

Lesson Plans

Pre-K & K (U6)

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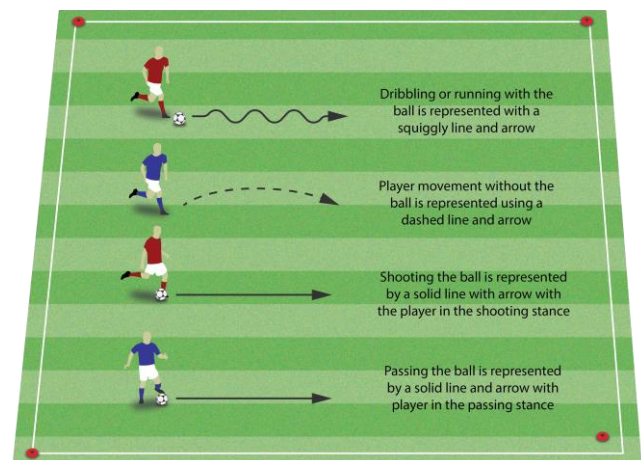
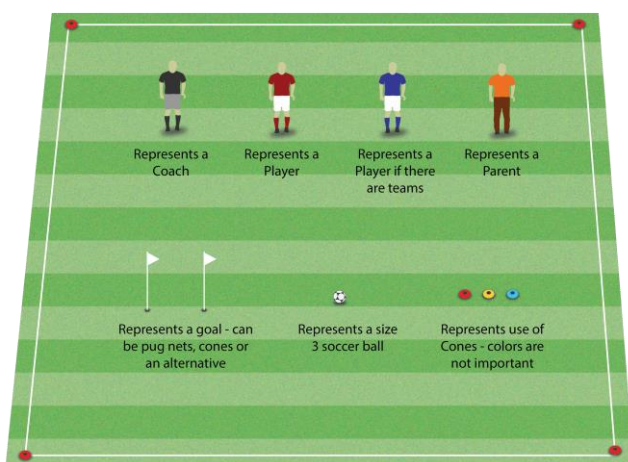




Pre-K & K (U6) Season Plan

- **Week 1** – Dribbling fundamentals
- **Week 2** – Changing direction to beat an opponent/move away from pressure into open space
- **Week 3** – Dribbling at different speeds
- **Week 4** – When to pass and when to dribble
- **Week 5** – Shielding and defending
- **Week 6** – Shooting
- **Week 7** – Attacking 1v1 – Role of the first attacker
- **Week 8** – Defending 1v1 – Role of the first defender



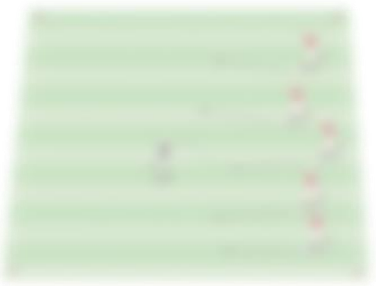
Below is a key for how to interpret the activities and games outlined in the lesson plans:

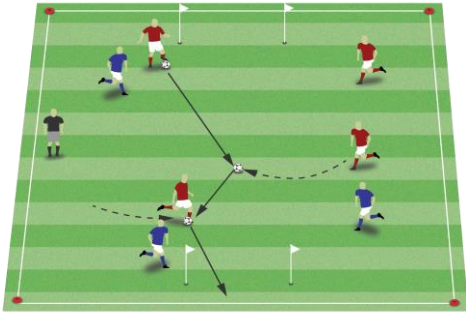




Pre-K & K (U6) Session Structure

Each week the coach will lead the team through three activities each lasting about 8-10mins then after a break have a small 4v4 or 5v5 scrimmage with their own team.

1st Phase - Practice	1st Phase – Practice – ~10 mins x 3 Activities		
	<p>Activities are detailed in the weekly lesson plans – Each week focusses on a single theme and game/activities are tailored and designed to support that theme.</p>		
			
	Activity 1 - ~10mins	Activity 2 - ~10mins	Activity 3 - ~10mins

2nd Phase - Play	2nd Phase - Play	10-15 mins	4v4 or 5v5 Game with own team
		<p>In a 20W x 30L grid with goals set up two evenly matched teams. Play a 4v4 or 5v5 game with no goalkeepers. When the ball goes out of play the coach can play another ball onto the field and the play continues.</p> <p>Play for 10-15 mins with a 2 min break at half.</p>	<ul style="list-style-type: none"> • Encourage players to move forward • If you see an opening, go directly to goal • Try to keep the ball • Try to protect your own goal <p>Progression: You can introduce some more rules like throw-ins, corner kicks, goal kicks and enforce rules</p> <p>Guided Questions: When should you shoot on goal? What if someone is blocking your path? How can we stop the other team from scoring?</p>



