

Milton YS -- Kindergarten: Week 8

Category: Technical: Dribbling and RWB

Skill: U6

Move of the Week: Maradona



Hermes Lima Soccer Academy, Quincy, United States of America

Lets Go Exploring

Have the players moving around the area 'swimming in the river'
On the coaches command they need to go fast to a certain part/side of the field and perform the skill needed there (only introduce one task at a time so start off dribbling/swimming/looking for a destination then add in one i.e., Jungle. next time have jungle and another - Jungle - Big Gorilla's their love soccer - move the ball like a soccer player - side to side - foundation moves
Desert - Camels are good with a ball - can you balance your ball on your neck like a camel hump
High in the sky - can we soar like an eagle - run super-fast with our wings out for balance (dribble ball)
Mountain top - got to climb up to the top of the mountain - 10 Toe taps - can we then sit on the ball and look out over everything we are exploring - use hand to make telescope/binoculars.

Coaching points -
keep ball close
Head up not to bump into anyone



Swiper Caught Swiping

Story Theme:

- Oh No! Swiper saw all the fun you were having with Boots and now wants to steal all your bananas!
- We don't want Swiper to take Boots favorite fruit for him. It's up to us to stop Swiper from Swiping!

Instructions:

Swiper must try to steal balls from all the other players. If swiper steals your ball and puts it in his basket (Pugg goal) you must become a Swiper and steal other players balls.

Coaching Points/Questions:

- 1 - head up
- 2 - change of speed
- 3 - how hard to kick the ball



Swiper No Snack Swiping

With Swiper having stolen all the bananas, they have now gone to sleep. Can Dora, Boots and Friends steal back the bananas back without waking Swiper.

Players must dribble all their balls back into their corner area and then the next player can go.

If Swiper wakes up and sees someone stealing a banana, he may try to get it back off that player - encouraging them to go with speed away from Swiper back to their own den.

Coaching Points/Questions:

1. Move very slowly in the den so as not to wake Swiper the Fox
2. No hands dribbling (only with a ball when dribbling it back to your den)
3. Coach is Swiper the Fox, Coach/Volunteer will lay on field pretending to be asleep.

If the Players are too loud or bump into him, he wakes up and everyone has to leave their food run back to their house to be safe!

Regressions/Progressions:

- Place Blue Pinnies on the field and call them lakes! You cannot swim through a lake.



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.

