

Milton YS -- Kindergarten - Week 2

Category: Technical: Dribbling and RWB

Skill: U6

Move of the Week: Step-Overs



Hermes Lima Soccer Academy, Quincy, United States of America

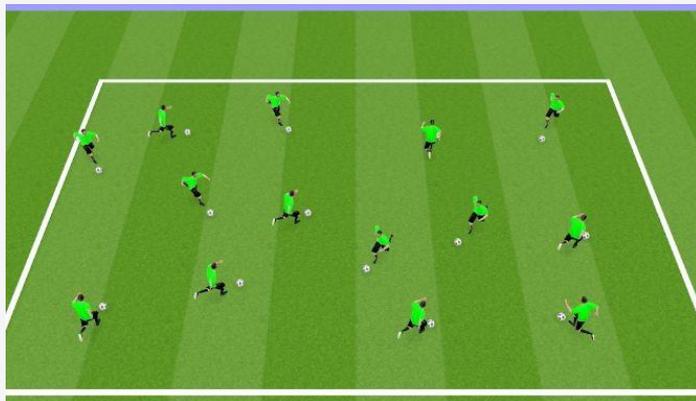
Body Parts

Body Parts

Everyone with a ball, everyone keeps their ball close (small touches with the inside or outside of their foot). on the coaches' command they stop the ball and put whatever body part is called out on to the ball.

Including - Head - Foot - Knee - Nose - Belly

Encourage speed of reaction so keep ball close so you do not have to chase after it - head up - change directions - do not bump into anyone



Banana Tag

Coaches are a monkey that likes eating bananas, if the monkey tags a player, the player sits on their ball with their hands out straight above their head, hands clasped. A teammate must come and peel that banana to free them by splitting the players arms apart. Can they catch all the players?

Coaches can be monkeys to start. Make the players take turn at being the monkey too. play the game multiple times. If it is too hard for 1 'monkey' then add 1 or 2 more. If too easy, have less monkeys

Coaching Points/Questions:

Change of direction - close control

Head up, where is the space?

Change of speed



Steal the banana - 1v1

Working in pairs, every player has a banana (soccer ball). One player is the leader and on is the chaser. the objective is for the leader to lose their monkey partner. If at the end of 30 seconds, if the leader is more than three steps away, they win the banana (a point). if the chaser is closer than 3 steps away, the chaser wins the banana (point).

Progression - The chaser no longer has a ball, but the leader does. The leader is to try and keep their ball / protect their banana. If the chaser wins it, they keep it and the roles reverse. After 30-45 seconds, freeze the game and whoever has the ball wins a point. Play multiple times / swap partners to challenge different players against different partners.

Coaching Points:

Change Speed and direction

Movement into space

Close control

Look for space

Head up

Awareness of defender - where is the chaser



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 - encourages a sense of accomplishment/success.