Session Goal:	Introduction to the fundamentals of dribbling				
Key Coaching Points:	Use all parts of both feet, keep the ball close, head down and up, quick changes of direction				
Week:	1 of 8				
Duration:	45-60mins	Age Group:	Grade Pre-K & K (U6)	# of Players:	8-12 Co-Ed

Activity: Red-Light-Green-Light	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>All players have a ball and dribble in the grid. When coach says, "red light," players must stop the ball and put a foot on top of the ball. When coach says, "yellow light," players must dribble very slowly. When coach says, "green light," players dribble fast. Once players catch on to this game, be creative, add light of other colors and affix different actions to them (i.e., blue light = go in reverse, orange light = get on all fours and push the ball with your head, purple light = juggle the ball on your thigh, etc.)</p> <p>Let the players pick the colors and let them pick some of the actions (dance, lay on the ground, etc.).</p>	<ul style="list-style-type: none"> • Laces go forward, bottom of the foot to stop, outside/inside to turn/change direction • Keep the ball close (within arms reach), look at ball when touching • Lift your head up in between touches • Move to the areas of low pressure • Use left and right foot equally <p>Progression: Use words to begin, then use cones of different colors, then walk around with cones, add lights, change lights faster.</p> <p>Guided Questions: How can we stop the ball faster? How can we go faster? What part of the foot can we turn with?</p>

Activity: Simon Says	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>All players have a ball in the grid. Play Simon Says but without eliminations. (Just say "I got you" or something when you trick a player.). Coach will call out a variety of commands and the players must follow the instruction.</p> <ul style="list-style-type: none"> • Make it fun. Add in goofy things like put the ball on your head, lay down, dance, etc. • Work on fundamentals: roll the ball with the bottom of your foot, dribble in a circle with the outside/inside of your foot, do tic-tocs, do toe taps, bounce the ball off your right thigh, etc. 	<ul style="list-style-type: none"> • Laces go forward, bottom of the foot to stop, outside/inside to turn/change direction • Keep the ball close (within arms reach), look at ball when touching • Lift your head up in between touches • Move to the areas of low pressure • Use left and right foot equally <p>Progression: Start simple, add new instructions, be silly, add more complex skills.</p> <p>Guided Questions: Who can show me how to change direction? How many ways can we change direction?</p>

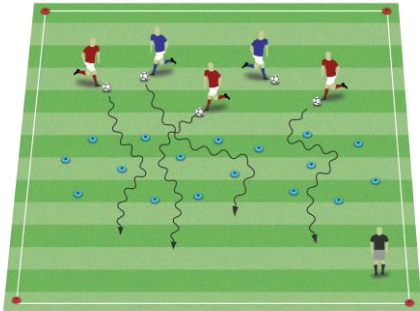
Activity: Pirate Ship	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>All players have a ball in the grid, start dribbling around and when the coach yells out a command they have to act it out.</p> <ul style="list-style-type: none"> • "The captain's coming" = stop, 'aye-aye captain' • "Scrub the decks" = roll the ball backwards and forwards • "Polish the decks" = move the ball from left-to-right • "Captain's wife/husband is coming" = put one foot on the ball, hands on their hips and say 'Oh-la-la' • "Starboard turn" = kids stop and change direction fast • "Man overboard" = the kids dribble to the side and search • "Fire the Cannon" = dribble to side and shoot the ball • "Seagulls are coming" = You pretend to be a seagull who steals the balls, kids need to protect he ball 	<ul style="list-style-type: none"> • Laces go forward, bottom of the foot to stop, outside/inside to turn/change direction • Keep the ball close(within arms reach), look at ball when touching • Lift your head up in between touches • Move to the areas of low pressure (open space) • Use left and right foot equally <p>Progression: Start simple, add new instructions, be silly, add more complex skills</p> <p>Guided Questions: Who can show me how to change direction? How many ways can we change direction?</p>

