




Eagan Rec. Soccer

Age Group	Preschool & Kindergarten
Theme	1 vs 1 and controlling the ball on the dribble
Time	35 minutes of training / 25 minute scrimmage

Activity/Drill	Notes and Coaching Points
	<p>Hospital Tag</p> <ol style="list-style-type: none"> 1. All players without a ball to begin. 2. Warm-up the body by jogging, skipping, high knees, butt kicks, shuffle and back pedal in the space. The players must stay inbounds. 3. Have each player grab a soccer ball and begin dribbling in the space. 4. Players dribble in space and try to tag one another without losing their ball. 5. If they get tagged they have to cover their body where they got tagged with one hand. 6. If they get tagged twice they cover the other body part with their other hand. 7. If they are tagged a third time they have to go to the hospital and see the doctor (Coach) who will cure the injury and the player continues dribbling in space. <p>Coaching Points</p> <ul style="list-style-type: none"> • Control and touch the ball every step – keep the ball close to your body • Pick your head up on the dribble • Train both right and left foot
	<p>Cross Over Dribbling</p> <ol style="list-style-type: none"> 1. All players without a ball standing around the perimeter of the square. 2. When the Coach says “GO” the players try to run to the opposite side of the square without running into one another. 3. Add soccer balls to the activity and when Coach says “GO” the players dribble the ball to the other side of the square without running into their teammate. 4. When the players reach the other side they turn and return to their starting position. 5. Make players dribble with left foot only, right foot only, and both feet. 6. Phase 2 Progression – have the players dribble across the square and return to a new spot. 7. Final Phase – see how many times the players can cross over in 30 seconds. <p>Question for the team: Is it better to dribble the ball with your head up or down? Why? Coaching Points</p> <ul style="list-style-type: none"> • Control the ball close to your body • Pick your head up on the dribble so you do not run into a teammate
	<p>Numbers Game</p> <ol style="list-style-type: none"> 1. Two teams of 4-5 players standing on opposite sides of the coach. 2. The Coach has all of the soccer balls in the middle. 3. Number the players off so each player has a number. 4. The Coach serves a ball into the space and calls out the numbers. 5. The game can be played 1 vs 1, 2 vs 2, and 3 vs 3 6. Players can score in either goal 7. Vary the service into space so the players learn to receive balls out of the air and on the ground. <p>Question for the team: When should you pass the ball and when should you dribble the ball? Coaching Points</p> <ul style="list-style-type: none"> • Dribble the ball 1 vs 1 • Recognize when you are playing 2 vs 2 or 3 vs 3 and pass to a teammate • Score goals



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