




Eagan Rec. Soccer

Age Group	Preschool & Kindergarten
Theme	Dribbling and Ball Control
Time	35 minutes of training / 25 minute scrimmage

Activity/Drill	Notes and Coaching Points
 <p>The diagram shows a green rectangular field with a white border. A coach is positioned on the left side. Several players are scattered across the field, each with a soccer ball. Arrows indicate the direction of movement for each player, showing a circular or zig-zag pattern within the field.</p>	<p>Body Part Dribbling</p> <ol style="list-style-type: none"> 1. All players without a ball to begin. 2. Warm-up the body by jogging, skipping, high knees, butt kicks, shuffle and back pedal in the space. The players must stay inbounds. 3. Have each player grab a soccer ball and begin dribbling in the space. 4. When you call out a body part the players have to stop the ball using only the body part you called out. Example: Elbow, forehead, knee, bottom, and foot. 5. Introduce stopping the ball with the sole of your foot on top of the ball off the dribble. Coach Command: Sole stop. <p>Coaching Points</p> <ul style="list-style-type: none"> • Control the ball close to your body in the space • Try to touch the ball every step • Train both right and left foot
 <p>The diagram shows a green rectangular field with a white border. A coach is on the left. Red dots are placed along the top and bottom edges of the field. Players are positioned in a line across the middle of the field, each with a ball. Arrows point from the center towards the red dots, indicating the direction of movement.</p>	<p>Red Light, Green Light</p> <ol style="list-style-type: none"> 1. All players on one end line without a ball. 2. On green light the players go and red light the players must stop. 3. Players run/move across the space following the coach command. 4. If the players are moving when the coach says red light they have to restart at the beginning. 5. The goal is to be the first player across the space without going out of bounds. 6. Once the players understand the game add soccer balls. 7. Final Stage – no voice commands and hold up a red or yellow pinnies/cones and encourage players to pick up their head on the dribble. <p>Question for the team: Is it better to dribble the ball far away from your body or close to your body? Why?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to listen and play • Control the ball with small steps
 <p>The diagram shows a green rectangular field with a white border. A coach is on the left. Six gates are marked with red and blue cones in a horizontal line across the middle of the field. Players are positioned behind the gates, each with a ball. Arrows indicate the path of the players as they dribble through the gates.</p>	<p>Gate Dribbling</p> <ol style="list-style-type: none"> 1. Players begin without a ball racing to see who can run through the most gates. Have players do a summersault, jumping jack or a burpee in the middle of the gate. 2. Add soccer balls to the activity. 3. Players dribble through 6 gates. 3 with each foot and high five a teammate. 4. Second round the players stop the ball using the sole of their foot when they dribble through the gate between the cones. This move is called the “stop-go”. Players complete 6 “stop-go’s through 6 gates – 3 with each foot and high five a teammate. 5. Final round is a competition first to dribble through 10 gates. Players must dribble through all of the gates and cannot dribble through the same gate twice in a row. <p>Question for the team: How do you know which gate to dribble to next?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Pick your head up on the dribble • Complete move in each gate • Dribble the ball close to your body under control



Scrimmage / Game Play

- Inter-squad scrimmage 3 vs 3 or 4 vs 4
- Mix teams to keep the game competitive
- Play to goals
- Focus on theme – dribbling and ball control

Coaching Points

- Have fun
- Encourage players to dribble the ball close to their body
- Pick their head up on the dribble