

Milton YS -- Kindergarten - Week 6

Category: Technical: Dribbling and RWB

Skill: U6

Move of the Week: V-Turn



Hermes Lima Soccer Academy, Quincy, United States of America

Pirate islands

Each corner is a different name to represent an island.

Soccer ball represents a steering wheel to steer the ship.

Players begin by running around the area, when the coach calls a corner, the players must run in to that island.

Only introduce 1 corner at a time - have them dribble and 'explore the sea' then introduce Island 1 - have them explore again and then introduce the next island. DO NOT JUST HAVE THEM RUN FROM ISLAND TO ISLAND - they need to dribble and explore.

Corner #1- Frozen Island. Walk around like penguins / Tick tocks with a ball

#2 - Volcano Island. The floor is really hot, high knees / Toe taps with a ball

#3 - Magical island - dream and dance land - sing and dance around their soccer ball.

#4 - Jungle Island. Players hop on one foot, and then change / Ball between legs and jump

Progression:

. Captain on deck - When the coach shouts 'captain on deck', the players salute the captain and say 'aye aye captain' / Foot on the ball.

. Seagulls - Coach shouts 'seagulls are coming!', players lie on their ball to protect it. Coach pretends to be a seagull and looks for their soccer balls

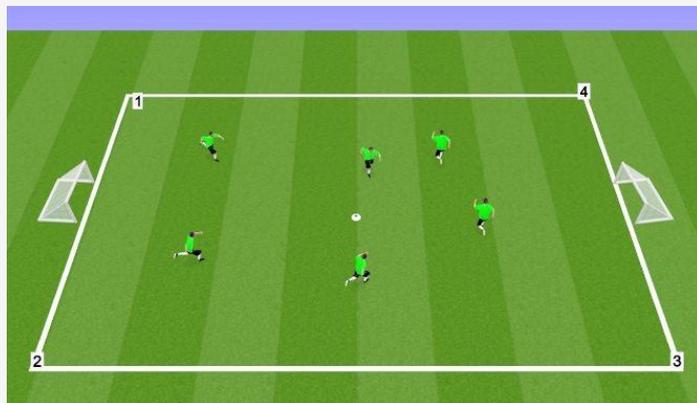
. Scrub the deck - Sole roles to clean the ship

Coaching Points:

. Head up to look for space and avoid collisions

. Change of speed and direction when moving to the different islands

. Introducing technique when practicing foot skills



Pirates of the Pugg

Pugg goal/treasure chest in the middle of the playing area

Start with every player having a ball, coaching being the bad Pirate trying to steal the treasure (soccer ball).

Coach tries to steal a ball and get into their target / Pugg. If successful, that player becomes a bad guy too and tries to steal other players balls.

If their ball is stolen, they can try and win it back before it is put in the target, if they win it back, they keep it and play on.

Winner is the last player with their ball.

Some younger ones may not like you stealing their ball - let them win it back off of you to keep them involved.

Coaching points -

Speed to get away from defender

Close control to protect the ball/treasure

Head up to avoid the pirates stealing the treasure



Angry Pirate

All the players have a ball each - Coaches do not

Coaches (to start with) are the 'angry pirate' - to scare off the angry pirate you need to kick the soccer ball at them to try and damage their wooden arms and legs

If the pirate gets hit the first time - they lose an arm

2nd time - the other arm

3rd time - a leg

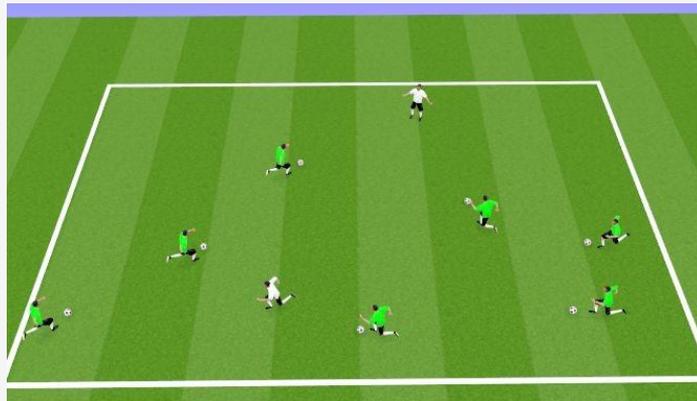
4th time - the 2nd leg and they fall over

Play the game multiple times - coaches being pirates and then the players being pirates.

Passing/shooting the ball not using toe

Dribble to get close to the pirates

Speed to get away from the dribblers



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.

