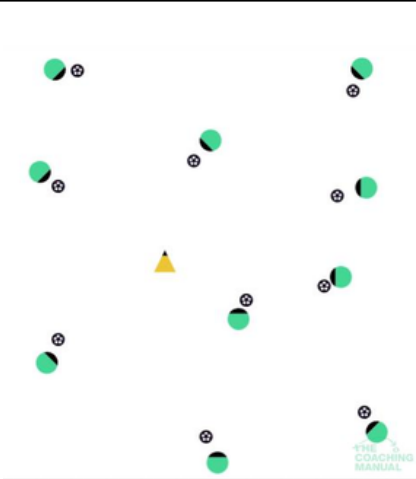


Practice Plan: Dribbling/Passing Time 45 min.



Coach Says Game

Warm up

Time 7 minutes

Setup

Field/space 15x15 or (20x20)

Everyone has a ball

Start simple and build

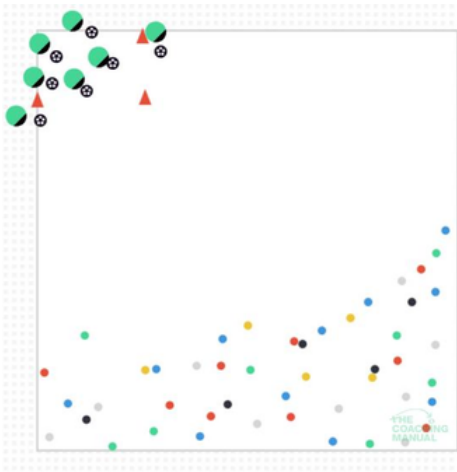
Coaching Points

Coach Says, dribble, Coach Says, toe taps, Coach Says, penguins, two pushups, dribble fast, dribble slow, switch balls, High 5 the coach, do a drag back turn

Be silly

At the ages of 3 and 4 players do not have the cognitive ability to play this as Simon Says. Keep it simple and play as a follow the direction game working in movement and soccer skills.

Water Break



Build Your Dino Nest

Dribbling/Change of Direction

Time 5 minutes

Setup

Field/space 15x15 or (20x20)

Dino's start in the cave

40 + disks scattered throughout the field

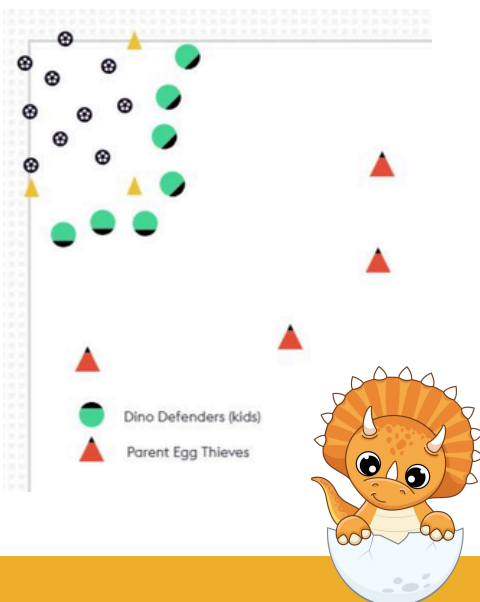
When directed players dribble their Dino egg out and collect cones to build the nest

Coaching Points

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

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

Water Break



Defend the Eggs!

Defending a goal (eggs)

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

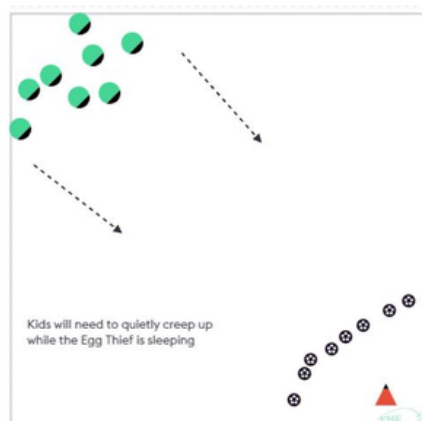
Coaching Points

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 and egg...defend the cave (just like you want to defend a soccer goal)

Raise your Dinosaur

Time 45 min.

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

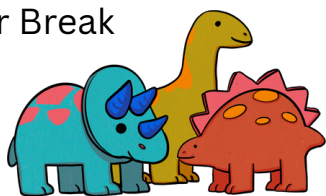
Coaching Points

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

Water Break

Your eggs are hatching. What kind of
Dinosaur hatched out of your egg?

3 v 3 game

Time 15 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

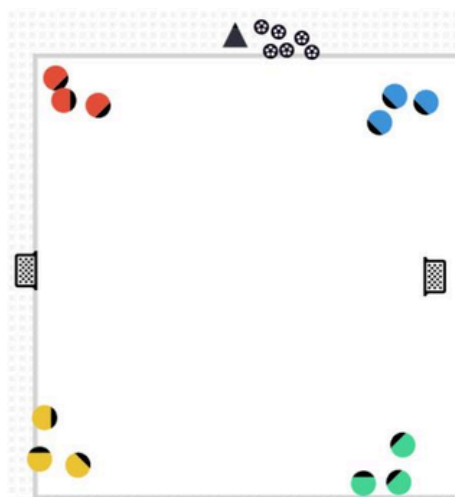
Parent helpers move the team into position.

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.



High-fives for Everyone!