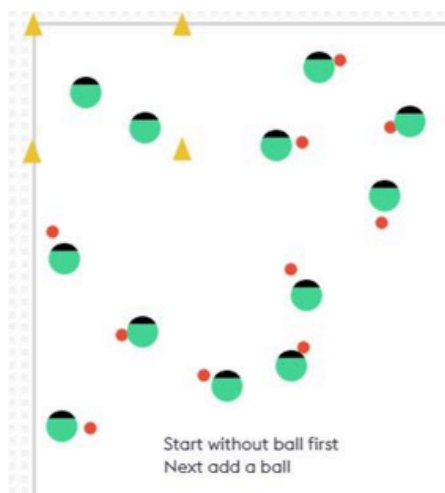


Practice Plan: Dribbling

Time 45 min.



Trolls are Coming!

Troll Avoidance Training

Time 8 minutes

Setup

Field/space 15x15 or (20x20)

Setup a small "cave" in the corner about 4x4

Object is to get near a disk before someone else claims it.

This is practice to learn how to be a good mouse

If you can't

Coaching Points

Quick action. Coach yells "Trolls are coming" and you quickly find a disk to get near

The coach is the pretend Troll to practice for later

Kids are the mice, training for when the trolls try to "steal our cheese"

Water Break



Sleeping Troll

Dribbling/Change of Direction

Time 8 minutes

Setup

Field/space 15x15 or (20x20)

Mice are all around the edge of the field

They will try to sneak up on the sleeping troll in the middle to steal some treasure.

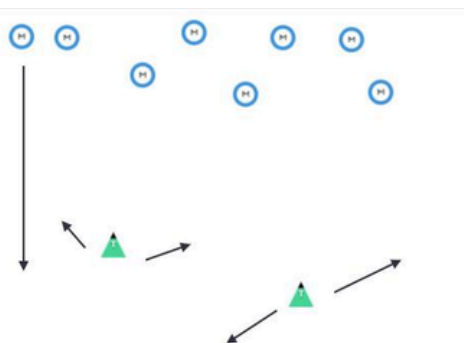
If the Trolls starts to wake up the mice can FREEZE! The troll can only see them if they move.

Coaching Points

Start without a ball the first time

Once you play with a ball you have to do a quick turn once you find some treasure and move away fast!

Water Break



Sneak Across the Troll Bridge

Time 10 minutes

Setup

Field/space 15x15 or (20x20)

2 Parents act as the trolls

The mice want to cross the bridge over and over

Trolls have a rolled-up bib to throw (stinky cheese)

Mice get hit with stinky cheese and they turn into a Troll

Coaching Points

Dribbling needs to be quick

Push the ball out in front of you and take long touches

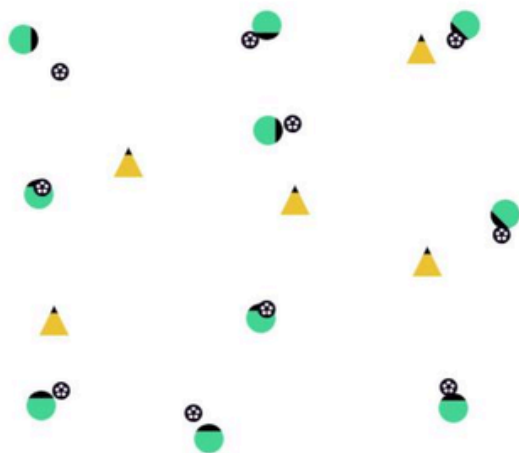
Don't dribble off the side of the bridge or you will turn into a troll

Part of the fun of this game is when the kids slowly turn into a huge, stinky, troll!



Mice and Trolls

Time 45 min.



The Mice Have Gained the Power

Dribbling/Passing

Time 10 minutes

Setup

Field/space 15x15 or (20x20)

5 parents are the trolls

Mice have figured out they have the power over the Trolls and need get them with their soccer ball

Coaching Points

Dribble close to the Troll before passing

Pass to hit the Trolls feet

How many times do the Trolls need to be hit to leave? You decide

Water Break

Numbers Up Game

Time 10 minutes

Today's focus is on dribbling

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

Coach will call out GO then roll the ball out

Coaching Points

Start with 1v1 and go to 2v2 when you feel players understand

Players should go to goal quickly

Only 3 options.... Dribble, Pass or Shoot

High-fives for Everyone!