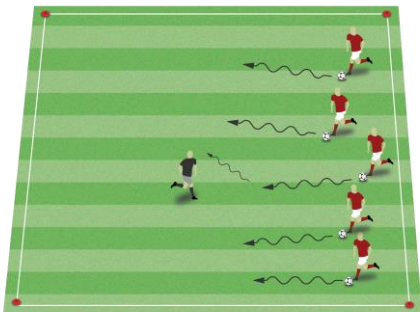
2nd Phase - Play	10-15 mins	4v4 or 5v5 Game
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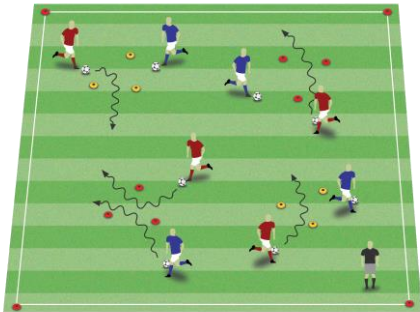
Alternatives:	Cone Maze, Fishy Fishy, Circles, Planets, Gates Dribbling, Circles, Planets
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	Session Goal:	Dribbling and changing direction			
	Key Coaching Points:	Burst of speed and direction, use all parts of both feet, fast where there is no pressure, slow near pressure			
	Week:	2 of 8			
Duration:	45-60mins	Age Group:	Grade Pre-K & K (U6)	# of Players:	8-12 Co-Ed

Activity: Cone Maze	Organization: 20W x 20L grid, cone maze	Coaching Points: ~10 mins
	<p>Set up a maze of cones roughly halfway across your field about 2 feet apart from each other. All players have a ball.</p> <p>On your command the players need to dribble across the maze as fast as they can without hitting any cones or other teammates. Have the players stop on the end line with their foot on top of the ball.</p> <p>After one or two rounds have passed, if a player hits a cone they need to do 10 x toe-taps (bottom of foot) or tic-tocs (instep of foot) to get back in the game.</p>	<ul style="list-style-type: none"> • Dribble fast each side of the maze (longer touches), dribble slow in the maze (smaller touches) • Laces go forward, bottom of the foot to stop, outside/inside to turn/change direction • Keep the ball close, look at ball when touching • Lift your head up in between touches • Move to the areas of low pressure • Use left and right foot equally <p>Progression: Have players use left only and then right only.</p> <p>Guided Questions: How can we avoid the cones? How can we go faster? What part of the foot can we turn with?</p>

Activity: Fishy Fishy	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>All players have a ball on one side of the grid. You are the shark and the players are the fish. On your command say “fishy fishy cross the ocean”, at which point the players try to cross the ocean with their ball whilst you (the shark) try to kick their ball out.</p> <p>Once the shark kicks the ball out that player joins the shark team and tries to get the rest of the fish out. The last fish to survive is the winner.</p> <p>Play two or three rounds, then change the shark to one of the players.</p>	<ul style="list-style-type: none"> • As above plus: • Use a burst of speed and change of direction to get past the shark. Fast at first, slow down near the shark and fast to pass the shark <p>Progression: Have more than one shark to start, left foot only and right foot only for turns.</p> <p>Guided Questions: How can avoid the shark? How can we cross the ocean faster? What part of the foot should we use to go fast vs slow?</p>

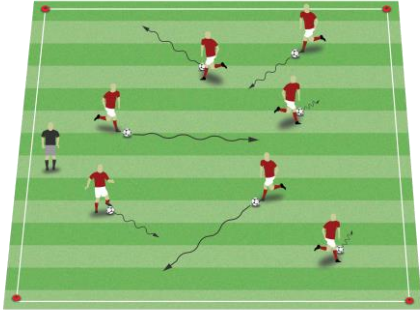
Activity: Gates Dribbling	Organization: 20W x 20L grid, multiple gates	Coaching Points: ~10 mins
	<p>Set up many gates across the entire grid with cones approximately 1-2 feet apart. All players have a ball.</p> <p>On your command ask the players to dribble through as many cones as possible in 60 seconds. Have the kids keep their score and ask at the end of each round how many gates they got through.</p> <p>Repeat this game several times after each coaching point is introduced.</p>	<ul style="list-style-type: none"> • As above plus: • Decide the next gate to go through ahead of time and make your last touch go toward the next gate – watch for the players intentionally moving the ball <p>Progression: Add a defensive player into the mix, make the players do a move in between or at the gate.</p> <p>Guided Questions: Who can show me how to change direction? How many ways can we change direction? How can we get through more gates?</p>

