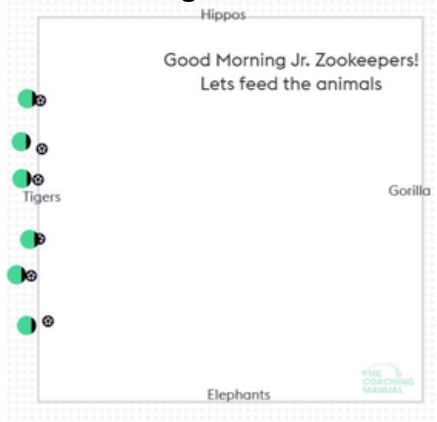
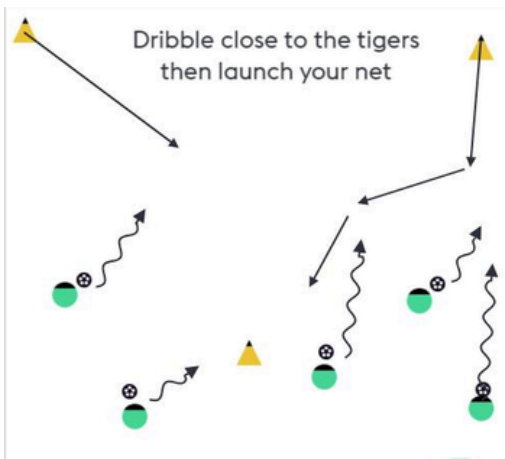


Practice Plan: Dribbling/Passing Time 45 min.

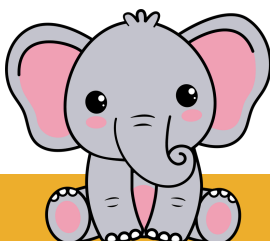
Make sure they are doing
drag back turns



Water Break



Water Break



Feed The Animals

Time 12 minutes

Setup

Field/space 15x15 or (20x20)

Very similar as exploring our island from last week

Start slowly and add more animals to dribble to and feed

To visit an animal you dribble through a gate, then another, and another

Dribbling and changing direction

Coaching Points

When you dribble to an animal enclosure how do you feed them? Toe taps to fill the bucket!

Drag back turn from last week should be emphasized

Add in what you need

Progression: Get some disks...(Elephant POOP!) Coach tosses disks randomly around and kids have to try to retrieve to keep the zoo clean

Tiger Escape

Parents can be the tiger

Time 10 minutes

Setup

Field/space 15x15 or (20x20)

Tigers start in a corner of the grid

The kids are Jr. Zookeepers who use their ball as a net to capture the escaped tigers

Coaching Points

Dribble close enough to make a pass

Try to kick the ball and hit the tigers feet to trip them up

Tiger will be caught, go back in the cage and escape again

Elephant Turn

Big Toe Turn / Inside Cut

Second turn to learn

Time 4 minutes

As your dribbling forward "chop" the ball with the inside of your big toe. The idea is that you are now going back in the direction you came from. This will take a lot of practice!

Dribbling skills like having a few turns in your pocket will start to give the player a bit of confidence that they can hold onto the ball when needed

Repeat several times and work with individuals as needed

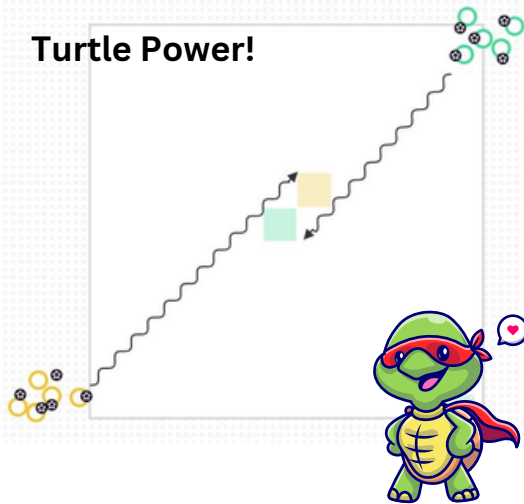
Head to the Zoo

Time 45 min.

Round up the Turtles

Big Toe Turn

Turtle Power!



Time 10 minutes

Setup

Field/space 15x15 or (20x20)

Each player has a ball

Two equal teams set up at far corners

First player holding a disk (Turtle) dribbles ball into the center of the field to hands the turtle to the coach

Give X amount of disks to each team

Oh No! Someone left the turtle door open and we need to get them back to safety. Who wants to help save the turtles?

Coaching Points

Focus on the turn we just worked on

Dribble fast to coach then slow down and hand the cone as you turn

This will really show who can do a quick turn

Water Break

Numbers Up Game

Time 10 minutes

Build off last week

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

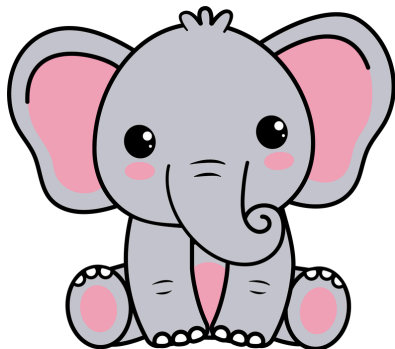
Coaching Points

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

If anyone does a turn we should shout that out to the team



The BIG GAME

On the right week can we try 3v3? You are the coach on site and know your players. Add the BIG GAME in when you feel they are ready

High-fives for Everyone!