



Practice NEEDS:

- A full bag of soccer balls
- Pinnies
- Two stacks of Different colored cones
- One set of PUGs

1) Minutes 10-15 Win the Ball

Set up: Mark out a 15x15yd grid with cones (change the size if needed according to attendance, ability, and success; the dribblers should have enough room to find and dribble into space, but not create so much space the defense is unable to be successful.)

Win the Ball

This drill is focused on a DEFENSIVE role, and is meant to encourage the players to go TOWARD the opposing player who has the ball and “*win the ball”, keeping possession of it. Tell everyone to get a ball, except one player who is designated as the original defender. The players should dribble inside the grid, staying inside the cones/lines while the “defender” attempts to “win the ball” off a dribbler, then KEEP the ball. The one whose ball is stolen then becomes the new defender and has to try and win a DIFFERENT ball; this continues for an allotted time. Move onto the progression as soon as your athletes understand the drill.

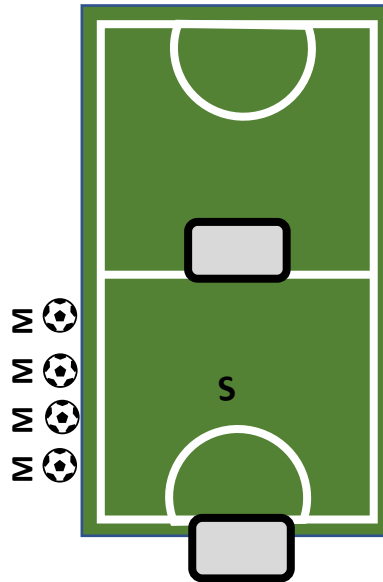
Progression: Add defenders; have at least 2-3 defenders at a time. Always have more offensive players/dribblers than defenders so it does not become 1v1.

Develop communication by telling the defender to yell “I GOT BALL” as he approaches a dribbler. This will also make the kids have more fun through increased confidence and engagement.

***Win the Ball:** In order to maintain a possession oriented game, we want to encourage kids at a young age, when playing defense, to go toward the ball with the intent to WIN/KEEP it for the team (whether that means to dribble into space or pass), rather than just kicking it away.

2) Minutes 10-15: Sharks and Minnows—KEEP THE BAIT

Set-up: No cones needed unless you want to narrow the space. You can use half of your field for this drill; bring your opposite goal to the midfield/half line.



Sharks and Minnows--Keep the Bait

So you've already played sharks and minnows the first week, you can always start without the "keep the bait" part as a reminder of how to play: Minnows (all but one player who is designated as the shark) try to dribble to the opposite line (sideline) without dribbling out of bounds or having their ball kicked out of bounds. The minnows STOP with their ball on the opposite line waiting for the next round. Any minnow whose ball is kicked out or stolen before making it to the line becomes a shark. Once you have had a winner, add the "KEEP THE BAIT" part of the game.

Keep the Bait: Just like the drill before, we are focusing today on not just defending then kicking, rather KEEPING the bait. The sharks now can only cause minnows to become sharks if they not only steal the ball from a player, but KEEP the ball then go to EITHER goal and pass/shoot it into the goal. The minnow does not want to give up that bait/ball until the ball has been passed into the goals (i.e. if the shark kicks the ball out of bounds, the minnow can dribble back in with his/her ball attempting to make it to the sideline. OR If the shark still has the ball in bounds, the minnow can attempt to win back their ball and take it to the appropriate side).

*FOCUS Progression: Continue to play the same game and way, but if you feel your kiddos can understand (especially 1st and 2nd Grade), teach them that the sharks/defenders should use the ***fast, slow, low go** approach, rather than coming in swinging when an attacker dribbles toward them/their goal.*

****Fast, Slow, Low, Go:** The idea here is that defender should NOT run up swinging to win the ball; their objective is to slow down the offense in order to allow the defense's teammates to recover. In order to do so, they go **fast**, applying quick pressure on the ball, but before getting there they **slow** their bodies and provide a little cushion between them and the offensive player with the ball (keeps the offense from doing a quick easy cut around them), now they have to get a **low** athletic stance for improved mobility, and angle their bodies making the offense **go** where they want them to as well as **go** with the offense, guiding them where the defender decides to take him.

WATER BREAK

2) Minutes 10: 2v2 Tournament

Set up: Set up two 2v2 fields with cones. Fields should be approximately 15(L) x 12(W)yds using your field goals on one field, and Pugs on the second. If you have an odd number of players, just do games for 2-3 minutes having one team sit out then rotate in or you join in on the fun making another team of two!

2v2 Small Sided Game

Pair the kids into teams of 2, placing a different color pinnie on each team so you can rotate them from one field to the other. On each field teams of 2 should play against each other. The ball can start at the middle like a normal kick off, then proceed like a normal game (except using kick-ins as opposed to throw ins OR the coach can pass the ball back in). Once they have played for a few minutes, have the teams play a different team, starting a new game, until each team has played each other.

Last week you started to work on the offensive "angles" and getting open, so the kids should be reminded of these concepts, but then quickly shift the focus onto defense. Encourage the kids to have ONE defender (1st defender, closest to the ball) to go to the ball saying "I GOT BALL", while the 2nd defender should NOT also go directly to the ball, but rather drop back toward their goal a little and help "protect the goal", close enough to their teammate/the ball to step in if their player gets beat, but not so close they both get beat by one cut or dribble. Show them what it looks like to "support" their teammate defensively as the "second defender". This is in effort to decrease the amount of "bumblebee soccer"

WATER BREAK

4) Minutes 10-15 Conclude with a scrimmage. Now that you have one game under your belt, this may be a good time to make sure your team understands your shape/formation (usually either 1-2-1/diamond, or 2-2), especially their roles defensively. They can begin to understand that their formation/shape gets SMALLER, more COMPACT when they become defense, protecting the middle of the field where their defensive goal is, and that they should try to

move as a team rather than defense staying WAY back at the goal when the ball is at the other side.

WATER BREAK

5) DEVOTIONS- WEEK 4.

Finish in Prayer