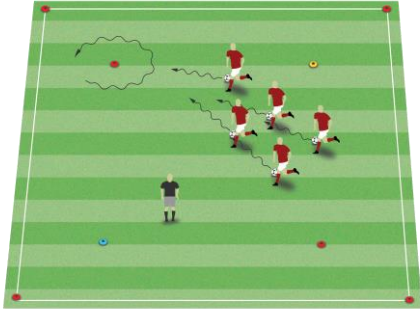
2nd Phase - Play	10-15 mins	4v4 or 5v5 Game
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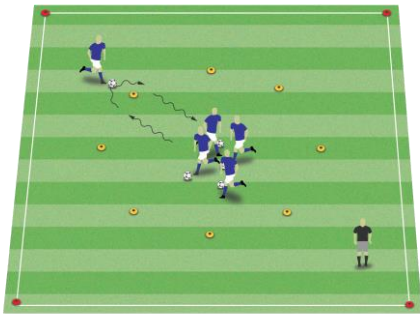
Alternatives:	Pirate Ship, Red Light-Green Light, Simon Says, Circles, Planets
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Session Goal:	Dribbling at different speeds				
Key Coaching Points:	Fast where there is no pressure using laces, slow near pressure using instep/outstep, head up				
Week:	3 of 8				
Duration:	45-60mins	Age Group:	Grade Pre-K & K (U6)	# of Players:	8-12 Co-Ed

Activity: Red-Light-Green-Light	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>All players have a ball and dribble in the grid. When coach says, "red light," players must stop the ball and put a foot on top of the ball. When coach says, "yellow light," players must dribble very slowly. When coach says, "green light," players dribble fast. Once players catch on to this game, be creative, add light of other colors and affix different actions to them (i.e., blue light = go in reverse, orange light = get on all fours and push the ball with your head, purple light = juggle the ball on your thigh, etc.)</p> <p>Let the players pick the colors and let them pick some of the actions (dance, lay on the ground, etc.).</p>	<ul style="list-style-type: none"> • Laces go forward with speed = green • Instep/Outstep to slow down = yellow • Sole or bottom of foot to stop = red • Keep the ball close, look at ball when touching • Lift your head up in between touches • Use left and right foot equally <p>Progression: Use words to begin, then use cones of different colors, then walk around with cones, add lights, change lights faster.</p> <p>Guided Questions: How can we stop the ball faster? How can we go faster? What part of the foot can we turn with?</p>

Activity: Planets	Organization: 20W x 20L grid, 4 cones	Coaching Points: ~10 mins
	<p>Set up 4 cones near the four corners of the grid and ask some players to name each cone a specific planet name.</p> <p>All players have a ball. On your command call out the name of a planet at which point the players dribble as fast as they can to the planet, complete one orbit and come back to the space station (you).</p> <p>Call out different planets then start to call out two planets, then three, then ask them to orbit more than once.</p> <p>Start to move around so the players need to look up and see where you have moved to.</p>	<ul style="list-style-type: none"> • Dribble fast between planets, slow in orbit. • Laces go forward, outside/inside to turn/change direction • Keep the ball close, look at ball when touching • Lift your head up in between touches • Use left and right foot equally <p>Progression: Vary the number of planets, different missions. Have the players use left/right foot only.</p> <p>Guided Questions: How can we move between planets faster? How can we avoid other spaceships?</p>

Activity: Circles	Organization: 20W x 20L grid, circle of cones	Coaching Points: ~10 mins
	<p>Set up a large circle of cones with all the players in the center of the circle with a ball. Count off the players, 1, 2, 3, 1, 2, 3 and so on. All players have a ball.</p> <p>Call out a number, when the players number is called out they need to dribble out as fast as they can, dribble around a cone and come back to the middle. After the players are back call out a different number.</p>	<ul style="list-style-type: none"> • Dribble fast to get to the cone, slow around the cone. • Laces go forward, bottom of the foot to stop, outside/inside to turn/change direction • Keep the ball close, look at ball when touching • Lift your head up in between touches • Use left and right foot equally <p>Progression: Call out multiple numbers, make the players dribble around the whole circle, left/right foot only, pull backs.</p> <p>Guided Questions: Who can show me how to change direction? How many ways can we change direction?</p>

2nd Phase - Play	10-15 mins	4v4 or 5v5 Game
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Alternatives:	Pirate Ship, Cone Maze, Gates Dribbling, Simon Says
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Session Goal:	Introduction to passing and dribbling				
Key Coaching Points:	Using the instep, head over the ball, following through when passing				
Week:	4 of 8				
Duration:	45-60mins	Age Group:	Grade Pre-K & K (U6)	# of Players:	8-12 Co-Ed

