

# Milton YS – Kindergarten: Week 4

**Category:** Technical: Dribbling and RWB

**Skill:** U6

**Move of the Week:** Stop N Go



Hermes Lima Soccer Academy, Quincy, United States of America

## Be A Hero

Players are dribbling around. On the coach's command they have to do like that superhero. One introduces one hero at a time. E.g. - Introduce the Hulk the play it for a minute - then introduce spider and hulk - slowly building in the number of heroes/commands.

- Hulk - pick ball up and smash (bounce) it on the ground
- Spider man - toe taps to climb up the side of a building and then sling the web

- Flash - Run super-fast with the ball
- Wonder woman - Passing ball from side to side (tick tock/foundation moves) arms out in front to be flying.

- Fro-zone - Freeze like a statue
  - Ask the players to come up with their own ideas
- Keep the ball close  
Head up to find space  
speed of reaction to do the task asked



## Hulk Smash

Player's dribble around the area avoiding the coach (Hulk)

Coach is to walk/run around with ball in hand, trying to throw their soccer ball to hit the players balls (hulk smash)

Change the 'hulk' after a couple of minutes

Start with 10 lives, if you get smashed by the hulk you lose a life. If you lose all 10 lives you need to do 10 toe taps to get back into the game.

Keep the ball close

Keep your head up to find space and avoid the hulk

Small touches to move the ball around in different directions.



## Robot

Aim: Kick robots/coaches with soccer ball to destroy them.

get hit once, lose and arm, twice lose the other arm, third time lose a leg, 4th time lose another leg therefore being destroyed

Reverse the roles, coaches try and get the players.

Coaching Points:

Look at soccer ball and apply technique to ensure robots are hit with soccer ball.

Plant foot, body and head over ball while looking and striking at robots.

Use laces or inside of foot

Dribble with head up to get close to robots and then look down at ball to strike.



## In town Scrimmage

### Scrimmage -

Both teams split into even numbers and play against each other over 2 fields

Coaches have spare balls at your feet to pass in if ball goes out of bounds in order to keep players on field.

Any player not overly involved or shy - give them their own ball to score a goal - does not matter what goal they shoot into - encourage a sense of accomplishment/success.

