

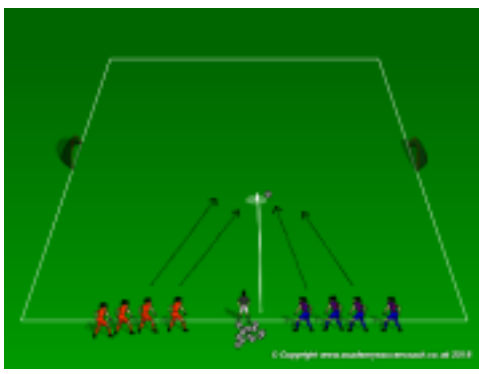


# Eagan Rec. Soccer

<b>Age Group</b>	<b>Preschool &amp; Kindergarten</b>
<b>Theme</b>	<b>Dribbling – 1 vs 1</b>
<b>Time</b>	<b>35 minutes of training / 25 minute scrimmage</b>

<b>Activity/Drill</b>	<b>Notes and Coaching Points</b>
	<p><b>Hospital Tag</b></p> <ol style="list-style-type: none"> <li>1. All players without a ball to begin.</li> <li>2. Warm-up the body by jogging, skipping, high knees, butt kicks, shuffle and back pedal in the space. The players must stay inbounds.</li> <li>3. Have each player grab a soccer ball and begin dribbling in the space.</li> <li>4. Players dribble in space and try to tag one another without losing their ball.</li> <li>5. If they get tagged they have to cover their body where they got tagged with one hand.</li> <li>6. If they get tagged twice they cover the other body part with their other hand.</li> <li>7. If they are tagged a third time they have to go to the hospital and see the doctor (Coach) who will cure the injury and the player continues dribbling in space.</li> </ol> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Control and touch the ball every step – keep the ball close to your body</li> <li>• Pick your head up on the dribble</li> <li>• Train both right and left foot</li> </ul>
	<p><b>Gate Dribbling</b></p> <ol style="list-style-type: none"> <li>1. Players begin without a ball racing through the gates. Have players do a summersault, jumping jack or a burpee in the middle of the gate.</li> <li>2. Add soccer balls to the activity.</li> <li>3. Players dribble through 6 gates. 3 with each foot and high five a teammate.</li> <li>4. Second round the players stop the ball using the sole of their foot when they dribble through the gate between the cones. This move is called the “stop-go”. Players complete 6 “stop-go’s through 6 gates – 3 with each foot and high five a teammate.</li> <li>5. Final round is a competition first to dribble through 10 gates. Players must dribble through all of the gates and cannot dribble through the same gate twice in a row.</li> </ol> <p><b>Question for the team:</b> Is it important to dribble with both feet?</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Dribble the ball with both feet – right and left</li> <li>• Complete move in each gate</li> <li>• Dribble the ball close to your body under control – touch every step</li> </ul>
	<p><b>Numbers Game</b></p> <ol style="list-style-type: none"> <li>6. Two teams of 4-5 players standing on opposite sides of the coach.</li> <li>7. The Coach has all of the soccer balls in the middle.</li> <li>8. Number the players off so each player has a number.</li> <li>9. The Coach serves a ball into the space and calls out the numbers.</li> <li>10. The game can be played 1 vs 1, 2 vs 2, and 3 vs 3</li> <li>11. Players can score in either goal</li> <li>12. Vary the service into space so the players learn to receive balls out of the air and on the ground.</li> </ol> <p><b>Question for the team:</b> When should you pass the ball and when should you dribble the ball?</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Dribble the ball 1 vs 1</li> <li>• Recognize when you are playing 2 vs 2 or 3 vs 3 and pass to a teammate</li> <li>• Score goals</li> </ul>



### **Scrimmage / Game Play**

- Inter-squad scrimmage 3 vs 3 or 4 vs 4
- Mix teams to keep the game competitive
- Play to goals
- Focus on theme – dribbling and ball control

### **Coaching Points**

- Have fun
- Encourage players to dribble the ball close to their body
- Pick their head up on the dribble