



## Discovery Time

**Time** 12 minutes

### Setup

Field/space 15x15 or (20x20)

Without a ball first - then add ball

Start on a line and get to know the island by naming the sides and moving to them

Beach, Mountains, Lagoon, Forest

Create situations where quick turns are necessary

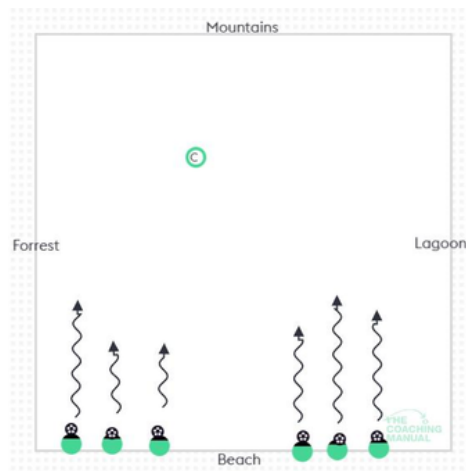
### Coaching Points

Keep body's under control, no smashing into your teammates

Stop on the lines, do not go off the island

Stop on the lines, do not go off the island

Watch players dribbling ability to see what level we need to progress at



Water Break

## Jellyfish Attack

**3 parents need to act as Jellyfish**

**Time** 12 minutes - at 6 minutes introduce **Drag Back Turn**

### Setup

Field/space 15x15 or (20x20)

Build off of your last game using the same island. Stay on the island

Start on one side of the island with the challenge of dribbling to the other side

Parent Jellyfish move very slow and wave their arms around trying to tag

Kids get tagged? Turn into a Jellyfish

### Coaching Points

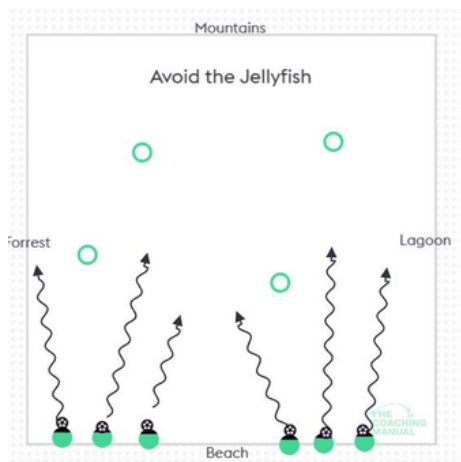
Keep the ball under control

Make your moves and turns to get away from Jellyfish

Stop on the lines, do not go off the island

Watch players dribbling ability to see what level we need to progress at

**Drag back turn (look below)**



Water Break



Use the first portion of the video for this age

## Drag Back Turn

**Learning the first turn of the season-**

All players with a ball lined up on an edge of the island

- Place standing foot next to ball
- Place kicking foot on top of the ball and with the sole of your cleats
- Pull back sending the ball back 180 while turning and dribbling the opposite direction.

Repeat several times and work with individuals as needed



## Passing Our Coconuts

3 parents to act as Jellyfish

Time 12-15 minutes

### Setup

Field/space 15x15 or (20x20)

Each player has a (coconut)

Demonstrate passing a ball back and forth between coaches

Kids now have the power of the coconut to pass and hit the Jellyfish.  
Hit one 10 times and they will go back to the ocean where they came from

### Coaching Points

Again, don't over coach

Pretend your friendly coconut wants to go for a ride. Pass him around!

Here's the first lesson on passing the ball. Players will start to figure out what they need to make the ball go far and accurate. More coaching on that next time



Water Break

## Game Time

Play a game every session

Time 15 minutes or whatever is left

### Setup

20x25 yd field with small goals

4v4

Game should start quickly

When rolling ball back in ask "who's open?" and give the ball to a player in space

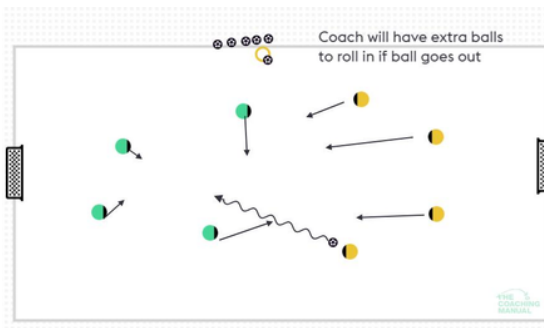
### Coaching Points

No need to over-coach

Keep your commands simple and positive

Keep any coaching points to the lessons worked on today

**Drag back turn**  
**Stay under control**  
**Find some open space**



## Homework

## Drag Back Turn

- Bring everyone in at the end of your game and go over the Drag Back Turn
- Have someone who you saw do it well demonstrate one more time for the others
- Everyone now has homework to practice the move at least separate time this week

# High-fives for Everyone!