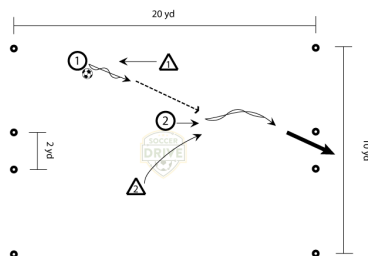




BIG TOUCHES VS LITTLE TOUCHES

AGE LEVEL: U6 TIME: 60 MINUTES

20 X 10 2VS. 2 SMALL SIDED GAME



TIME 10 minutes

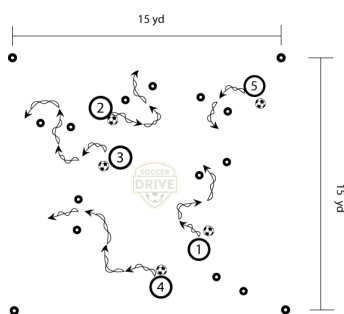
SETUP

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goal kick

COACHING POINTS

- » None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

BODY PART DRIBBLE



TIME 15 minutes

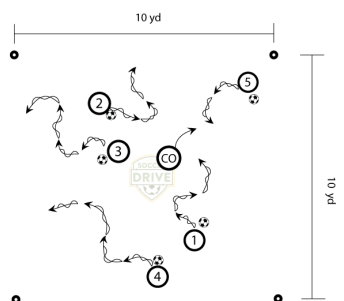
SETUP

- » Spread a series of "gates" around the inside of grid (gates are two cones about a yard apart)
- » Every player has a ball
- » Have players dribble through gates trying to get as many goals as they can!
- » Coach yells a body part (ex: knee!) and players have to all stop their ball using only that body part.
- » After all balls stopped, ask players to try and score more goals then they just did. Repeat.
- » Progress to the coach just touching a body part and see which players can stop the quickest using that body part.
- » After a few rounds, ask a player to step in as the coach and choose what the body parts are and when the players stop.

COACHING POINTS

- » Encourage kids to use peripheral vision while dribbling. See the ball with the bottom on your eyes, so you can still see what's around!
- » In order to move the ball fast, players need to take big touches on the ball (show them what it looks like). If we want to stop quicker, we need the ball closer to us, so we need to take little touches (show them)
- » Praise players who can stop quickly by keeping their ball close!

FREEZE TAG



TIME 15 minutes

SETUP

- » In your decreased grid, every player has a ball.
- » The coach(es) are it and try to tag the players who must keep control of their ball.
- » If a player gets tagged, they have to touch the ball with the bottom of their (alternating) six times before they can start playing again.
- » Play for 30-45 seconds, make a coaching point, and then restart game. Play many rounds.
- » If a player dribbles their ball out of bounds, they have to perform the special activity as if they got tagged.
- » Progression: Change activity that a player has to do when they get tagged. Have fun with it!

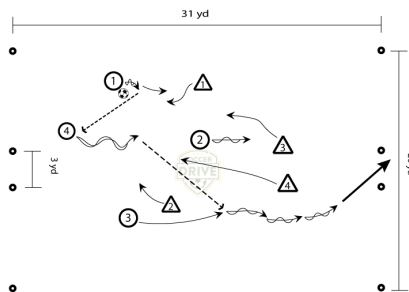
COACHING POINTS

- » Encourage players to take little touches when the tagger is close (so they can change direction quicker), and bigger touches to get away from the tagger!
- » Compliment players that are using their peripheral vision to dribble.



BIG TOUCHES VS LITTLE TOUCHES

31 X 20 4 VS 4 GAME



TIME 15 minutes

SETUP

- » Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- » Cones for goals are 2yds wide (same as for a game)
- » There are no goalkeepers

COACHING POINTS

- » None! Just sit back and let them play. For kindergarten, we play continuous restarts, meaning when a ball goes out, a coach just kicks another one in. Feel free to grab the parents to use as 'bumpers' around the field to keep the game moving. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart. Have fun and get excited!

END OF PRACTICE QUESTIONS

- » Bring your players in for the last five minutes of practice and recap your session using open-ended questions.
- » When should we use little touches vs. big touches? (little touches in tight spaces and big touches in space so we can build up speed faster).
- » What should we do with our head/eyes when dribbling? (use peripheral vision so we can see what's around us, while still seeing the ball at the same time).
- » Have a team cheer, and see everyone at the game!