

Week SEVEN Practice- K4/5 and 1st-2nd



ATTACKING SPACE

Practice NEEDS:

- A full bag of soccer balls
- Pinnies
- Disc Cones (3 colors)

COACH'S CORNER QUICK TIP

At this age you are probably seeing some the kiddos having a hard time recognizing an opportunity to “attack space”. They have the tight little close dribble down, because they are so tiny. But when it comes to seeing space in front of them and getting into it quickly, it can be difficult. The kids should today begin to understand when you are in tight space (a lot of defenders) your touch has to stay closer. But when you look up and there is a lot of grass/space in front of the player, they should take bigger, but CONTROLLED, touches into that space. Often this happens at this age when the ball squirts out of a “bumble bee swarm” and suddenly a child has one defender or none at all in front of him. This is when you learn to take the larger but controlled touch into that space toward the goal. Today really focuses on this for your kids who need to be able to recognize those moments and need more practice in this area. At this age it can be very effective on the soccer field, but it can also help develop them because if they can quickly recognize and capitalize on these opportunities as they age they will attract defenders and can then pass to their teammates who are left open.

We often say “lace into space”. They may not fully understand this but can begin to pull away from the toe poke into space and begin to bring their toe down and inward to hit the middle of the ball with the laces into the space. This will provide that more controlled touch. c

1) Minutes 10-15: DON'T BUMP!!

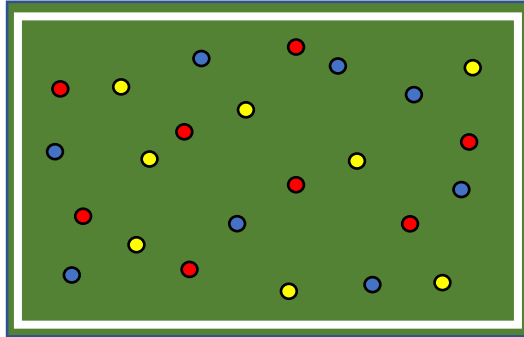
Set up: Place the goals on each sideline facing each other; as you go you can narrow the playing area to make it tighter (using cones) and therefore more difficult

DON'T BUMP!!

Split the team in two groups, placing half on each sideline facing each other. When you say “go”, tell the kids to dribble toward each other without bumping each other, dribbling to the opposite side, attempting to be the first group to ALL get the ball in the back of the net. From there you can require them to dribble toward YOU and attempt a move then score. Moves include a cut with the inside of the foot, outside cut, lunge move, Matthews (big toe little toe), scissors, etc then score.

2) Minutes 10-15: Ball Mastery: Multicolored Cones

Set Up: Set up a grid with three different colored cones/dots/pinnies (there should be as many of each color as you have players. E.g. if you have 8 show up for practice, you need 8 yellow, 8 red, 8 blue) inside the grid, well spread out so they are learning to take controlled but slightly larger touches into space. You can also do this musical chairs style with one less cone than players if you would prefer (especially if you can sing or hum)



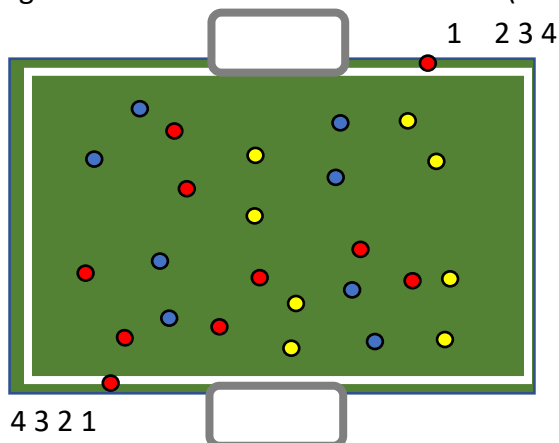
Ball Mastery: Multicolored Cones

Have the kids start on the outside of the grid or on a line with a ball. To start, choose a fun task (as a ice breaker) they have to do while waiting for you to say a color and "GO". For example, have them do a funny dance, do happy stars, pushups, etc. Then select a colored cone and tell them not to be the last one to the cone!! They need to get their heads up, finding a cone NO ONE is at, then race to the cone and stop the ball at it, remaining there until all cones have been taken. You can have the last one do something silly as punishment or make the competition of it be enough to motivate them. Next round they can stay at their cones, doing ball touches, foundations, scissors, roll tap, etc before you say "YELLOW! GO! Get there First, Don't be LAST!!" For added fun, you can join in and race them yourself as well.

WATER BREAK

3) Minutes 10-15: 1v1 Gates

Set up: Put your goals on the sidelines of your field, facing each other (bring them closer if it seems too far away) . Put 4-5 "gates" of different colors on the field (cones about 3-4ft apart) in no particular direction.



1v1 Gates

Divide your kiddos into two different teams and put the kids on each end beside the goal (put down a colored cone to the side of the goal; they should not go past that cone so they do not get hit by a shot). Assign each kiddo a number. The coach should stand in the middle of the field and say a number or a name of a player from each team. At that point, the players should run to the middle of the field to where the coach is standing with a soccer ball at his feet for each team. The players should race to the ball then attack the space attempting to dribble through 3 different gates, shoot and score in their assigned goal before the opponent. If the kids seem to need more excitement to motivate them, the coach can attempt to catch and tag the players before they score to get them "out" of that round.

Progression 1: Now call out a name/number AND color of gate to increase the thought process and difficulty.

Progression 2: Call out two numbers and require the kiddos to attack the space toward the selected colored gates then pass to a teammate on the other side who will then attack the space and pass through another gate. You may want to make the number of gates 4 rather than 3 so each player gets the same opportunities

4) Minutes 10-15: SCRIMMAGE

5) DEVOTIONS- David the Boy Who Would Become King WEEK 7.

Finish in Prayer