

POPCORN

STAGES COVERED BY ACTIVITY

Stages 1 & 2 3-8 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.
- + Passing and receiving.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Passing and receiving.

WHY USE IT

Players learn how to shoot off the dribble using their instep.

SET UP

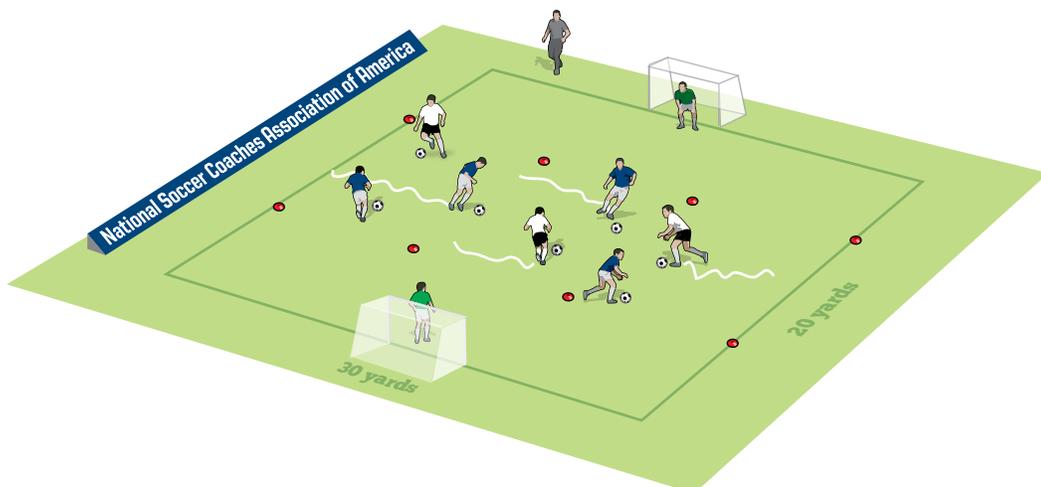
30x20yd area. 2 goals. In the middle there is zone the width of the space and 8-10 yards long. 2 teams wearing a colored vest. Every player starts with a ball in the middle zone. Players assigned a number 1-6. Goalkeepers in each net.

HOW TO PLAY

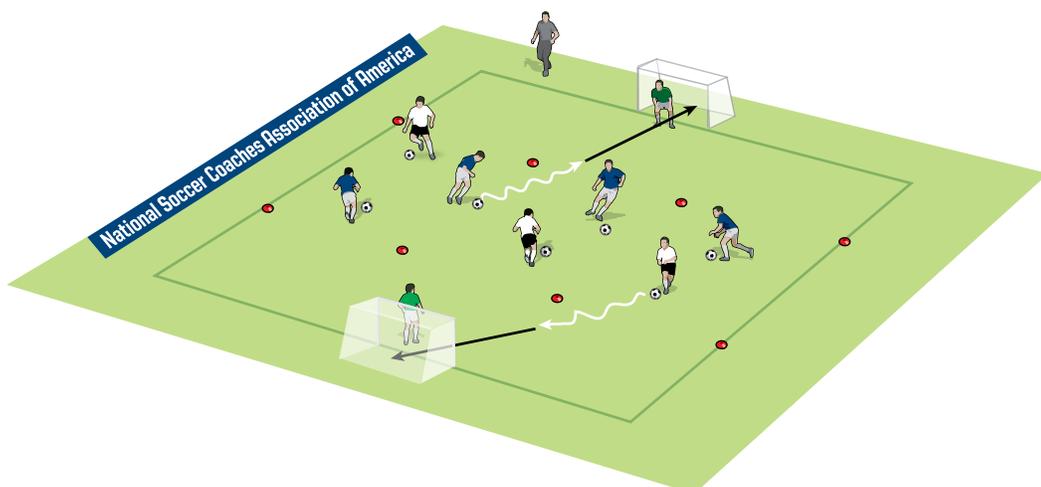
Story: Players are each an individual piece of corn and the middle zone is the popcorn pot. Teams are assigned to a goal that they will try to score on. Players dribble in the middle zone avoiding each other and heating up in the pot. The coach calls a number and players from each team must “pop” out of the pot (by dribbling) and then shoot on their goal. Coaches can see who can score the most goals in two minutes.

COACHING NOTES

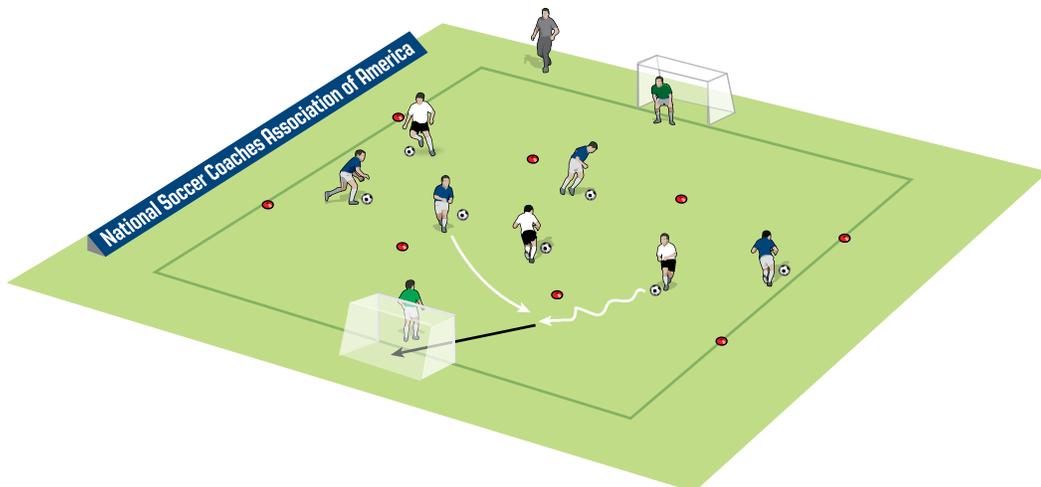
- + Main coaching objectives – player’s shooting technique: toe down, ankle locked, knee over the ball and striking with their laces
- + Coaching tips – use parent volunteers to help collect soccer balls
- + Adaptations – coach calls out a color and a number, so that the player whose color is called is attacking their goal and the player with the same number on the other team must try to defend them.



- + Players dribble around the middle zone avoiding other players and working on different moves until their number is called.



- + When a player hears their number, they should make a clean move to turn to goal
- + Make sure that players have the ball under their knee or a little in front when shooting



- + Make sure players are striking the ball with their laces and keeping their head down

