Grade Level: Kindergarten & First, Session #11

1

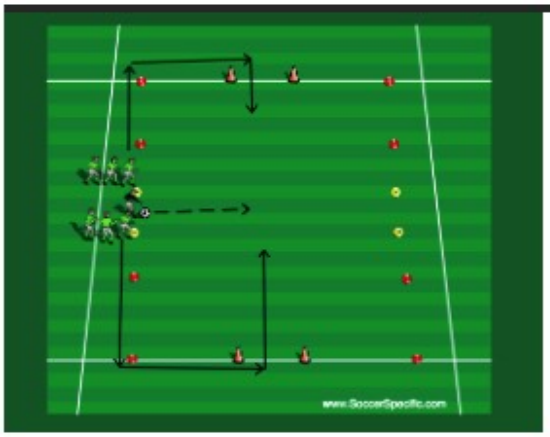
15 minutes | 15 x 7 yards

Setup: "Frogger" (Engagement) 15x7 yard grid.
Instructions: 2 players are "It". All remaining players start on one line and try to get to the other side without being touched. Players that are "It" must hop to tag/touch runners. If a player is tagged, they become a tagging Frog. *Variation, timed or number of tagged players competitions. * Variation, Players moving from side to side must dribble a ball.
Coaching Points: Have Fun!!!

2

10 minutes | 20x15

Setup: "Frosty & the Snowmen" All but one player has a ball. 20x15
Instructions: Players (Snowmen) move freely around the grid. On "go" Frosty tags as many players as possible in 1 minute. If a Snowman gets tagged they hold ball above their head with their legs spread and are frozen. For a frozen Snowman to get thawed out, another player must dribble their ball through a frozen Snowman's legs. Rotate players as Frosty.
Coaching Points: Ball control, Vision/Eyes up, Use of both feet and multiple surfaces, Find and get to undefended space. Change of speed and direction.



3

15 minutes | 15 x 12 yards

Setup: "1v1 - Crazy 8s" 15 x 12 yard grid with two small goals.
Instructions: Divide the team into 2 groups. Play 1v1 to goal. On command, the the first player from each group sprints around the perimeter of the field entering through their goal (or around it). As they move around the field the coach plays a ball into the center of the grid. The first player to the ball is the Attacker, the second player becomes the Defender. The Attacker must Dribble or Shoot to score on their opponents goal. Game is played until a goal is scored, the ball goes out of bounds or 7 seconds. The duration of the game is 3 minutes. The winning team is the one that scores the most goals. Competition - best of three rounds.
Variations - 1. Players run around 3/4 of the field, entering through a gate across from the server. Then play 1v1 to goal. First to touch the ball is the Attacker. 2. Players enter the grid and play 1v1 to goal, anyone that has the ball can score, during the 7 second match. 3. Attackers score on the Orange goals and the Defenders score on the Yellow gates. 4.Play

4

10/12 minutes | 20 x 20 yard grid

Setup: "2v2 - Match Play" 20x20 yard grid. Supply of balls. Disc cones. Flags or small goals.
Instructions: Place supply of balls around the field. Start with a service from the coach (In the middle of grid). First two players from each side play 2v2. When a goal is scored or the ball goes out of play, new players from each team enter the grid and play 2v2, players that were on the field exit to their end line. *If the ball goes out wide, the coach restarts the game, if a goal is scored the team scored on starts with the ball. Shoot or dribble to score. Play for a set number of goals or time the match.
Coaching Points: Ball control. Ball Striking. Transition.