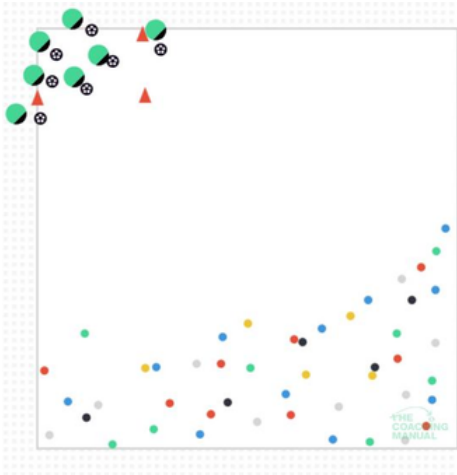


Practice Plan: Dribbling/Passing Time 60 min

Water Break



Build Your Dino Nest

Time 5 minutes

Setup

Field/space 15x15 or (20x20)

Dino's start in the cave

40 + disks scattered throughout the field

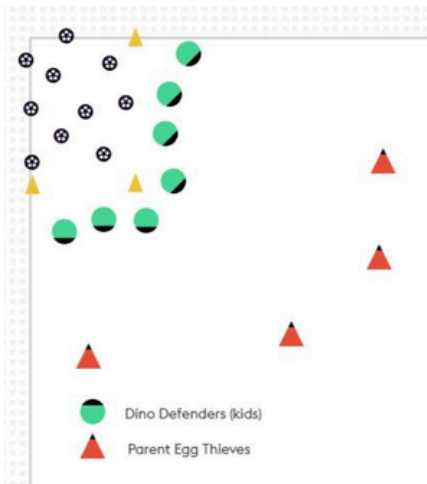
When directed players dribble their Dino egg out and collect cones to build the nest

Dribbling/Change of Direction

Coaching Points

Dribble quickly to get the best 3 or 4 cones to make a cool nest

Water Break



Time 10 minutes

Setup

Field/space 15x15 or (20x20)

Dino Parents protect the eggs

Kids each have a bib to throw

If the Egg Thief is hit by a bib they go out of bounds and start again

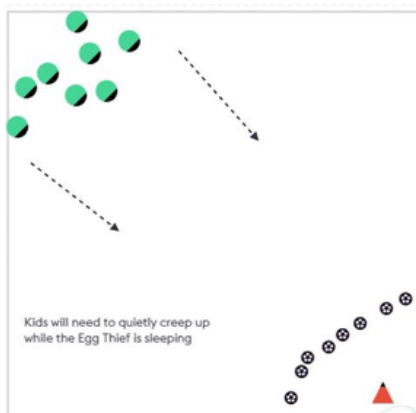
Game ends when the coach thinks the kids win

Coaching Points

Stay low, shift your body weight, try to get close to an Egg Thief and throw a bib at them

Realize the Egg Thief is trying to get to the cave to steal an egg...defend the cave (just like you want to defend a soccer goal)

OH No on your Water break your eggs were stolen!!!!



Get Your Eggs Back

Time 10 minutes

Setup

Field/space 15x15 or (20x20)

All balls are in one corner with the Coach (Egg Thief)

Kids are all in the far corner ready to sneak up when the Egg Thief falls asleep

Play several times

Coaching Points

Coach tells kids, she is going to take a nap... when she's napping kids can tip toe up. When coach wakes up and turns around kids should FREEZE!

If kids are caught moving they go back to the start and go again

Kids save their egg and dribble back to their corner

Dinosaur Adventure

Time 60 min

Take your Egg on an Adventure

Time 10 minutes

Setup

Field/space 15x15 or (20x20)

Dribble your eggs and see how many gates you can dribble through

Gates 3 feet apart

How many gates in 1 minute? Do it several times.

Progression:

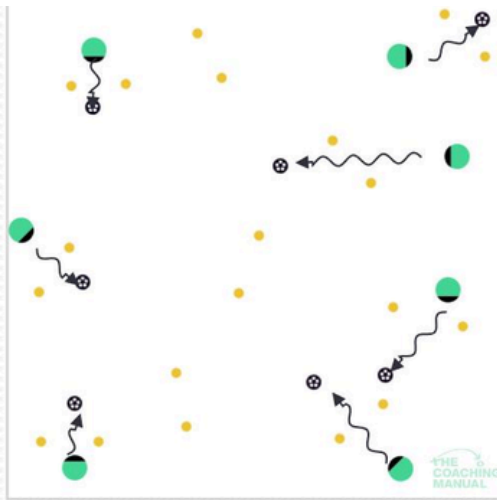
Now add a hunter trying to steal their egg. Coach acts as the hunter and make kids turn and dribble in different directions.

Coaching Points

Keep your ball under control
Turns? Drag Back? Big Toe?

Head up to see where you are going

Quick turns when you get through a gate



Water Break

3 v 3 game

Time 20 minutes

Setup

Two goals directional

4 equal teams /different colors(only enough for 3 teams? thats fine also)

Parent helper with each team

Coaching Points

Coach calls out team blue against team orange

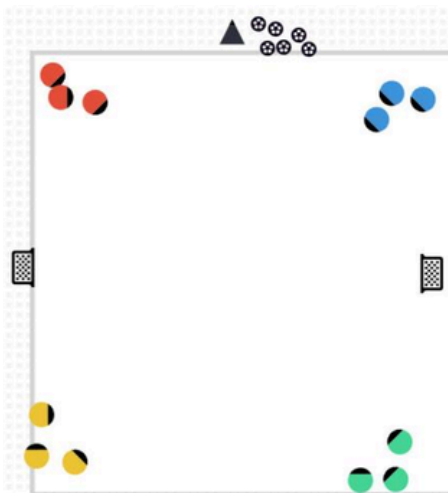
Parent helpers move the team into position.

1 ball gets played out and teams attack the goal

Change of teams after a few minutes

Do you steal from your own team? NOOOOOOOO, if your teammate has it don't steal it!

Pass to your friends on the same team.



OR play your own game! 4v4?

High-fives for Everyone!