



Milton YS: Kinder – Week 3

Category: Technical: Coerver/Individual Skills

Difficulty: Moderate

Move of the Week: Step-Over



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Ring Ruler!! (7-10 mins)

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!!

THE RULES:

The ring ruler candidates begin by dribbling around inside the ring in any direction.

Keeping their own ball under close control they must try to knock other's ball out of the ring.

To be successful, candidates must decide who to attack and use defensive skills to knock their ball out, while being aware that they might be attacked from a different angle.

Once candidates' ball has been knocked out, they can do toe taps or foundations.

Progression: once out, you cannot get back in! Coaches, have those players cheer on the rest of the candidates!!

When down to the final 2 or 3 candidates introduce a time limit to encourage them to win. If there is no winner before the time is up everyone can rejoin and start again. Make the space smaller as well!

MAIN OBJECTIVES

Close control, turning, tackling, defending, decision making.

WHAT TO CALL OUT

"Let battle commence"

"Keep your ball close"

"Head up"

Suggestion:

Make sure that fighters stay on their feet and do not slide tackle at this young age.

If any fighter slides, they are out on a technical knockout.

Coaching Points:

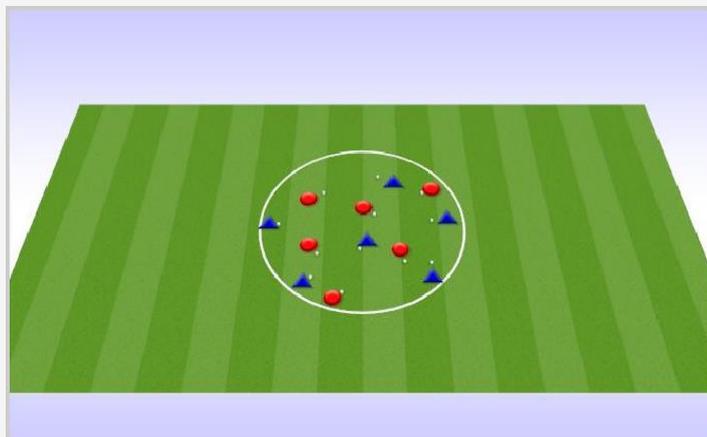
Use all surfaces of the feet!

Toes pointed down when dribbling.

Use laces for speed; outside and inside feet to maneuver around with agility

Head Up

Use the moves of the week!



Zombies Galore (7-10 mins)

THE RULES:

Split the players into two teams. One team starts in the middle and one team goes to an end zone.

The team in the middle are the zombies and in order to bite a player they have to keep their ball close and within touching distance when they tag a runner with their hand.

The players without a ball have to go from end zone to end zone without being bitten by the zombies.

Once a runner is bitten, they turn into a zombie and get a ball from the side of the area.

See who can be the last runner to get bitten.

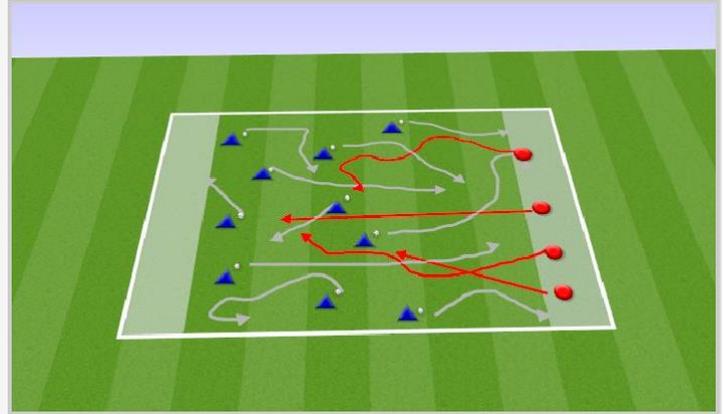
MAIN OBJECTIVES:

WHAT TO CALL OUT

"Zombies!" – to get the game started

"You've been bitten."

"Stay inside the grid"



Dribbling at pace, change of direction, disguise, attacking space.

Progression:

Fewer zombies than runners will make it harder at the start.

You can also use smaller balls to increase skill levels or add specific gates that runners must escape through.

Coaching Points:

Use all surfaces of the feet!

Toes pointed down when dribbling.

Use laces for speed; outside and inside feet to maneuver around with agility

Head Up

Use the moves of the week!

Country Invader (7-10 mins)

THE RULES:

The teams start in opposite countries (end zones) with each player, numbered from 1 to 6, passing in order (1 to 2, 2 to 3, 3 to 4 and so on).

At any point the coach can shout out a number and the player with that number must sprint across the border and try to steal the opponent's ball. Both players go across at the same time.

The remaining players do not have to pass in sequence but must retain possession.

The first player to win the ball or knock it out of the opponent's country wins a point and both players return home to restart the sequence.

Ensure that all numbers are called but don't be predictable. The same number could go twice in a row.

The first team to reach ten points wins.

Feel free to add a second soccer ball to help the players in possession of the ball and make the session a little easier.

MAIN OBJECTIVES

Short passing, receiving passes, quick play, closing down, defending, intercepting passes.

WHAT TO CALL OUT

"Accurate passing"

"Support your teammates"

"Have a good first touch."

Progression:

Call two numbers at a time to practice defending in pairs.

Alternatively, put restrictions on the number of touches allowed for the passing players.

Suggestion:

If one team dominates the other, then restrict the number of touches allowed for just that team or swap personnel between the teams.

Coaching Points:

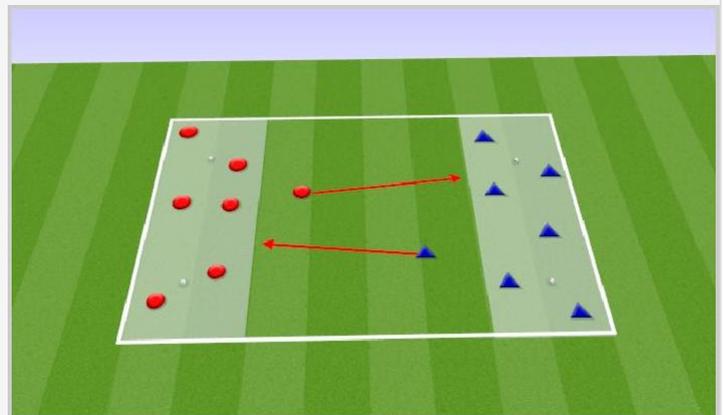
Invaders, pressure with speed and make it hard for another team to pass. See the ball and win the ball. Do not just dive in!

When passing, lock ankle and lean over ball.

Eyes on the ball!

Strike back middle!

Make sure to move and not just stand still or invaders will easily kick your ball out!



3v3 Game (35-40 mins)

Duration: 35-40 Minutes

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!

