



# Milton YS: Kinder – Week 2

**Category:** Technical: Dribbling and RWB

**Difficulty:** Beginner

**Move of the Week:** Step-Over



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## Castles (10 mins) – RWB (running with ball)

**Arrival Activity - 5min** - 4:1 work/Rest -

Game Intentional Free Play 1v1 2 v 2 etc.

As players arrive, have them join one of two games, it may be 1 v1, 2v1 2 v 2 etc.

**Objective:** Fun and Creativity -- DO NOT COACH THEM!!

**Duration:** 7-10 Minutes

**Organization:**

4 smaller boxes placed in each corner. 4 teams -- coaches decide numbers per team.

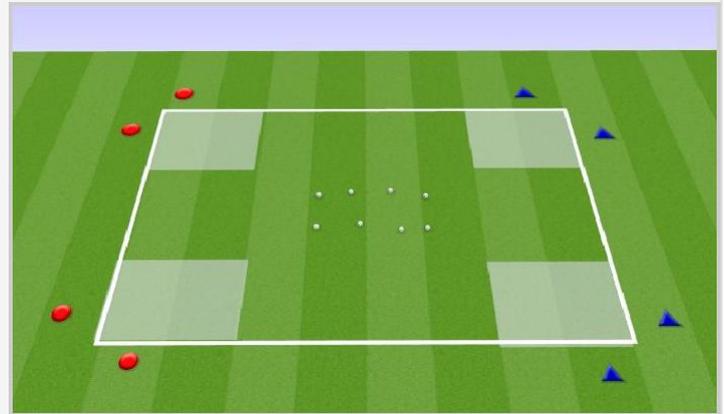
On the coach's call - Players have to steal the balls and dribble them back to their castle

**Progression 1:** After they have gathered them all, players can go steal from other castles. They can have one guarding. If too chaotic, skip this progression.

**Coaching Points:**

Dribbling: toes pointed down to use laces for speed; outside and inside to change direction; sole for better control and stopping.

Movement education; Repetition of ball touches; Balance; Eye - foot coordination; Agility; Decision making.



## Race Track (10 mins)

**Duration:** 7-10 Minutes

**Organization:**

All players with a ball dribbling around the "racetrack".

Coach dribbles around and imitates a car on the track (noises).

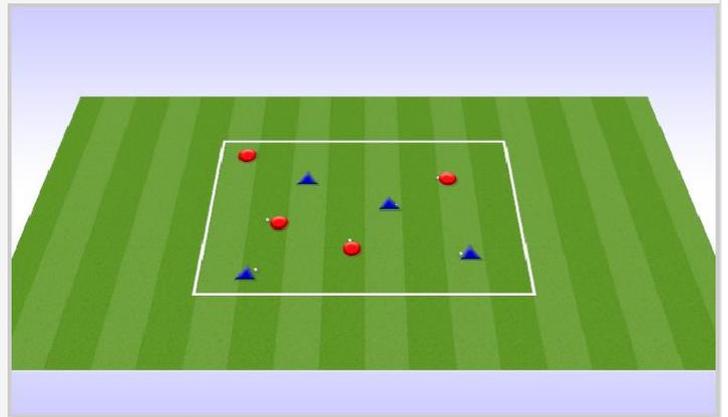
1st gear - slow; 4th gear - fast; Breaks - stop. Be animated and make car noises.

**Coaching Points:**

Dribbling: toes pointed down to use laces for speed; outside and inside to change direction; sole for better control and stopping.

Awareness; Movement education; Repetition of ball touches.

Balance; Eye - foot coordination



## 3v3 Game (35-40 mins)

**3v3 Game** (35-40 mins)

**Duration:** 35-40 Minutes – two 15min halves, 3min break– have one of the teams switch so each can play against one another.

I.e., England 1 v France 1 in first half/ England 2 v France 1 in 2<sup>nd</sup> half.

**Organization:**

Teams play two simultaneous games: 3v3/4v4 with no goalkeepers.

Sit back and watch them play...**NO COACHING!**

-- Minimal coaching at best so players can learn to be creative and just help with placing soccer balls on the sides when the ball scrolls too far out of play.

-- Have players back up when goals scored and other team starting with ball near their goal.

-- See different sheet for one sided scoring. and other info!



