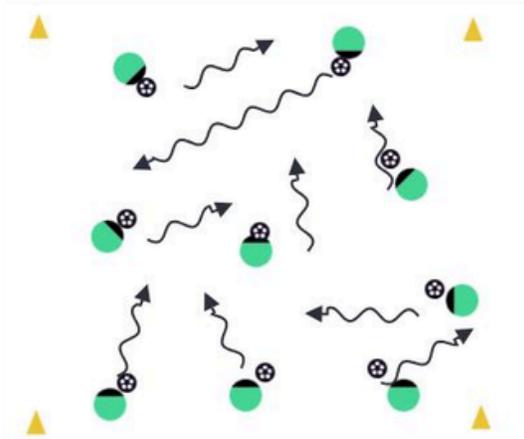




Practice Plan: Dribbling/Passing Time 60 min.



Become a Minion

Warm up

Time 5 minutes

Just like in the movies the Minions are silly little creatures.

Setup

1 ball per Minion

Kids are all the Minions

Coach is Gru commanding his minions

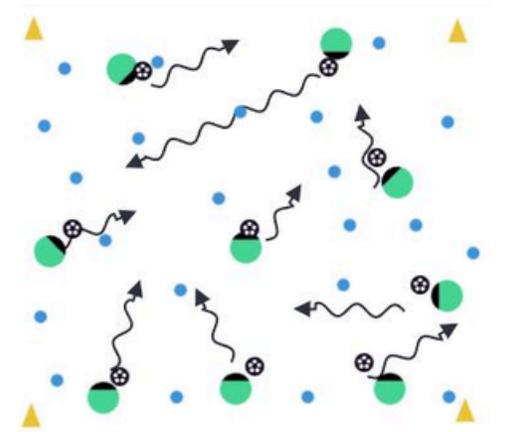
What Minion are you? Kevin, Bob, Stuart, Dave, Otto, Darwin, Jerry, Lance, Phil? Or another.

Coaching Commands

- Squash the ball
- Dribble backwards
- 10 Toe taps
- 10 Penguin touches
- Sit on the ball

PROGRESSION

Build a Rocket Ship



Time 7 minutes

Setup

Many disks in the field to be used as rocket ship parts

Players will dribble to a disk and do that task when the coach calls out a command

Coaching Commands

- Toe taps
- Penguin touches
- 2 pushups
- What else can you add?

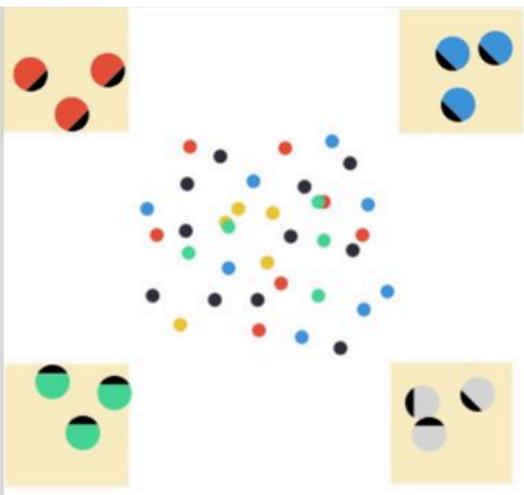
Water Break

Progression 2

Oh no! Here comes Vector. Parent or coach will try to step in and disrupt the players dribbling. Players must avoid Vector, OH YEA!

Capture the Cones, Minion Style

Dribbling



Time 10 minutes

Setup

Field/space 20x20

As many disks as you have spread out in the middle

No ball at first

Coaching Commands

Only 1 player can be out of your corner square at a time

Play until all disks are gone or 1 minute timer runs out.

Older Klds: Add evil character Bal Thazer Bratt who runs around kicking balls out and stealing disks from teams



Minions

Time 60 min.

Speed Dribble **Dribbling and Passing**

Time 10 minutes

Setup

Field/space 20x20
 Parents in one line with Minions in the other, ball between each
 Face your partner

Coaching Commands

If the coach calls out Minions... the Minions chase the parents and try to get them with the ball.
 Parents try to run back to the line to be safe
 Change your calls up and surprise everyone with either Parents or Minions

If you can't use parents it can be coach against the kids

Numbers Up Game **Game Time**

Time 10 minutes

Setup

Set up one goal both teams will score on with no goalie
 Kids lined up on either side with a parent coach
 There should be distinct line with the player in front going next

Coaching Points

Parent helps move the team into position.
 Players should go to goal quickly
 Start with 1v1 and go to 2v2 when you feel players understand
 Coach will call out GO then roll the ball out

Or skip right to the BIG game

4v4 Format - Without a Goalkeeper. There are two formations in 4x4 Diamond and 2x2(Box) Remind your player (s) in the back not stay in the goalmouth and to instead get out and join the team as field players.



Teams should defend outside this space



Teams should defend outside this space