



Kindergarten Midweek Session 2

Category: Technical: Coerver/Individual Skills
Skill: U6

Pro-Club: Loudoun Soccer Club
Daryn Patricio, Leesburg, United States of America

Play (10 mins)

Objective: Ignition game to keep players active when arriving at training

Duration: 5-10 minutes

Description (rules, number of players, grid size, etc.):

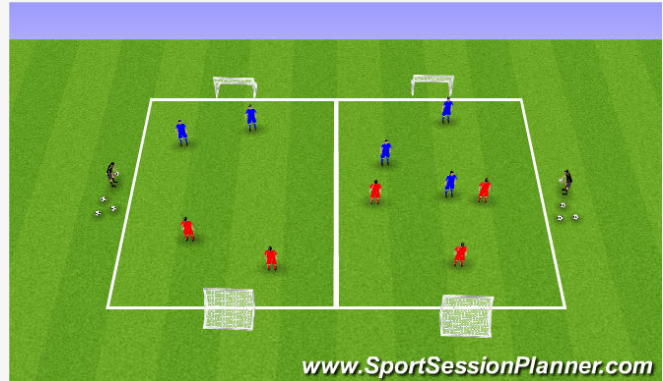
*two small sided fields to play 2v2, or one field to play 3v3 or 4v4

*add players to game as they arrive

* play with regular restarts (kick-ins, goal kicks, corner kicks).

Key Points:

few if any - get them playing!



Squirrels (15 mins)

Objective: emphasize basic dribbling concepts

Duration: 10-15 mins

Description (rules, number of players, grid size, etc.):

Spread out different colored cones, towels, bags, etc. inside a playing area

Players start in common designated area (their "tree")

When coach says "Feeding Time," players run from cone to cone, touching with their feet as many times as possible. When coach says "Back to the Tree" players return to starting position. Each round is 30-45 seconds, play 2-3 rounds without a ball.

Progression:

1. have each players dribble their ball from cone to cone.
2. Avoid the "hawk" - hawk = coach who tries to steal the ball. If coach steals ball, players perform 3 toe taps and then resume play.

Key Points:

Head up to find open acorns - avoid the crowds

Burst of speed to open acorns

small, quick touches to keep ball under control



Get Out of There! (15 mins)

Objective: apply basic dribbling concepts against pressure

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

* Coach plays ball into space and calls a number ("Two" means 2v2) and players enter field. Add obstacles before entry if desired.

* Objective: teams attempt to score goal.

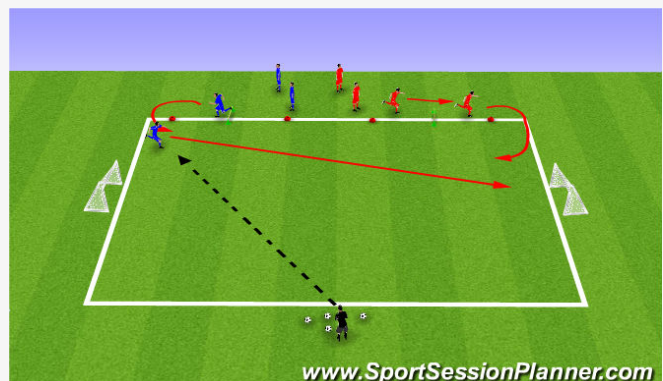
* Play until ball is out of bounds, goal is scored, or coach yells "Get Outta There!"

* Players return to lines for next play.

Key Points:

* Dribble fast (cheetah with a jetpack on!) past your opponent.

* Attack through windows - burst thru them to goal.



Boss of the Balls (15 mins)

Objective: introduce game/scrimmage format

Duration: 10-15 mins

Description (rules, number of players, grid size, etc.):

- * One or two small sided fields of 2v2, 3v3, or 4v4 game play. OK to be numbers up or down - balance teams by ability accordingly.
- * If you only have one coach and more than 8 players - rotate players in and out of play every 2-3 minutes. You can have the players sitting out collect balls out of bounds to keep the game going.
- * When the ball exits the field or goal is scored - coach plays a new ball in.
- * When all balls are out - collect them and return them to coach to play a new round.

Key Points:

- * Coaches: play new ball into open space to spread out players, and play new ball into a different player to give them opportunities.
- * Not much coaching is needed - be positive and encouraging is more important than any coaching point you can provide them (the game is already complicated enough!)

