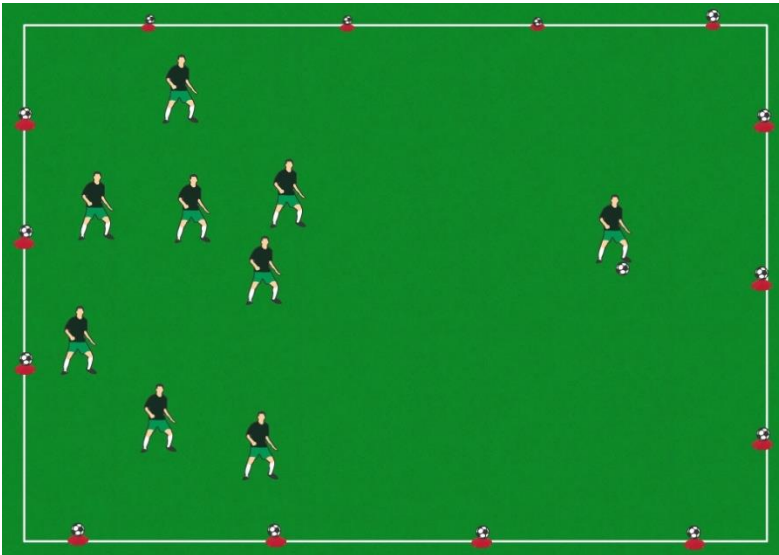


**SYC Lil' Boots  
Session 3**

# 1v1

## 15 Minutes – Pacman



**Instruction:**  
Players are trying to stay away from the Pacman. If they get tagged (with hands), they become a pacman and are trying to tag the rest of the group. Last person to get tagged is the winner. (If the pacman is struggling to tag another player, coach can help.)

**Coaching Points:**  
- Focus on each players dribbling technique, and instruct the players to use the outside of their foot (toe down ankle locked) to dribble faster.  
-Focus on each player taking a touch per step to keep control of the ball.  
-Make it fun for the children!

## 15 Minute – Sharks & Minnows



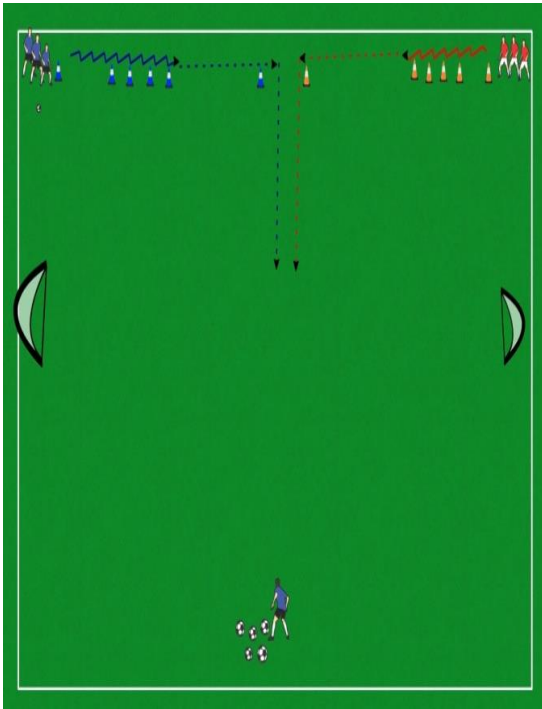
**Instruction:**  
Setup a 20x20 area. Each player with a soccer ball on one side of the grid. Designate one person to be the "Shark". On coaches' command, players are to dribble trying to make it to the other side of the grid avoiding the shark. If the shark kicks the player's soccer ball out of the grid, then they become a shark too. If the player makes it successfully, they are on to the next round. Play until there is only one player standing!

**Coaching Points:**

- Players should focus on where the shark is and recognize where to go, so there ball doesn't get taken
- Players should keep the ball close to them while dribbling away from the shark.
- Players should try to find the open space to dribble away from the pressure.
- No hands when dribbling the ball!

## SYC Lil' Boots Session 3

### 15 Minutes – 1v1 Battle

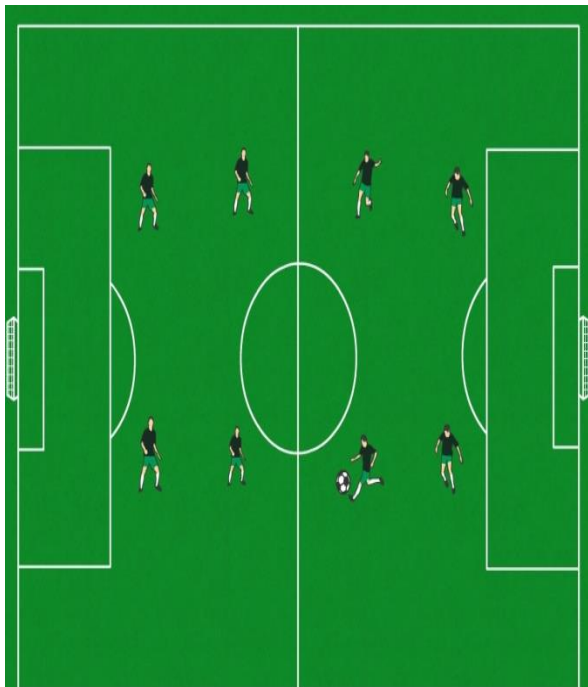
**Instruction:**

Split the players up into 2 teams (Blue and Red). Tell each team to come up with a creative team name. On coaches command, first player in line will run a zig zag through the cones and through the middle gate to get on the field. Tell the players it's a race and the first one through the gate gets the soccer ball. Players then play 1v1 to try to score in their goal.

**Coaching Points:**

- Focus on close dribbling.
- Help children recognize when they have a clear shot.
- Encourage the players to dribble fast and try to get past their opponent.

### 15 Minutes – Game Time

**Instruction:**

Split the players up into two teams. (If more than 4 on a team, make 3 teams) Tell the players to come up with a creative team name.

Show each team which direction they are going and which goal they are shooting in. (Place a different color penny on the pug goal if it is easier)

**Coaching Points:**

- Focus on close dribbling.
- Help children recognize which direction they are going and encourage them to shoot when they are near the goal.

Encourage the players to try to win the ball back once they lose it.