Activity: Foxes and Bunnies	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>Split the players up evenly into two teams, foxes with a ball and bunnies without a ball. On your command the foxes try to hit (by passing) the bunnies with the ball below the knee with the ball. If the foxes' catches (hits them with a ball) they get a point.</p> <p>Bunnies can only hop; they can't run around.</p> <p>Play this for ~60 seconds then switch foxes with bunnies so each team gets the same opportunity. Ask the players how many points they got and see if they can improve their score each round.</p>	<ul style="list-style-type: none"> Approach ball at an angle, planting the non-kicking foot next to the ball in the direction they want the ball to go. Use the instep of a locked ankle and strike the middle (circumference) of the ball. The head, knee and ball should be a straight line with the eyes looking at the ball when hit. Follow through once the players hits the ball. <p>Progression: Different points for different left/right feet, inside/outside. Have the coach be the only bunny.</p> <p>Guided Questions: How can we hit the ball harder? How can we be more accurate with our passes?</p>


Activity: Ouchy	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>All players have a ball in a grid. The coach moves around while the players try to hit them (by passing) with the ball below the knee. Play for 2 mins each round with players trying to improve their score each round.</p> <p>Each round you can vary the foot (right/left) and part of the foot (inside/outside).</p> <p>Coach should start slow to make it easy, then get faster to help the players understand how to aim when the object is moving.</p>	<ul style="list-style-type: none"> As above plus: Set your pass up with an active touch. <p>Progression: Different points for different left/right feet, inside/outside. Have the coach move faster.</p> <p>Guided Questions: How can we hit the ball harder? How can we set up to make a good pass? What part of the foot should we use?</p>

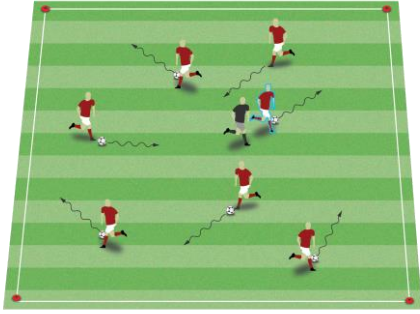
Activity: Tunnel Ball	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>Ask 4 or so parents to stand inside the grid, spread apart from one another with their legs together.</p> <p>All players have a ball, on your command will dribble their soccer ball in and out of their parents are. When you shout "Tunnel Ball" the parents will open their legs wide and the players have to kick (pass - inside of foot) the ball through the legs of the adults. The kids should then retrieve their ball and continue to dribble. Play for 1-2 mins at a time and see if the players can get through more parents legs each round.</p> <p>Variations: A fun progression can be to get the kids to crawl through the adult's legs after the pass.</p>	<ul style="list-style-type: none"> As above plus: Dribble fast to get to the parent, slow once they get to a parent. Keep the ball close, look at ball when touching Lift your head up in between touches <p>Progression: Call out multiple numbers, make the players dribble around the whole circle, left/right foot only, pull backs.</p> <p>Guided Questions: How can we get to the next parent faster? Can we get through two sets of legs with one pass.?</p>

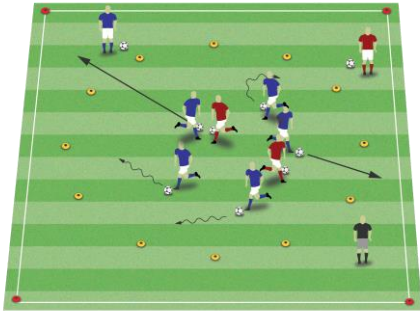
2nd Phase - Play	10-15 mins	4v4 or 5v5 Game
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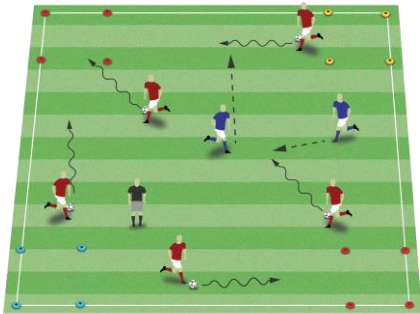
Alternatives:	Freeze Tag, Messy Backyard, Field of Doom, Gates Passing
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	Session Goal:	Introduction to shielding and defending			
	Key Coaching Points:	1 st defender to apply pressure, player with the ball protecting the ball with shielding technique			
	Week:	5 of 8			
Duration:	45-60mins	Age Group:	Grade Pre-K & K (U6)	# of Players:	8-12 Co-Ed

