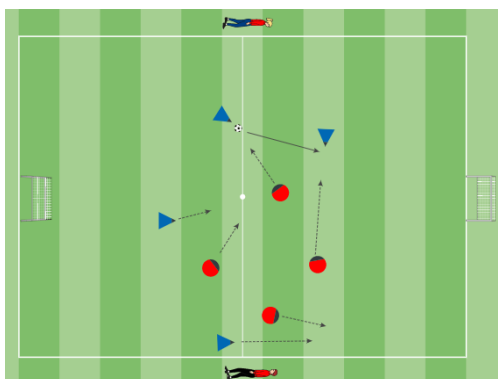




Team/Group: Colonial SC IM K, 1 st Grade Week 3	Topic: Basic Dribbling and Movement Skills
Training Objectives: Skill acquisition using multiple surfaces of the foot to dribble the ball along with movement without the ball including running with stops, starts and changing direction while playing “eyes up” to find space	
GAME-PLAY-GAME METHOD NOTE: <i>Adjust times as needed for 45-60' Sessions with breaks</i>	

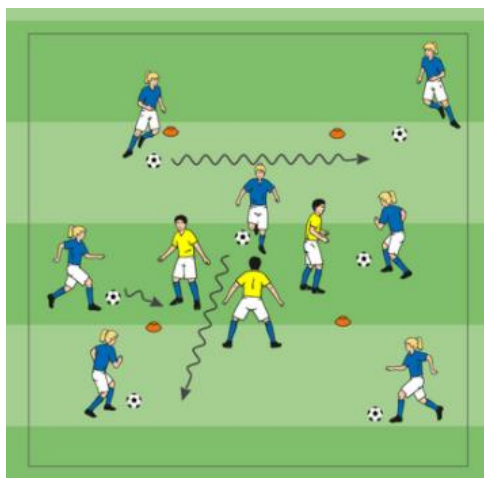


GAME: 10 min & WELCOME: 5 min – ask about their day

Organization: Set up as many 20x30 yard grids with Pugg/cone goals based on the number of players to play a max of 4v4 on each field. No goalkeeping. Players play upon arrival and start with 1v1 and players are added to each field as they arrive. All restarts are kick-ins.

Coaching Points/Key Concepts:

- Make sure everyone is involved
- Minimal coaching – let them play/figure it out
- Keep players moving and engaged



PLAY: CROCODILE SWAMP: Organization: 25x25 yd grid w/10x10 yd grid in the center. The smaller grid (swamp) is off limits until coach instructs the players to enter. The players dribble in the large grid. If they stay outside the swamp, they're safe. To score a point they must take a risk and cross the empty swamp. Add different ways to change direction: cut, pull-back, sole roll. **Progression:** Add crocodiles to the swamp (coaches and/or players)

Guided Questions: What are the different parts of your foot used to dribble? What are some ways to change direction? How do we find space on the field? How close to our body should we keep the ball?

SPIDER'S WEB: Organization: 25 x 25 yd grid. 6 players each with a ball and 3 players link arms to be the web. If the web touches any part of anyone's ball, that person becomes part of the web. Continue until everyone is caught in the web

GAME: 10 min w/5 min Celebration Circle at the end

Organization: 4v4 K/5v5 including GKs for 1st Grade All laws of the game apply. Teach the basic rules & fair vs. foul play. Reinforce the laws of the game. Make sure to sub every 3-4 minutes. Have extra balls with coaches ready to put in play.

Coaching Points/Key Concepts: Encourage dribbling to open space by asking them “Can you find the space? How? Show me.

CELEBRATION CIRCLE: Ask their favorite part of practice, what they learned, do a cheer!



- SESSION PLANS PROVIDED WEEKLY AT WWW.COLONIALSOCCERCLUB.ORG WRITTEN BY DANIELLE FAGAN
- CHARACTERISTICS OF THESE AGES:
 - Me Vs. We
 - Imaginative
 - Short Attention Span
 - Lack Of Spatial Awareness
 - Tire Easily
- KEEP IT SIMPLE & FUN
- FEEDBACK:
 - Guided Discovery Questions
 - Avoid "Yes" Or "No" Questions – Ask How? Or Show Me.
 - "Catch Them Being Good" = Comment on what they're doing well, correctly, successfully
- SMILE, BE ENTHUSIASTIC, GET DOWN ON ONE KNEE TO BE AT THEIR LEVEL, REMOVE SUNGLASSES
- ACTIVITIES NOT DRILLS: *"DRILLS DESTROY SKILLS"*
- NO LAPS, NO LONG LINES, NO LECTURES
- LIMIT INFO TO 1-2 POINTS AT A TIME

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MASTER TRAINERS: K – CAROLINE GORMLEY, 1ST - VAL MUNYAN