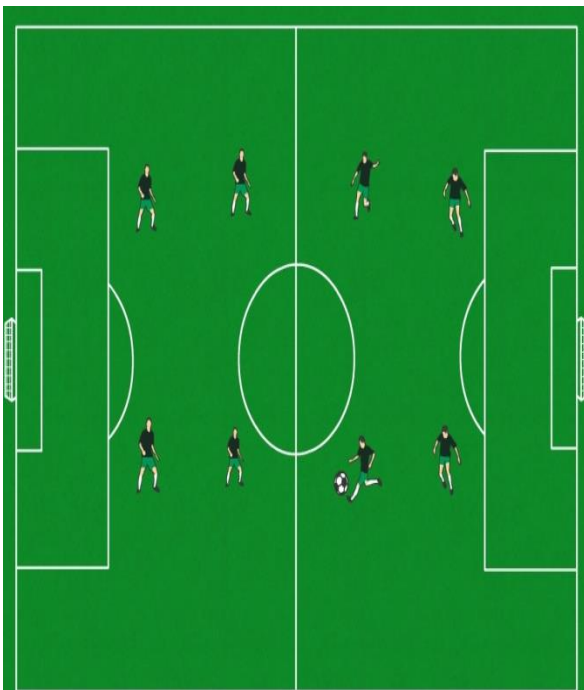
Progressions:

- **Shooting Line (have all players shoot the ball before the line of cones.**
- **Race (first team to make all their balls in the bucket)**

Coaching Points:

- Have players take small touches towards the goal, so they can maintain control of the ball.
- Players should strike through the middle of the ball to keep it low and in the direction of the goal.
- Tell the players to swing through the ball in order to make the shot stronger.
- Introduce pointing the opposite foot towards the goal.

15 Minutes – Game Time

**Instruction:**

Split the players up into two teams. (If more than 4 on a team, make 3 teams) Tell the players to come up with a creative team name.

Show each team which direction they are going and which goal they are shooting in. (Place a different color penny on the pug goal if it is easier)

Coaching Points:

- Focus on close dribbling.
- Help children recognize which direction they are going and encourage them to shoot when they are near the goal.

Encourage the players to try to win the ball back once they lose it.