

Week FIVE Practice- K4/5 and 1st-2nd



SWITCHING THE BALL

Practice NEEDS:

- A full bag of soccer balls
- Pinnies
- Disc Cones
- 12 Taller Cones

1) Minutes 10-15: Simon Says- Soccer style

*Set Up: No set up needed; you can have each player stand on the goal line of the field

Simon Says- soccer style

First, chose a soccer star the kids would know, and call the game “Messi says” or “Ronaldo says”

Have the kids stand on the line with their ball. Say “Messi says_____” and the kids should do whatever the coach tells them to do. If Messi doesn’t say, but a kid follows the directions have the kid sit out briefly through the round or require him to do a specific challenge (ball touches, happy stars, pushups, etc) before joining back in.

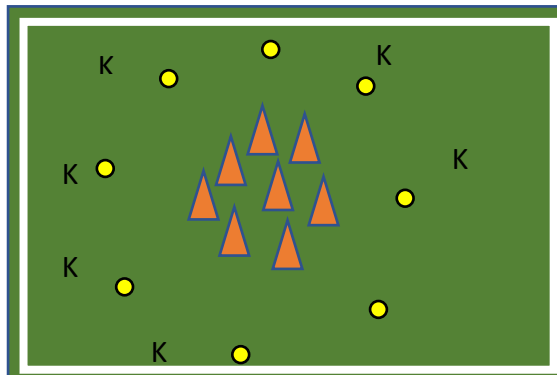
Start out with gross motor skills: jumping, jumping jacks, hopping, running to a line and back, crab walk, bear walk, skipping, etc. As they begin to understand the direction, add soccer skills (ball touches, foundations, scissors, turns, soccer moves), and add funny tasks like dance moves (ie floss), high fives, patting their heads while doing soccer skills, etc.

You can be “simon/messi” the whole time or let the “winner” be the next “simon/messi” (with some advice/help from the coach:)

WATER BREAK

2) Minutes 10-15: Cone Crash (passing)

Set up: Make a circle of disc cones, approximately 15yd diameter. Place the tall cones in the middle, only slightly spread out. Have each athlete get a ball at their feet.



CONE CRASHING

Before beginning the drill, have the kids spread out on the OUTSIDE of the cones with their ball at their feet. Make sure they understand they are dribbling on the OUTSIDE of the circle (not inside), and be sure you make clear the dribbling DIRECTION (you show them either clockwise or counter). When you say “go”, the athletes should dribble on the outside of the circle and when you say “turn” the kids should turn and dribble the other direction, still remaining on the outside. You can choose how long you continue to repeat this. But when you say “PASS!!!”, the kids should use the instep to pass the ball into the taller cones in the middle, trying to knock them all down as quickly as possible. If they miss and the ball stops on the inside of the circle, they can run in and get their ball, dribble it back outside the circle, then attempt again until they are all knocked over. Have the kids set the cones back up after they’ve successfully knocked them down

Progression: Begin to Specify the turn they must use when they turn: outside cut, pull turn, step over, Cruyff, etc.

WATER BREAK

COACH’S CORNER QUICK TIP

Last week the team learned about “Big Shape, Little Shape”. One of the ways to capitalize on your “Big Shape” on offense is understanding when are good opportunities to “switch the ball”. This can be a little difficult for a young ones to understand, but still something good to introduce them to. Very simply put, it is switching the ball from one side (the right or left) to the opposite side. Although some of your team may be able to play a long ball from one side to the other, it is usually best if not completed with one big kick since the other team can intercept it. It is best if it is accomplished from a TRIANGLE (look at that! Bringing back one of our “big shapes” from last week!) The triangle can be with a player more forward than the rest or through a “negative” pass toward the “tip” of the triangle being behind the ball. At young ages, sometimes negative passes (drop ball) can result in the other team scoring, but it is OKAY! The kids are learning a beautiful style of play, possessing the ball, so encourage them to pick the best times to do this, play that negative pass to a teammate, then that teammate hopefully opens up with his **back foot and play the ball to the other side of the field to a teammate who is acting as another corner of the BIG triangle. Bam! A “switch” has been accomplished.

****Back foot is the foot opposite the direction from which the ball traveled. If the ball is coming from the athlete’s right side, he should touch the ball with the inside of his left foot in order to use his back foot.**

3) Minutes 5-10: Triangle Passing (OPTIONAL for the youngest groups; gauge your kiddos)

Set-up: Set up either disc cones or dots in 2-3 triangles or diamonds depending on your #s, and have the kids attempt to pass the ball with instep, open up with their back foot, then pass with that same foot (two touch). If they are getting it, have them race to see who can get the most passes in an allotted amount of time.

4) Minutes 5-15: Triangle to score- 3v1

Set-up: At Half, set out three cones behind which 2-3 players should stand. The kids do not need a ball.

Triangle to Score- 3v1

Have no more than 3 players at each line at HALF, facing the goal where you plan to defend. Play the ball to any of the three athletes, encourage them from there to keep their spacing and make a triangle (more than likely the tip will remain more negative due to your defense). Tell them before they can score they have to ALL touch the ball (with their feet), encouraging them to PASS and reinforce with the middle player, especially, to receive with his back foot. Allow them to score. After they finish up, they should go to a different line and repeat. You can continue to be the defender or mix up who plays defense after they've gotten the hang of the drill.

Progression: Make it 3v2 instead of 3v1 if they are successful.

WATER BREAK

4) Minutes 10-15 SCRIMMAGE

If your kids are ready and understand, you can require them to all touch the ball before scoring OR both of the wing players in your diamond must receive and play the ball before they can score.

WATER BREAK

5) DEVOTIONS- WEEK 6.

Finish in Prayer