Activity: Freeze Tag	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>Start with one of the coaches being the freeze tagger. All players have a ball. The players start by dribbling around. If the tagger touches a player's ball they become frozen. They need to stand with their legs apart and ball over their head. They can become unfrozen if one of their teammates passes their ball through the frozen players legs.</p> <p>Then switch and have one of the players be the freeze tagger. If you can, try to have the tagger dribble their ball while they are tagging people.</p>	<ul style="list-style-type: none"> Approach the player from an angle, forcing them one way or another. Apply pressure to the player with the ball by getting to them fast, slow down when you get there, on your toes. Keep low and make a tackle when you see an opportunity, likely when the player is looking at you. <p>Progression: Have a player be the freeze tagger, make multiple players be a freeze tagger.</p> <p>Guided Questions: How can we force the player where we want them to go? When should we make the tackle?</p>

Activity: Queen/King of the Ring	Organization: 20W x 20L grid, cone circle	Coaching Points: ~10 mins
	<p>All players have a ball inside a large circle of cones. On your command the players will try to protect their ball at the same time trying to kick the rest of the players balls out of the circle. The last person left with a ball is the "Queen/King of the Ring"</p> <p>Players can do 10 toe-taps, tic-toc's or juggles to get back in.</p>	<ul style="list-style-type: none"> As above plus: Shield the ball by turning your body Keep the ball moving away from pressure Make your body big by spreading your arms to keep the player away and feel where they are coming from. <p>Progression: Start by players coming back in, then play to there is a winner - "king/queen". Encourage players to take risks or work together.</p> <p>Guided Questions: How can we force the player where we want them to go? How can we protect the ball? When should we make the tackle?</p>

Activity: Field of Doom	Organization: 20W x 20L grid, four corners	Coaching Points: ~10 mins
	<p>Set up four large squares of cones in the four corners of the grid.</p> <p>Players are split into two even teams with one team starting with a ball at their feet in any of the corners and the other team not having a ball in the middle.</p> <p>On your command the players with a ball need to try and dribble to another corner without the other team kicking their ball away. The team without the ball can not enter the four corners.</p> <p>Play this for 1-2 mins then switch teams.</p>	<ul style="list-style-type: none"> Prevent the path of attack Apply pressure to the player with the ball by getting to them fast, slow down when you get there, on your toes. Keep low and make a tackle when you see an opportunity, likely when the player is looking at you. Shield the ball by turning your body, Make your body big by spreading your arms by your side <p>Progression: Vary the number of defending players, make players go to a nonadjacent grid</p> <p>Guided Questions: How can we protect the ball? Where is the pressure coming from?</p>

2nd Phase - Play	10-15 mins	4v4 or 5v5 Game
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Alternatives:	Monsters Inc, Boston Bulldogs, 1v1 Dribble Combat,
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Session Goal:	Introducing basic shooting technique				
Key Coaching Points:	Introduce basic shooting technique – approach angle, laces, locked ankle, center of the ball, follow through				
Week:	6 of 8				
Duration:	45-60mins	Age Group:	Grade Pre-K & K (U6)	# of Players:	8-12 Co-Ed

Activity: Ouchy	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>All players have a ball in a grid. The coach moves around while the players try to hit them (by shooting) with the ball below the knee. Play for 2 mins each round with players trying to improve their score each round.</p> <p>Each round you can vary the foot (right/left) or technique (outside/inside/laces).</p> <p>Coach should start slow to make it easy, then get faster to help the players understand how to aim when the object is moving.</p>	<ul style="list-style-type: none"> Approach ball at an angle, planting the non-kicking foot next to the ball in the direction they want the ball to go. Use the laces of a locked ankle and strike the middle (circumference) of the ball. The head, knee and ball should be a straight line with the eyes looking at the ball when hit. Follow through once the players hits the ball. Set your pass up with an active touch. <p>Progression: Different points for different left/right feet. Have the coach move faster.</p> <p>Guided Questions: How can we hit the ball harder? How can we set up to make a good shot?</p>

Activity: Messy Backyard	Organization: 20W x 20L grid, cones halfway	Coaching Points: ~10 mins
	<p>Set up two teams with each player having a ball on opposite sides of the grid. Set up a line or zone of cones halfway up the grid. Players can not cross the line.</p> <p>On your command have each team try to shoot the ball over the zone or line of cones and get the ball to the other team's half. Stop after 30 seconds and which ever team has fewer balls is the winner.</p> <p>Introduce a new technical aspect of shooting and play again. Have the kids keep score to make it fun!</p>	<ul style="list-style-type: none"> As above plus: Have the players try to receive the ball with an active soft touch to set up their next shot <p>Progression: Different points for different left/right feet. Try to get keep the ball low (middle of ball) vs high (bottom of ball)</p> <p>Guided Questions: How can we hit the ball harder? How can we set up to make a good shot?</p>

