



KIDS SOCCER PRACTICE # 6

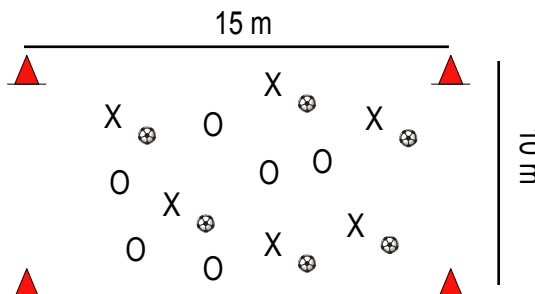
Practice Focus: Dribbling with Head UP, 1v1

Time: 1 hr

Warm-Up: Ball Control, Dribbling (10min)

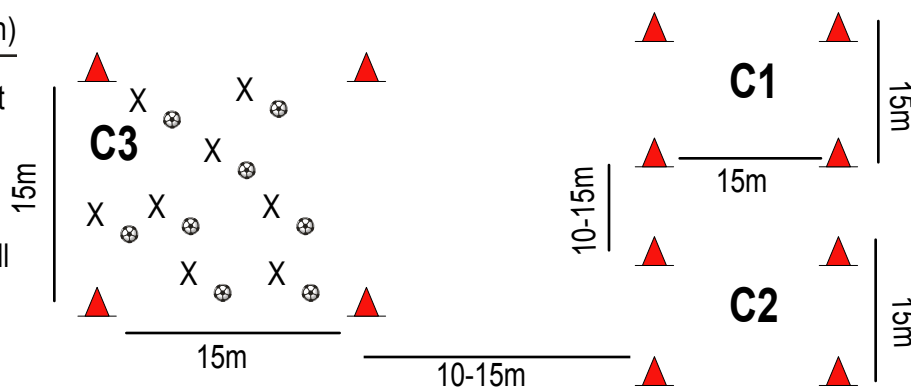
- All players with ball push ball forward with
 - laces
 - inside foot
 - outside foot
 and pull back with sole of foot on command by coach.

- X's dribble ball in grid and on command exchange it with O's who are running around freely. O's dribble, exchange, etc.



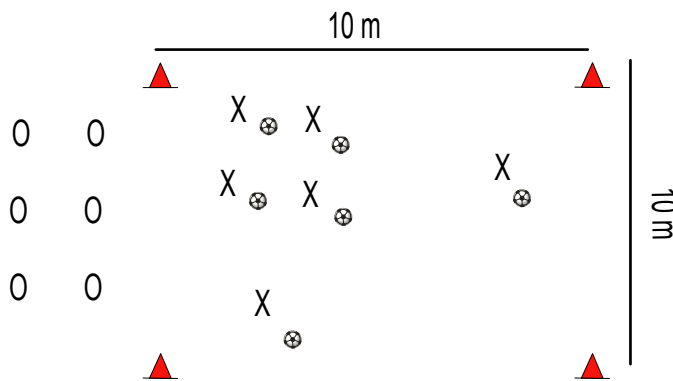
Ball Handling: Head Up Dribbling (10min)

Three squares each with a coach/parent in it C1, C2, C3.
 Players each with ball dribble in one square.
 When one of the coaches lifts a hand, all players dribble to that square.
 Coaches need to co-ordinate who lifts hand next.

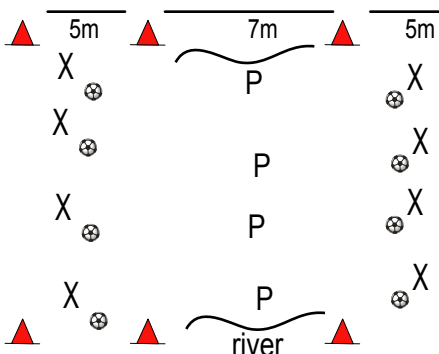


Co-ordination: Catch Game 4 (10min)

X's in grid each have a ball in their hands and are the hunters.
 Two O's enter grid at a time and X's try to tag them by tossing balls at them.
 O's that are hit sit down, next two O's enter.
 How long to knock down all O's?
 Reverse roles.

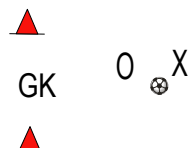


Motivational Skill: Dribble through Pirates (10min)



X's dribble through river to other shore.
 Pirates (P) try to steal ball from X's.
 Pirate winning ball kicks it to shore and X must get it
 X's count crossings in 2 minutes.
 All groups get turn as pirates

Game: 1 v 1 with GK (15 min)



Groups of 3.

X v O on GK.
 Goals can be scored from either side of goal.

Rotate GK every 2 minutes so each player gets 2 turns in goal.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.