

# Milton YS -- Kindergarten: Week 5

Category: Technical: Dribbling and RWB

Skill: U7

Move of the Week: L-Turn



Hermes Lima Soccer Academy, Quincy, United States of America

## Red Light Green Light (10 mins)

### Aim:

All players have a ball and dribbling around the area. Follow coaches' commands below:

Red light – Stop, Green Light – Go, Yellow Light – Slow, Horn – Press on Ball, Gas station – Toe Taps, Car Wash – Roll foot over ball, Bumper Cars- Hit another ball, GPS Broke – Change of direction/ turn

### Coaching Points:

- Head up
- Look for space
- Change speed and direction
- Use different surfaces of the feet



## Lightning McQueen (10 mins)

### Aim:

Lightening McQueen is driving through the country, but he is driving too fast, Players dribbling the ball. If the traffic warden touches your car (the ball) you have sit-down on the ball and take a pit stop.

Other players can come and free you by passing/kicking their ball against the ball being sat on.

Coaches start as the Traffic warden (defenders). After a couple of minutes, change the defenders. if time allows, give everyone a chance to be the defenders (if they want to have a go at it)

### Coaching Points:

- Head up
- Look for space
- If the defender comes towards you, can you change speed and direction to protect the ball



## Truck n Trailer (10 mins)

### Aim:

Truck and trailer

Team in pairs, ball each. One tried to follow the other.

The leading player (truck) has to try and lose the follower (trailer).

The follower has to stay as close by (socially distanced - 3 big steps). If the follower can stay close by when the coach shouts (traffic jam - everyone stands still) the leader they get a point. If the distance is too big, the leader gets a point. Play 30 second rounds, swapping the roles each time

Progression -

Truck starts with the ball - Trailer player can steal the ball and becomes the truck. Whoever has it after 30 seconds wins. In this encourage them to not be in contact too much, no holding onto each other.

### Coaching Points:

- Change Speed and direction
- Movement into space
- Close control
- Look for space
- Head up
- Awareness of defender - where is the trailer



## Scrimmage (30 mins)

Scrimmage - Multiple balls on sideline with coach - ball goes out of play, kick a new ball in - if needs be, have multiple balls going in order to have players spaced out and/or involved not just standing there - have them score as many goals as possible to get the success and feel good factor - do not keep score.

No goalkeepers / use of hands

