



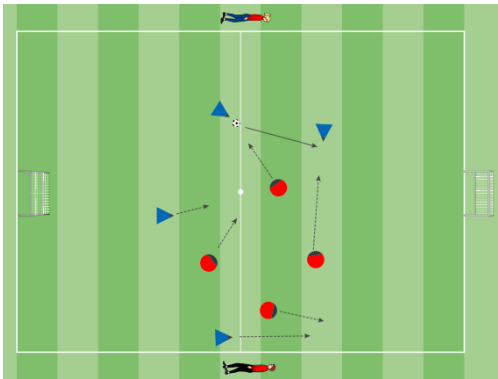
EVERY TRAINING SESSION STARTS WITH SMALL-SIDED GAMES – NO LINES

Team/Group: Colonial SC Pre-K 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: SEE BACK FOR DESCRIPTION



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:

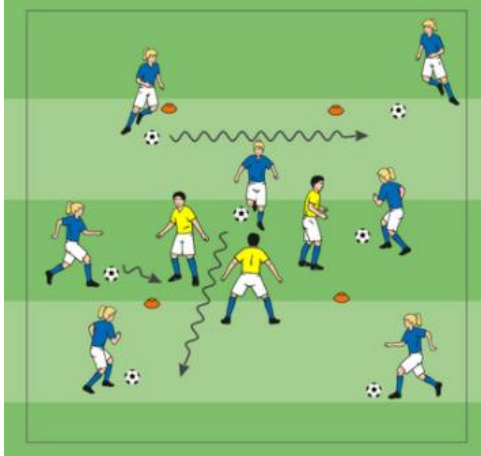
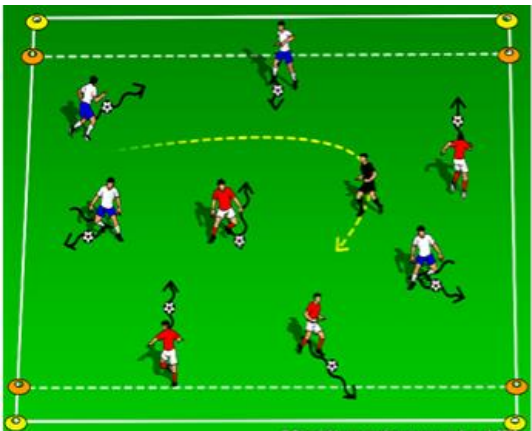
- Make sure everyone is involved
- Minimal coaching – let them play/figure it out
- Keep players moving and engaged – NO STANDING IN LINES

WELCOME: 5 min Ask about their day

PLAY: SURFACE DRIBBLING **Organization:** 20x30 yd grid includes 3 yd end zone at each end line in front of the PUGG goals. Each player w/a ball. Ask the players to use 4 surfaces in 1 motion in order: Outside of foot (pinky toe), inside of foot, laces and bottom (sole). Try with both feet. Move in a maze-like fashion dribbling from one end to the other on their own using all 4 surfaces. Coach starts play by calling out the first surface. **SCORING:** 1 point for getting into the end zone. Play to 5 or timed rounds. **OPTIONS:** Add defenders. Give bonus points for doing a pull back move (see below with video link)

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

PLAY: CROCODILE SWAMP: **Organization:** 30x20 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 (banks of the swamp). If they stay outside the swamp, they're safe. To score a point they must take a risk and cross the swamp when coach says, “Cross the Swamp”. **Progression:** Add crocodiles to the swamp (coaches and/or players) **USE GUIDED QUESTIONS FROM SURFACE DRIBBLING ACTIVITY**



GAME: 10 min w/5 min Celebration Circle at the end **Organization:** 4v4 K 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. PLAY OTHER TEAM ON YOUR FIELD OR PLAY YOUR OWN TEAM **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!



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SESSION PLANS PROVIDED WEEKLY AT WWW.COLONIALSOCCERCLUB.ORG WRITTEN BY DANIELLE FAGAN, COLONIAL SC TECHNICAL DIRECTOR TD@COLONIALSOCCERCLUB.ORG 610-505-5567

- 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

MASTER TRAINER: TOBY RANCK