

**SYC Lil' Boots
Session 4**

Turns & Changing Directions

15 Minute – Dog & Master



Instruction:

Setup a 20x20 area. Each player (master) with a soccer ball (dog). The coach calls our various commands.

Commands:

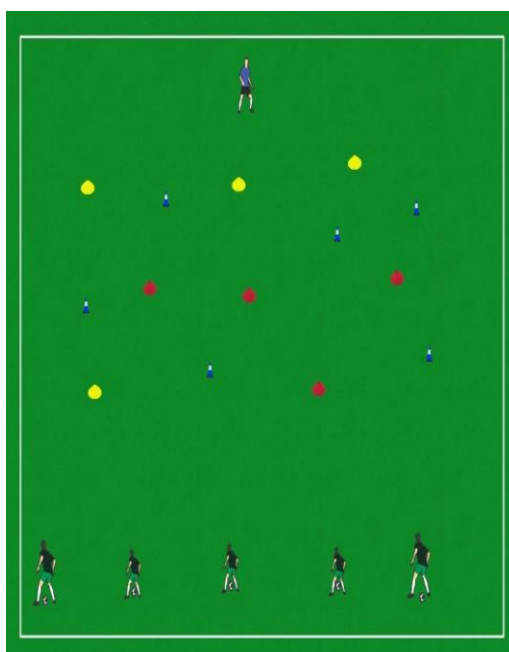
- Keep him on a short leash (dribble keeping the ball close)
- The dog ran away (kick ball and run after it before it stops rolling)
- Run with the dog (speed dribble)
- Swap Dogs (Change balls with another Master)

Progressions: Introduce tall cones that the masters have to keep their dogs away from. Introduce dog catchers that try to take dogs away.

Coaching Points:

- Players should focus on control of the ball and listen to the commands that the coach is giving.
- Players work on their balance and coordination.
- Players should focus on keeping the ball away from the dog catcher and the tall cones.
- No hands when dribbling the ball!

10 Minute – Bike Ride Turns



Instruction:(Setup cones in the middle of the field)

Tell the kids that they are going on a bike ride adventure. The soccer ball is their pedals and their feet are the handle bars. Working on turns, the coach will give the players verbal cues, such as "bike forward" "left turn" "right turn" "reverse" and "traffic jam." Have the kids dribble with a close touch avoiding the obstacles (cones) in the middle of the field.

Commands:

Left/right turn: get foot around outside of ball to turn

Reverse: have kids do a pull back and dribble the other way

Traffic Jam: have kids do toe touches on the ball for 10 seconds.

Coaching Points:

- Focus on skill names, helping the children learn the vocabulary.
- Help the child recognize the names of the parts of their foot (sole, instep, outside of the foot)
- Help children recognize left from right by having them tap the right leg or find a distinguishing item on the left or right side of their body to help them remember (ie a number on the left leg of their shorts)
- Make it fun for the children!

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15 Minutes – Minefield Freeze Tag



Instruction:(Choose 1 person to be the "it")

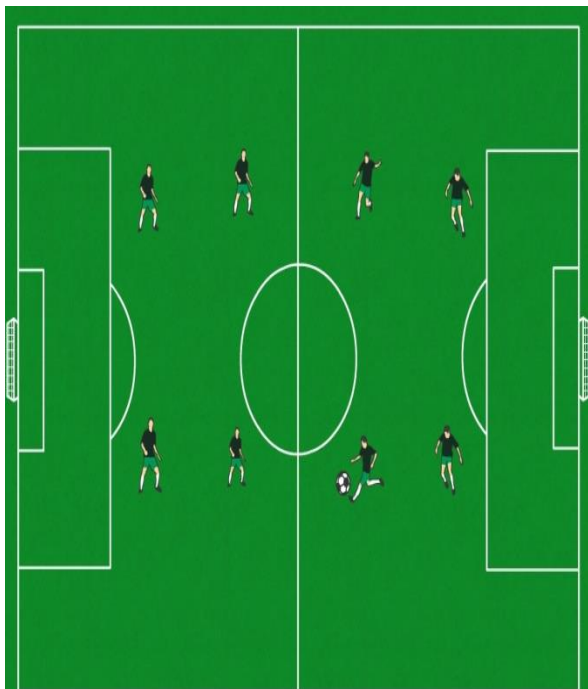
Tell the players that they must keep their balls away from the tagger. Also, let the players know that they cones on the field have magical freezing powers, and if you hit one you are frozen. The "tagger" must try and tap their foot on the other player's soccer ball to freeze them. To get "unfrozen" a teammate must dribble over and tag them. Tagger is trying to freeze all the players.

Change taggers after a couple of minutes.

Coaching Points:

- Use soft small touches as you move into space. Make as many touches as possible during the activity
- Communicate the importance of keeping the ball close, they may not yet be able to do it but remind them of the importance.
- Use different parts of the feet to introduce the different types of turns.

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.