

Rising Stars Week 1&2

Ball Mastery/ Changing Directions

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RS Wk1&2 PRACTICE: Simon Says/Ball Mastery

Time	10 mins
Setup	Spread out, every player needs a ball
Description	Players "free move" and listen to instructions from the coach, but only when the coach says "Simon Says". Use commands like - "Freeze", "Fast", "Foot on the Ball"
Technical	Listen to Coach, Improving coordination, Keeping the ball Close and Under Control, using inside and outside of the foot

"Coach Says" / "Simon Says" Commands:

- **Run/Dribble Fast like a Cheetah / Slow like a Turtle**
- **Put your Knee/Elbow/Head/Belly on the ball**
- **Right/Left Foot Roll**
- **Right/Left Foot Flamingo**
- **"Inside-Inside" (Foundations/Tic Tock)** = tap ball back and forth between the insides of both feet
- **"Toe Taps" (Step ons)** = tap top of ball with bottom of foot, alternating feet
- **"Outside/Inside"** = tap the ball back and forth with one foot using the outside of the foot, then the inside of the same foot
- **"Drag/Push Laces" (Dragon Laces)** = drag it back with the sole and then kick with the laces, toe pointed straight down of the same foot
- **"Outside/Outside Stop"** = lightly kick the ball twice using the outside three toes of your foot and then put your foot on top of the ball to stop it - hop over and repeat
- **"Juggle"** = start with balls in hands - use laces: **Foot - Catch; Foot - Foot - Catch; Thigh - Catch; Thigh - Foot - Catch**
- **1v1 Move** - "Messi feint" big step to the side of the ball, with the other foot push the ball using the **outside** of the foot. "Scissors" step over the ball, with the other foot push the ball using the **outside** of the foot
- Video of skills moves: [Basic Ball Mastery for Kids!](#)

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RS Wk1&2 PRACTICE: Octopus

Time	10 mins
Setup	Every player needs a ball, Coach needs 2 pennies "tentacles"
Description	Players spread out and avoid the Octopus by changing directions. Players are out if they are touched by the "tentacle". Players reenter after doing Toe Taps/Foundations etc.
Technical	Feet not hands, Control the ball, dribbling with the ball close, Using both feet, attempting a 1v1 move, changing direction, increasing speed past the defender
Talking Points	"Can we use this in our game?" "If the ball is far away, can the defense take it?" "Do you want to run into the defender?" Lift your eyes

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RS Wk1&2 PRACTICE: Red Light, Green Light

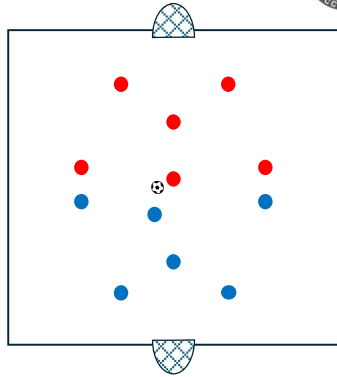
Time	10 mins
Setup	All players start with a ball on one end. The coach will be in the center or the other end of the field
Description	"Green Light" = dribble towards coach. "Red Light" = stop the ball and freeze. "Yellow light" players slow down using small touches to keep the ball close to their body, trying to use their 'pinky toe' to move the ball.
Technical	Feet not hands Control the ball, dribbling with the ball close, Using both feet, Head/Eyes up
Variations	Right foot, Left foot, outside, inside only. Add cones in the field for potholes to go around. Add color variations that mean different actions that they players come up with (i.e. Purple = Dance). Mix in Ball Mastery items from Simon Says

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RS Wk1&2 PLAY: Scrimmage



Time	10-15 mins
Setup	USE PUGG NETS. Half-field scrimmage within your players
Description	Play official rules – kickoffs, goal kicks, corners, throw ins, etc. Split teams so games are 3v3, 4v4 or 5v5. The goal is to involve ALL players.
Technical	Light instruction, keep the game moving. Coaching/guiding throw ins, goal kicks, etc.

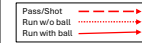
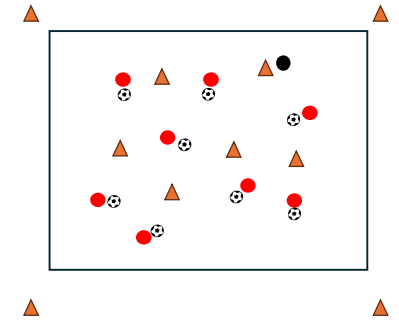


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RS Wk1&2 Optional: Jellyfish/Landmines



Time	
Setup	Every player needs a ball, create large square with cones, extra cones to toss
Description	Players dribble around the square "ocean", coach tosses cones in front of players. If player's ball or foot touch the "Jellyfish" they are out. Player can get back in after they "dry off" by doing Toe Taps/Foundations/Juggling
Technical	Feet not hands Control the ball, dribbling with the ball close, changing direction, increasing speed past the defender.

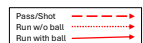
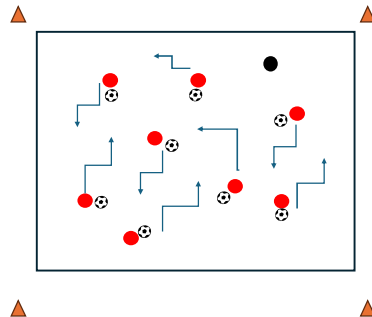


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RS Wk1&2 Optional: Wreck-It Ralph



Time	
Setup	Every player needs a ball, create large square with cones
Description	Players dribble around the square, players avoid Ralph/Coach who is trying to get the ball. If player's ball exits the square, they are out. Player can get back in after they do Toe Taps/Foundations
Technical	Feet not hands, Control the ball, dribbling with the ball close, changing direction, increasing speed past the opponent.



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