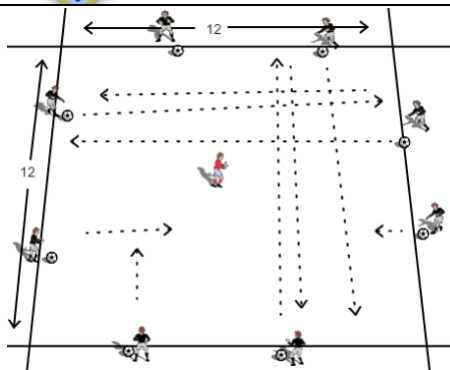




ARKANSAS
RISING

4v4 / Under 6 / PreK, K & 1st Practice #2.1 Turning

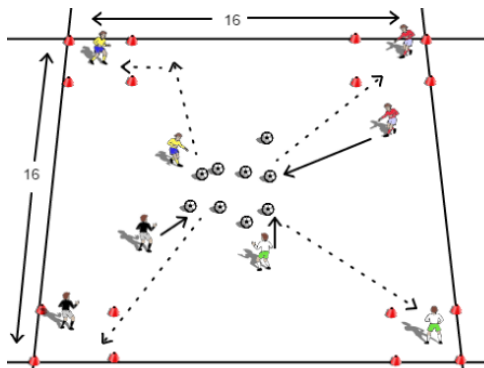


Shark Attack! (Technique) 12x12yd grid

- Every player has a ball and are spread evenly on the four sides of the grid facing the center.
- Coach is the shark and is trying to touch players' balls in order to gobble them up.
- Players attempt to complete laps of the ocean by dribbling from one side of the grid to the other. Players can only go back and forth to the sides that are facing them.
- If the shark gobbles anyone up, that player has to pass the ball between their feet 6 times before continuing to swim.
- Have players keep track of how many laps they did after 45 seconds. Add another shark (asst. coach or parent) and play again. Ask players to beat their own score.

Coaching Points:

- After a couple rounds, show player some different parts of their feet they can use to change direction quickly (bottom, outside, inside of foot). Encourage players to try these to turn quicker. Talk to players about the importance of small touches in a confined space vs. larger touches when there is no one in front of you. (10 mins)



Robin Hood (Technique) 16x16yd grid with 2x2yd grids in each corner

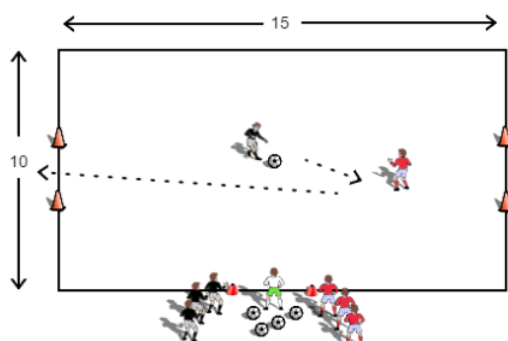
- Divide players into four teams, with each team in a separate smaller 2x2yd "hideout"
- All balls are in the center of the larger 16x16yd grid
- When the coach says go, one player runs to the center and dribbles a ball back to their "hideout"
- Once that player returns, their partner goes and gets a ball. Repeat.
- Once all the balls are gone from the center, players can begin taking a ball from other "hideouts"
- Players cannot defend their balls and can't tackle other people.
- When coach ends game, count to see which team has the most and return to center. Repeat.

Progressions:

- Let both partners go at the same time to collect balls and steal from other teams!

Coaching Points:

- Encourage different turns to get ball back to hideout quickly. Praise players who attempt turns.
- Players need to take little touches in tight spaces, and longer touches when they are sprinting with speed back to their hideout. (10 mins)

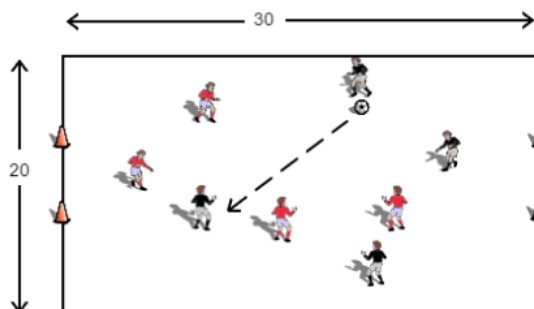


Get Out of Here! (Technique) Decrease the grid to 10x15yds

- Add a 2yd goal to each side of your field, and make two lines of players. The coach needs to be in the middle of the lines with all the balls.
- A ball is played by the coach into the field, and the first person in each line comes out and tries to score in either goal. When the ball goes out of bounds, or a goal is scored, coach yells "get out of here!"
- Players leave the field, and return to the end of their line. They need to bring the ball back to the coach. Keep score. Use assistant coach or parent to help direct players back to lines.

Coaching Points:

- Players need to keep the ball close and be aware of where both goals are, as well as the defender.
 - If the defender is in your way, turn and go the other way!
 - Applaud players who using the different surfaces of their feet to turn!
- Get excited! Have the players cheer for their teammates! (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 take little touches? What about big touches? Can someone show me the different surfaces of the feet that we can use to turn the ball with (bottom, outside, inside). What should we do when we turn away from someone? (Increase speed and take bigger touches!) Have a team cheer, and see everyone at the game!