




Eagan Rec. Soccer

Age Group	3rd and 4th Grade
Theme	Dribbling and 1 vs 1
Time	35 minutes of training / 25 minute scrimmage

Activity/Drill	Notes and Coaching Points
	<p>Dribbling and Juggling</p> <ol style="list-style-type: none"> All players begin with a soccer ball dribbling in the space - touching the ball every step. Restrict players to dribble with right foot, left foot, sole, inside and outside of the foot. Coach will yell a command and the players have to listen while they are dribbling. Coach Commands: Freeze, turn, move, stop-go, switch balls, speed up, slow down and touches. Freeze players and work on lifting the ball to your hands from your feet. Players should try to juggle using their thighs and laces. Touch and catch without letting the ball hit the ground. <p>Question for the team: How do you avoid dribbling into your teammate? What should you do after you complete a move or turn?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> Dribble the ball with small touches close to your body Pick your head up to see where open space is Change your speed after you complete a move or turn Goal: 10 juggles without a bounce on the ground
	<p>1 vs 1 to Two Goals</p> <ol style="list-style-type: none"> Two teams of 3-5 players. You might have to create two drills. Coach passes the ball into either team and the players in the front of the line play 1 vs 1 to two goals. Either team can score by dribbling or passing through the goals. Dribbling through the goal is 2 points, passing through the goal is 1 point. Keep the game competitive by switching which team you pass the initial pass to. <p>Question for the team: Do you think it is easy to defend a player who only dribbles in one direction?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> Encourage players to change direction and speed to beat the defender. Players need to pick their head up and attack the open gate. Work hard on defense and try to win the ball back.
	<p>Numbers Game</p> <ol style="list-style-type: none"> All of the balls in a pile in the middle of the field. Select two teams – one in pinnies. Coach numbers off each player on the team. When the Coach yells out a number the players with the number sprint around their goal and enter the field. The game continues until the ball goes out of bounds or a goal is scored. Begin the game 1 vs 1 and transition into 2 vs 2, 3 vs 3, 4 vs 4. Make sure to call out every number and have goals for both teams to score on. <p>Question for the team: When you are playing 1 vs 1 what do you want to try and do? When you are playing 2 vs 2 or 3 vs 3 what can you look to do on the field?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> Encourage players to dribble the ball 1 vs 1 and take on the defender. Transition from offense to defense quickly. Encourage players to pass and connect with their teammates on the field.



Scrimmage / Game Play

- 5 vs 5 or 6 vs 6 – One team in pinnies
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – dribbling, ball control, and taking on 1 vs 1.

Coaching Points

- Have fun
- Encourage players to dribble when they have space
- Pick their head up on the dribble