Activity: Down-Hill Racing	Organization: 20W x 20L grid, two goals	Coaching Points: ~10 mins
	<p>Set up two small goals on one end of the grid and split the teams into two, one to the right and one to the left on the touch line. Set up a line of cones in front of each team coming away from the touchline.</p> <p>On your command the first player in each line has to dribble around the end cone, turn and try to shoot the ball into the goal.</p> <p>After a few rounds, vary the game by changing feet, then have the players dribble through the cones first.</p>	<ul style="list-style-type: none"> As above plus: Fast dribble to the cone, then try to set up your shot with a good turn. A fast turn will allow your next touch to be a shot. Lot of small touches through the cones vs long touches if we are going straight to the end cone. <p>Progression: Dribble through cones first, change shooting foot.</p> <p>Guided Questions: How can we set up our shot? How can we dribble through the cones faster?</p>

2nd Phase - Play	10-15 mins	4v4 or 5v5 Game
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Alternatives:	1v1 Dribble Combat, Pirate Ship, Foxes and Bunnies, Simon Says
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Session Goal:	The role of the first attacker – attacking 1v1				
Key Coaching Points:	1 st attacker (player with the ball) penetrates by beating a defender 1v1, change of speed and direction				
Week:	7 of 8				
Duration:	45-60mins	Age Group:	Grade Pre-K & K (U6)	# of Players:	8-12 Co-Ed

Activity: Fishy Fishy	Organization: 20W x 20L grid, no goals	Coaching Points: ~10 mins
	<p>All players have a ball on one side of the grid. You are the shark and the players are the fish. On your command say “fishy fishy cross the ocean”, at which point the players try to cross the ocean with their ball whilst you (the shark) try to kick their ball out.</p> <p>Once the shark kicks the ball out that player joins the shark team and tries to get the rest of the fish out. The last fish to survive is the winner.</p> <p>Play two or three rounds, then change the shark to one of the players.</p>	<ul style="list-style-type: none"> • Use a burst of speed and change of direction to get past the shark. Fast at first, slow down near the shark and fast to pass the shark • Laces go forward, outside/inside to turn/change direction • Keep the ball close, look at ball when touching • Lift your head up in between touches • Move to the areas of low pressure • Use left and right foot equally <p>Progression: Have more than one shark to start, left foot only and right foot only for turns.</p> <p>Guided Questions: How can avoid the shark? How can we cross the ocean faster?</p>


Activity: 1v1 End Zone	Organization: 20W x 20L grid, 2 end zones	Coaching Points: ~10 mins
	<p>Set up two end zones at each end of the grid and split the players evenly into two teams who start without a ball on the sideline each side of the coach.</p> <p>Coach will play a ball into the field to one side, the first players in each team play 1v1 trying to dribble the ball into the opposing teams end zone. Players need to stop the ball in the end zone for a point.</p> <p>As the players get used to the game, start playing the balls faster and faster.</p>	<ul style="list-style-type: none"> • As above plus: • Consider your favorite side and lead the defender • Drop the shoulder to deceive the defender • Step over the ball to deceive the defender <p>Progression: Play the balls in faster and faster, introduce new ‘1v1’ moves (fake/feint/stepover etc) to beat a player.</p> <p>Guided Questions: Should we dribble fast or slow? How can we get past our defender?</p>

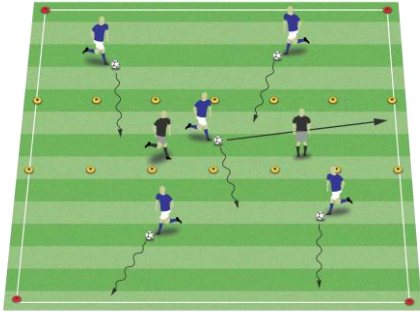
Activity: Rumble in the Jungle	Organization: 20W x 20L grid, two goals	Coaching Points: ~10 mins
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on the sideline each side of the coach.</p> <p>Once you say go, the first player from each team dribbles as fast as they can behind their own goal into the field of play, the players who gets in first gets the ball from the coach.</p> <p>The players need to dribble past the defender and pass or shoot into the net or dribble into the net for an extra point.</p>	<ul style="list-style-type: none"> • As above plus: • Introduce the idea of bring the defender to your preferred side. • Introduce more advanced moves. • Make sure the players are taking their chance to score if the defenders are not in a good position. <p>Progression: Play the balls in faster and faster, introduce new ‘1v1’ moves (fake/feint/stepover etc) to beat a player.</p> <p>Guided Questions: How can we lead our defender? When should we take a shot?</p>

