

Milton YS -- Kindergarten: Week 7

Category: Technical: Passing & Receiving

Skill: U6

Move of the Week: Cruyff Turn



Hermes Lima Soccer Academy, Quincy, United States of America

Champions of the Ring (15 mins)

All players have a ball, once they are dribbling around quickly, shout of King/Queen of the Ring. Players have to protect their own ball whilst trying to get kick someone else's ball out of the area. If their ball goes out of the area give them a challenge to get back in e.g., 10 toe taps, 2 juggles etc.

Progression - Once kicked out of the area, you are out of the game. Last player left with ball is the winner/ King/ Queen

Coaching Points:

Close control

Shield ball

Awareness

Head up



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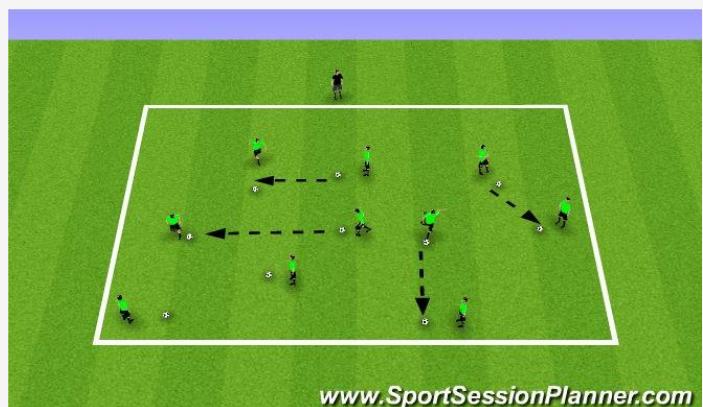
Marbles (10 mins)

Every player has a ball and is moving inside the area.

On the coach's(es) command - players are to try and pass the ball and hit another players soccer ball. in doing so they win a point if successful.

Coaching Points:

- inside of kicking foot
- non kicking foot planted beside ball with foot pointed to target
- hips facing target
- follow through with kicking foot
- move ball at all times
- do not be an easy target



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Coconuts (10 mins)

'Coconuts'

Players are split into pairs. Each group need 2 balls. 1 ball is placed on the cone in the center of the pair (or in line with cones due to covid). Players then take it in turns to try and knock the target ball out of position.

When moving target ball back into position after being struck - do so using feet. Limit use of hands-on soccer balls.

1 point for every time you hit the target ball - First player to 10 points wins or who can get the most points in a certain time. Play this multiple times - have players swap partners

Coach can correct individual striking/passing technique

Progression 1 - Players play with weak foot. First to 5 points wins

CP - Placement of standing foot; slight bend in knees for balance; arms out for balance; knee and head over ball; strike through the ball and land on kicking foot; follow through toward target



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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.

