



Description

Practice Planning: Kindergarten, 1st/2nd Grade Boys, 1st/2nd Grade Girls

Warmup

Warmup - Free Dribble / Simon Says

Great activity to start any practice! Every player has a ball and are working on different dribbling skills. Create restrictions to turn it into a competition. You can progress to adding defenders.

Organization:

Grid appropriate to the number of players. Every player has a ball.

How to Play:

Dribble freely within the grid. On coach's signal, perform different skills.

Progression - add defenders (sharks) to make activity game-like.

Coaching Points:

Keep ball under control, close to feet

Dribble at own pace, to become comfortable

Dribble away from pressure (defenders, when they are added)

*** red (players) black (coach) blue (defenders)



Skill Development

Dribbling Gates

Basic dribbling activity with simple rules for both age groups. 1st/2nd Grade teams can progress to 'passing gates' which requires partners and team work. Players at the U8 age group can start working in pairs, which will incorporate passing. Players at U6 should be solely focusing on dribbling.

Organization:

Area appropriate to number of players. Every player with a ball.

Gates (mini cone goals) set up in your playing area.

How to Play:

Players dribble through gates under control and perform different skills at gates. This can be turned into a competition or a race (dribble/run thru 5 gates, toe-taps at 5 gates, etc...)

Coaching Points:

Dribble with control

Keep your head up to see the field



Final Game

Mad House

Fun activity to add to or end your practice! Incorporates dribbling, shooting, attacking, defending, and team/game concepts.

Organization:

Split team into 2 groups. One group starts on one endline and the other group starts on opposite endline. Use pinnies for one group. In one group, all players have a ball.

How to Play:

Red team players dribble towards opposite goal. Blue team defends. Object is for your team to score as many goals as possible. If defending team gains possession, they go to goal. When game ends, switch the team that starts with balls.

Coaching Points:

Dribble with control when under pressure

When defending, keep opponent in front on you

Create space for yourself to take shot on goal

