




EAA Recreational Soccer

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

| Activity/Drill | Notes and Coaching Points |
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|  | <p>Tails Tag Game</p> <ol style="list-style-type: none"> 1. All players begin without a ball and a pinnie tucked in the back of their pants. Select 2-3 players to begin without a pinnie. 2. The 2-3 players without the pinnie in their pants try to pull a tail out of the pants of their teammates. When they pull a pinnie they put the tail in their pants and the other player is now "it". 3. Once the players understand the game – add soccer balls. 4. Introduce the pull-back – use the sole of your foot on top of the ball and pull the ball back to turn and go the other direction. This is a great turn to use when you dribble into pressure. Question for the team: How do you know where the defender is coming from? <p>Coaching Points</p> <ul style="list-style-type: none"> • Use the pull-back to move away from the defender. • Change your speed and direction to lose the defender. • Pick your head up so you can dribble away from the player who is "it". |
|  | <p>Shopping Cart</p> <ol style="list-style-type: none"> 1. Players begin without a ball. Four teams of players on opposite sides of the field. Cones in the middle represent food – ask 2 players what their favorite food is. (Get to know your players) 2. Players race to the shopping cart to pick up a cone and sprint back to their line. The next player can go once the first player returns with a cone. 3. Round 2: Add a soccer ball and the players place the food back in the shopping cart. Holding the cone and dribbling into the shopping cart. 4. Round 3: Coach calls out food and the players have to pick up the correct color cone. As the cones decrease in numbers the players will have to dribble faster to get the food. <p>Question for the team: What is a good turn to use in the shopping cart to get back to your line quickly?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to pick their head up and know which cone they want to pick-up. • Encourage the players to try new turns in the middle – review the pull-back. • Dribble the ball with small touches using your laces. |
|  | <p>Numbers Game</p> <ol style="list-style-type: none"> 1. All of the balls in a pile in the middle of the field. Select two teams – one in pinnies. 2. Coach numbers off each player on the team. 3. 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. 4. Begin the game 1 vs 1 and transition into 2 vs 2. 5. 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? Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to dribble the ball 1 vs 1 and take on the defender. • Encourage the players to take a lot of touches on the ball when dribbling. • Transition from offense to defense quickly. • |



Scrimmage / Game Play

- 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 when they have space
- Pick their head up on the dribble