

Week 7: Creative Dribbling

Cutters Community Soccer


Coaching Points

- We want each child to have as many touches on the ball as possible.
- Ask players to **keep their heads up while dribbling** so they do not run into each other.
- Emphasize change in speed and change in direction. Are people who zig-zag while running harder to catch than those who run in a straight line? Do we always run slow or always fast? It's good to trick your opponent by changing your direction and varying your speed!

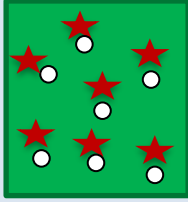
11 - 11:07 a.m. – Please help players find their teams and start participating as soon as they arrive at the fields.

Warm Up: I can do something with the ball, can you?	<p>Purpose: To practice coordination skills with the ball. Also, lets players participate creatively by offering and demonstrating ideas to their peers and the coaches.</p> <p>Trainer starts: I can do something with the ball, can you? (demos a skill or soccer trick, asks players to try it)</p> <p>Then trainer asks players, Who can show everyone something you can do with a ball? A player demonstrates, everyone tries the skill, then a new player demos. Repeat several times before moving on to Activity 1.</p>	<p>The trainers will run the initial practice activities by combining teams on several fields.</p> <p>Parent coaches should mingle, participate, keep kids on task, help those who need it and/or demonstrate when necessary.</p>
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11:08 – 11:15 a.m.

Activity 1: Sharks & Minnows (modified)	<ul style="list-style-type: none"> • Parent coaches and trainers are the “Sharks” • Players (minnows) start on one sideline • On the trainer’s signal, players try to dribble to the other sideline without having their ball kicked away by the sharks (grownups – be nice and let the kids have some success here). • If a player’s ball gets knocked away, he/she must do 5 jumping jacks, donkey kicks, “I’m a Star” jumps or ball touches or similar tasks before starting the next round. (Add variety to the tasks for fun.) 	 <p>Red Stars = players White stars= sharks/coaches ☺</p>	<ul style="list-style-type: none"> • Players practice moving with their heads up, avoiding the Sharks (opponents). • Players will change direction, move quickly and deceptively. • Keep head up – don’t run into other players ☺
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11:16 – 11:22 a.m.

Activity 2: Everybody’s It!	<ul style="list-style-type: none"> • All players dribble on half of the field (use entire field if space is too crowded). • Everyone tries to tag other players while maintaining control of the ball. Emphasize “soft touches” for tags. We don’t want people to get hit. • One point is awarded for each tag. • Rounds should last one to two minutes. • Try to beat personal best each round ☺ 	 <p>White dots = soccer balls</p>	<ul style="list-style-type: none"> • Practice dribbling, changing direction, keeping head up, deception, etc. • Ask questions about how to avoid being tagged (emphasize change of speed and direction, finding open spaces)
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11:23 -11:25 a.m. – take a short water break before starting the game

Game 11:25 a.m. to noon	<p>Play your scheduled game.</p> <p>DO NOT place all players on the field at once, please use subs.</p> <p>Players at this age get tired easily, but recover quickly. So using substitutes gives them time to get a drink and recharge.</p>	<p>Games are 4 quarters, 6 minutes each.</p> <p>Play 3v3 or 4v4 (but not larger teams)</p> <p>All out-of-bounds restarts are kick-ins either on the sideline, as a goal kick on the half-circle in front of the goal or as a corner kick.</p>	
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