

Week THREE Practice- K4-K5 and 1st & 2nd Grade

FUN WITH SHOOTING



Practice NEEDS:

- A full bag of soccer balls
- Disc Cones or Dots
- Pinnies
- PUGs (Pop Up Goals)

1) Minutes 5-10: TREASURE CHEST

Set-up: Bring one of the goals on your field to the half; still make the goals face each other but tip them up to make them taller goals (MAKE SURE to tell the kids NOT to hang on them!) Separate the balls evenly into the two goals, having 4-5 in each goal. The athletes should be placed into two even teams, using pinnies to differentiate the teams.

TREASURE CHEST

Before explaining the game, have each team stand at the goal that will be their treasure chest so they can see where they will be bringing their “treasure”.

Coach: “During this game we are all going to be PIRATES...can I hear you say ARRrrrrrrrrr”?? The objective of this game is to steal as many soccer balls and bring them back to your team’s treasure chest. You can start this game (for understanding) having them run, PICK UP the ball then run it to their own Treasure chest. *ONLY ONE ball can be stolen at once!! Then go back and try it again... in the mean time the other team is trying to do the same, stealing each others treasure for themselves. Once they’ve had fun and seem to understand, say “okay....can anyone tell me, are we allowed to use our hands in soccer? NO!!! Not unless it goes out of bounds. So now we are going to play without using our hands! NO HANDS!!”

Progression 1: Now they must go to the other chest, steal the ball (with their feet), then dribble it to their treasure chest and SHOOT the ball into their treasure chest, only one at a time, then go and return trying to steal as many as possible and can only steal it directly from the other teams treasure chest (not someone dribbling yet).

Progression 2: You can now allow the kids to steal the ball from each other. You can either allow it across the full field, or lay out cones in two lines telling the kids they can only steal it from the other team if they have crossed a certain line. The littlest group gets very sad someone steals the ball from them; however it is a part of soccer they have to understand too.

WATER BREAK

2) 5-10 minutes: **GOLDEN BOOT**

Set up: Using half the field, leave the goals where they were for previous drill (but tip them back to their smaller size for stability, and add two Pop-up goals (PUGs) (provided in the shed) to sidelines so the kids have four goals on which to score (one on each sideline, one on the goal line, and one at half field line). Then create a small square in the middle of the playing field using cones or dots so they know where to return after each goal

- Tell all of the kids to get a ball then dribble into your small square
- Ask the kids to raise their hands if they love to score goals!! Tell them this is a fun game with a lot of goal scoring.

GOLDEN BOOT

In this game the little athletes will race to score as many goals as possible in the allotted time. When you say "go" the kids will go and score on a goal, then using their feet they will get the ball out of the goal, dribbling back to the middle cones/square before scoring another, and so forth. This continues until you tell them to stop and progress the drill. The kids should be encouraged to use ***proper shooting technique** for each shot. After you say "stop", have the kids dribble back to the middle and all at once yell out how many goals they scored!!

Progression: Now each time they return to the middle make them either do ball touches or a 1 v 1 move. K4-5 may still need ball touches like ball taps, foundations/pendulums, and scissors stepovers and even a pull turn. 1st and 2nd can start doing more 1v1 moves which help them move into the 1v1 game later in this practice. Each round switch what the "touches" or "moves" are. Don't forget to ask the kids how many goals they scored...they love to tell you about their success!!

***proper shooting technique** includes using your LACES on your cleats with your ankle locked down, plant foot ahead or beside the ball and facing the target.

WATER BREAK

3) 10-15 minutes: **NUMBERS GAME**

Set Up: You can continue to use the goals that are set on the two sidelines. Divide the teams evenly again, and NUMBER 1-4 each athlete on each team, trying to match up the skill between the two "1s" and "2s" so each athlete is hopefully versing someone of similar ability. It can help to have a helper, if you don't, just call out their names rather than giving them a number.

NUMBERS GAME

The kids should stand or sit off to the side (about 5ft) from the goal so they are ready but not getting hit by a shot. When you call their name or number, roll the ball to the middle (or a player you want to have an advantage), and they are attempting to score on the goal on the opposite side (the one they were initially facing. They battle each other until it goes out of bounds or in the goal, then call the next two kids to the middle while you roll the ball out, and do on.

Progression: 2v2 or more, call out two kids from each team to see if they can learn to pass before scoring.

WATER BREAK

4) 10-15 Minutes: SCRIMMAGE

**Today is the last day before their first GAME so make sure they understand the rules like throw ins (keeping back foot down using two hands, and bringing it behind the head), cant kick the ball in the arc, no hands, and trying to keep the ball inbounds.

WATER BREAK

5) 5-10 Minutes: DEVOTION WEEK 3