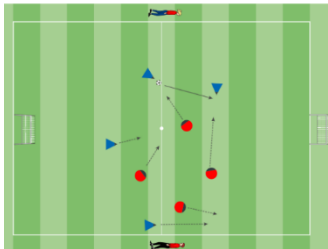
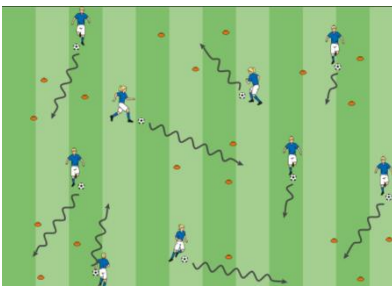
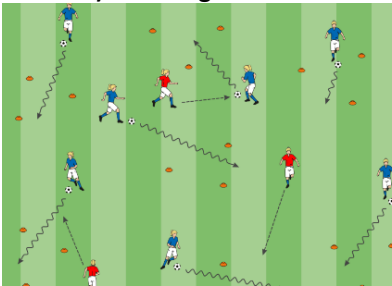
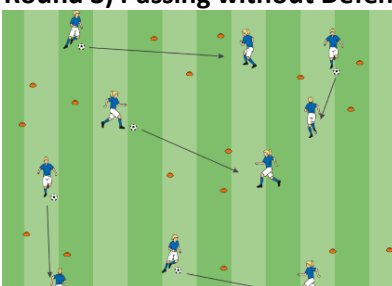




## EVERY TRAINING SESSION STARTS WITH SMALL-SIDED GAMES – NO LINES

<b>Team/Group:</b> Colonial SC Kindergarten Week 6	<b>Topics:</b> Movement, Receiving/Controlling w/Foot & Passing Inside of the Foot & Ball Striking w/Instep/Laces
<b>Training Objectives:</b> Skill acquisition receiving/controlling the ball with the INSIDE of the foot and striking the ball with the instep/laces <b>GAME-PLAY-GAME METHOD:</b> SEE BACK FOR DESCRIPTION	
	<b>GAME: 10 min &amp; WELCOME: 5 min – Ask about their day/review the game</b> <b>Organization:</b> 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. <i>JUST LET THEM PLAY.</i> <b>Coaching Points/Key Concepts:</b> <ul style="list-style-type: none"> <li>• Make sure everyone is involved</li> <li>• Minimal coaching – let them play/figure it out</li> <li>• Keep players moving and engaged</li> </ul>
<b>PLAY: TREASURE ISLAND 20 min</b> <b>Organization:</b> 7-8 "Islands" various size triangles with 3 cones or pinnies to mark off the space spread out around a 20x30 yd grid. APPROX 1 GIANT STEP = 1 YARD <b>SHOW THE SKILL THEN PLAY EACH ROUND AND ASK GUIDED QUESTIONS BELOW BETWEEN EACH ROUND</b> <b>Demo it, then let players try it:</b> Ball Striking (inside for accuracy, instep/laces for power) & Receiving w/Control (NOT STOPPING OR TRAPPING) the ball 1 <sup>ST</sup> <b>Videos:</b> 1) <a href="#">Ball Striking</a> 2) <a href="#">Passing</a> 3) <a href="#">Receiving</a>	
	<b>Round 1) Dribbling without Defenders</b> Review dribbling fast & slow & 1v1 moves: 1 ball per player. Play 90 seconds and have players count how many islands they can dribble through. Ask the guided questions and then have them try to beat their prior score by going faster.  <b>Guided Questions:</b> <i>How close do we keep the ball when dribbling? A: Hula hoop distance</i> <i>What parts of our feet do we use to dribble the ball? A: Inside, outside, sole(bottom)</i>
	<b>Round 2) Dribbling with Defenders</b> Coaches become the defenders to knock the balls away. If the player loses the ball, he/she must do 3 toe taps on the ball before restarting play. Play 90 seconds as in Round 1 then have them play again to beat their score. <b>Options:</b> Play multiple rounds rotating players in as defenders. Can also allow players to stay on an island for 3-5 seconds to evade the defenders.  <b>Guided Questions:</b> <i>How do we dribble faster to get away from the opponent? A: Use our pinky toe and push the ball out in front of our body.</i> <i>Where should we be looking while dribbling? A: Head/eyes up looking for space, teammates, and defenders/opponents.</i>
	<b>Round 3) Passing without Defenders</b> 1 ball per pair (can make a group of 3 if uneven numbers). Same as other rounds but players pass through the islands instead of dribbling through. <b>Guided Questions:</b> <i>What are the different parts of your foot used to strike/pass the ball? A: inside, instep/laces</i> <i>What part of the foot do you use to control the ball? A: Inside</i> <i>Should you stop the ball when it's passed to you? A: No, keep it moving close to your body to keep it away from the opponent and in the direction you want to go</i> <i>Do you trap a soccer ball? A: No, you can trap a bear BUT you CONTROL a soccer ball</i>
<b>GAME: 10 min w/5 min Celebration Circle at the end</b> <b>Organization:</b> 4v4 No GK 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. <b>Coaching Points/Key Concepts:</b> Encourage striking the ball with inside of the foot, instep/laces. Also make sure they are controlling the ball when receiving it. <b>CELEBRATION CIRCLE:</b> Ask their favorite part of practice, what they learned, do a cheer!	



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- SESSION PLANS PROVIDED WEEKLY AT [WWW.COLONIALSOCCERCLUB.ORG](http://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

DANIELLE FAGAN, COLONIAL SC TECHNICAL DIRECTOR [TD@COLONIALSOCCERCLUB.ORG](mailto:TD@COLONIALSOCCERCLUB.ORG) 610-505-5567

**MASTER TRAINERS:** CAROLINE GORMLEY