

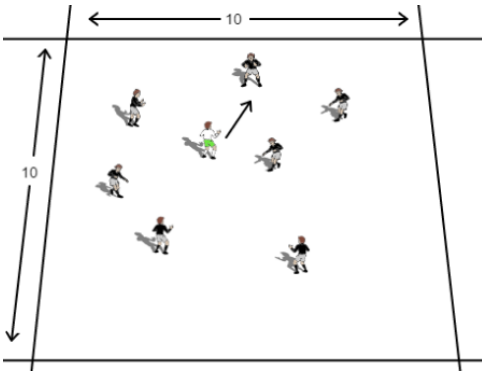


ARKANSAS
RISING

4v4 / Under 6 / PreK, K & 1st

Practice #1.1

Touches: Big v. Little



Coach Freeze Tag (Coordination/Technique) 10x10yd grid

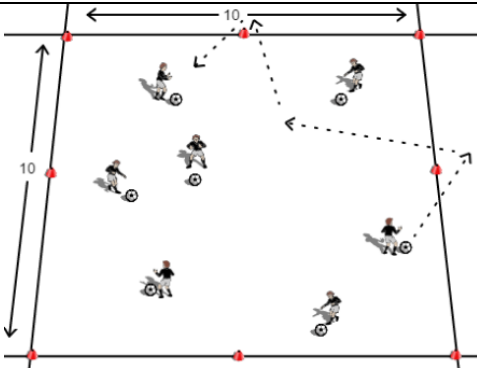
- No one has a ball, and the coach is it. Try and touch players inside the grid to "freeze" them.
- When a player is frozen they have to stand with their legs open and call for help.
- Players get unfrozen when a teammate crawls under their legs.
- Coaches can't tag people that are unfreezing someone else.

Progression:

- All players get a ball, but not coach. Instead of tagging the players, coach tries to touch their soccer ball.
- If frozen, the player holds their ball above their head and a teammate has to pass their ball through their legs to unfreeze.

Coaching Points:

- Have fun! The more you get into the game, the more your players will too.
- Talk to players about little touches vs big touches. Try touching a ball lightly when you want to change direction fast, and take bigger touches when you want to run away faster. Show what the different touches look like. (10 mins)



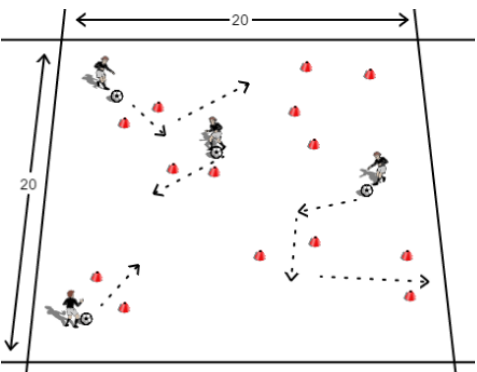
Body Part Race Cars (Technique) 10x10yd grid

- All players have a ball. The players' balls are race cars and the players are dribbling them through the grid, and around a cone on the sides of the grid.
- When the coach yells out a body part, the players have to put on the brakes and stop their car using ONLY that body part.
- When the players have all stopped, yell "Start your engines! On your marks, get set, GO!" Encourage them to see how many cones they can get around until your yell "STOP" again.
- Body part examples are: bottom of foot, elbow, forehead, bottom, knee, armpit, etc.

Coaching Points: - Players need to keep their ball close inside the grid so they can stop quickly. Talk about how to use light touches with the top of the foot (instep), as well as the inside and outside of the foot

- Players need to take larger touches on the ball with their instep to build up speed, and then closer touches to be more in control as they go around the cone.

- Applaud and highlight players who are working hard and trying what you're asking! (10 mins)



Gates (Technique/Decision Making) Expand the grid to 20x20yds

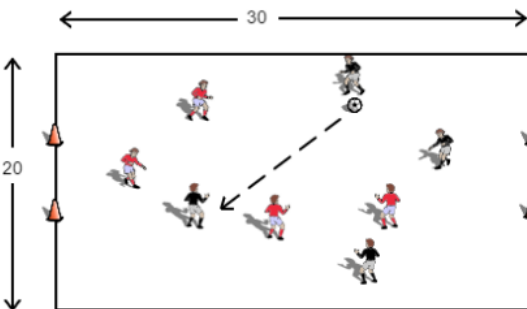
- Every player needs to have a ball. Spread pairs of cones around the grid about a yard apart from each other. Each set of cones is called a 'gate.'
- Players have 45 seconds to dribble through as many gates as they can. Players need to keep track of their score.
- After 45 seconds, stop game and ask each player what they got. Repeat and ask them to beat their own scores.

Coaching Points:

- Players need to take close, tight touches when dribbling through a gate and larger touches when they are trying to build up speed to get to the next gate. Players need to look around so they know where the next gate is that they can go to.

Talk to players about using different sides of their feet to change direction. Stress the importance of using both feet. A two footed players is twice as good as a one footed player!

(15 mins)



Scrimmage (Holistic) Expand your grid to 30x20yds (same size as your game field)

- Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- Cones for goals are 2yds wide (same as for a game)
- There are no goalkeepers

Coaching Points:

- None! Just sit back and let them play. For kindergarten, we play continuous restarts, meaning when a ball goes out, a coach just kicks another one in. Feel free to grab the parents to use as 'bumpers' around the field to keep the game moving. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart. Have fun and get excited!

(20 mins)

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Practice Conclusion: Bring your players in for the last five minutes of practice and recap your session using open-ended questions. When should we use little touches vs. big touches? (little touches in tight spaces and big touches in space so we can build up speed faster). What are some of the different surfaces we can use to dribble the ball? (top, inside, outside, bottom). Encourage your players to practice these different parts of their feet at home or at recess. Have a team cheer and send them home. Great first practice, coach!