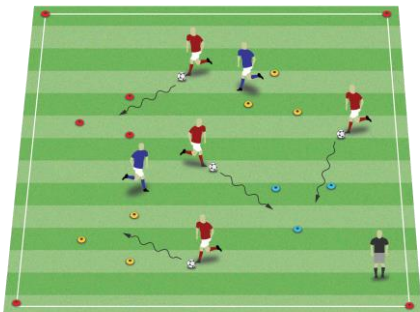
2nd Phase - Play	10-15 mins	4v4 or 5v5 Game
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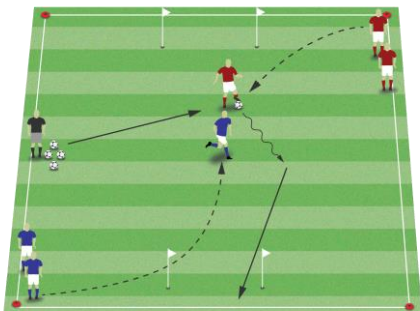
Alternatives:	Foxes and Bunnies, 1v1 Dribble Combat, Gates Dribbling, Simon Says
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	Session Goal:	The role of the first defender – defending 1v1			
	Key Coaching Points:	1 st defender (player closest to the ball) applies pressure to the player with the ball.			
	Week:	8 of 8			
Duration:	45-60mins	Age Group:	Grade Pre-K & K (U6)	# of Players:	8-12 Co-Ed

Activity: Boston Bulldogs	Organization: 20W x 20L grid, middle zone	Coaching Points: ~10 mins
	<p>Set up a zone 'dog yard' in the middle of the field, with 2 defending players in the yard without a ball. The rest of the players will be on the end line at one side of the field.</p> <p>On your command the players try to dribble the ball past the dogs to the other side of the field. The dogs can not leave their yard.</p> <p>Start with the coach being the dog then introduce the players to that role then add more than one dog.</p> <p>Make sure all the players get an opportunity to be the bulldogs.</p>	<ul style="list-style-type: none"> Defending players approach the attacking players at an angle. Defending players on their toes. Chest turned to the side you want the attacking player to go. Make a tackle (block or poke) when the attacking players tries to get past. <p>Progression: Start with coach, then add players. If the bulldogs get your ball you become a dog.</p> <p>Guided Questions: Which way shall we force the attacking player? When should we make the tackle? Can the two defenders work together.</p>

Activity: Monsters Inc.	Organization: 20W x 20L grid, multiple gates	Coaching Points: ~10 mins
	<p>Set up a series of medium sized triangles or squares across the grid. Have two players be the monsters (Sully, Mike Wazowski, Randall, Roz etc. – have the kids choose), with all other players having a ball.</p> <p>On your command the players need to get from one safe zone (closets - inside the triangles or squares) to another without the monsters touching them.</p> <p>If the monsters touch them then they need to do 10 toe taps or tic tocs to get back in. Play multiple 60 second rounds switching monsters every game.</p>	<ul style="list-style-type: none"> As above plus: Introduce the idea of getting to the attacker as fast as possible "pressure" then slowing down. <p>Progression: Have the attacking players become monsters after they are touched.</p> <p>Guided Questions: Which way shall we force the attacking player? When should we make the tackle? Can two defenders work together.</p>

Activity: 1v1 Dribble Combat	Organization: 20W x 20L grid, two goals	Coaching Points: ~10 mins
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on opposite corners of the grid.</p> <p>The coach rolls a ball out to one of the corners and the player who receives the ball tries to score on the goal.</p> <p>If the defender wins the ball back, they try to score in the opposing goal. The game ends when the ball goes out of bounds, or a goal is scored.</p>	<ul style="list-style-type: none"> As above plus: Ask the defender to arc their run to stop a quick shot on goal. The key is to force the attacker to the sideline then make a tackle or force them out of bounds. <p>Progression: Count a point for each defender who forces the attacker out of bounds and play to 5 or 10.</p> <p>Guided Questions: Which way shall we force the attacking player? When should we make the tackle?</p>

2nd Phase - Play	10-15 mins	4v4 or 5v5 Game
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Alternatives:	Freeze Tag, King of the Ring, Field of Doom
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Thank-You

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