




# Eagan Rec. Soccer

<b>Age Group</b>	<b>Preschool &amp; Kindergarten</b>
<b>Theme</b>	<b>Dribbling and Ball Control</b>
<b>Time</b>	<b>35 minutes of training / 25 minute scrimmage</b>

<b>Activity/Drill</b>	<b>Notes and Coaching Points</b>
	<p><b>Body Part Dribbling</b></p> <ol style="list-style-type: none"> <li>1. All players without a ball to begin.</li> <li>2. Warm-up the body by jogging, skipping, high knees, butt kicks, shuffle and back pedal in the space. The players must stay inbounds.</li> <li>3. Have each player grab a soccer ball and begin dribbling in the space.</li> <li>4. When you call out a body part the players have to stop the ball using only the body part you called out. Example: Elbow, forehead, knee, bottom, and foot.</li> <li>5. Introduce stopping the ball with the sole of your foot on top of the ball off the dribble.</li> </ol> <p>Coach Command: Sole stop.</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Control the ball close to your body in the space</li> <li>• Try to touch the ball every step</li> <li>• Train both right and left foot</li> </ul>
	<p><b>Red Light, Green Light</b></p> <ol style="list-style-type: none"> <li>1. All players on one end line without a ball.</li> <li>2. On green light the players go and red light the players must stop.</li> <li>3. Players run/move across the space following the coach command.</li> <li>4. If the players are moving when the coach says red light they have to restart at the beginning.</li> <li>5. The goal is to be the first player across the space without going out of bounds.</li> <li>6. Once the players understand the game add soccer balls.</li> <li>7. Final Stage – no voice commands and hold up a red or yellow pinnies/cones and encourage players to pick up their head on the dribble.</li> </ol> <p><b>Question for the team:</b> Is it better to dribble the ball far away from your body or close to your body? Why?</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Encourage players to listen and play</li> <li>• Control the ball with small steps</li> </ul>
	<p><b>Gate Dribbling</b></p> <ol style="list-style-type: none"> <li>1. Players begin without a ball racing to see who can run through the most gates. Have players do a summersault, jumping jack or a burpee in the middle of the gate.</li> <li>2. Add soccer balls to the activity.</li> <li>3. Players dribble through 6 gates. 3 with each foot and high five a teammate.</li> <li>4. Second round the players stop the ball using the sole of their foot when they dribble through the gate between the cones. This move is called the “stop-go”. Players complete 6 “stop-go’s through 6 gates – 3 with each foot and high five a teammate.</li> <li>5. Final round is a competition first to dribble through 10 gates. Players must dribble through all of the gates and cannot dribble through the same gate twice in a row.</li> </ol> <p><b>Question for the team:</b> How do you know which gate to dribble to next?</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Pick your head up on the dribble</li> <li>• Complete move in each gate</li> <li>• Dribble the ball close to your body under control</li> </ul>



### **Scrimmage / Game Play**

- Inter-squad scrimmage 3 vs 3 or 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 the ball close to their body
- Pick their head up on the dribble