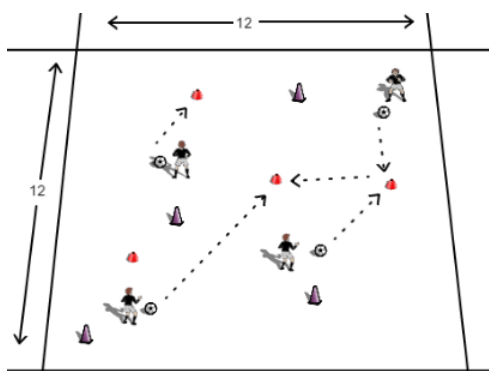




ARKANSAS
RISING

4v4 / Under 6 / PreK, K & 1st Practice #3.1 Deception



The Network (Technique/Cardiovascular/Coordination) 12x12yd grid

- Place 5 cones, and 5 pennies on ground spread out around grid.
- Start without a ball. Coach gives the players a task to complete which they try to get as many points as they can: a) touch hand to cones/pennies. Touch foot to cones/pennies, two-footed jump over cones/pennies. Make up new combinations.

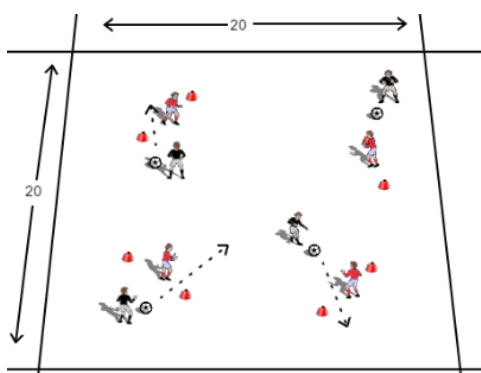
Progression:

- Every player has a ball. Players have to dribble around cones only, pennies only. Demonstrate different dribbling moves and have players perform one type around a cone, and then another type around the pennies. Players get points for each cone/pennie they dribble around.

Coaching Points:

- Introduce moves to beat an opponent. Examples could be a feint, scissors etc. Feel free to make up your own, or have a player show you their favorite and teach the other players!
- Encourage little touches when dribbling up to a cone, and then larger touches after they pass it to get quickly to the next one.

Use peripheral vision while dribbling to see where you want to go next (10 mins)

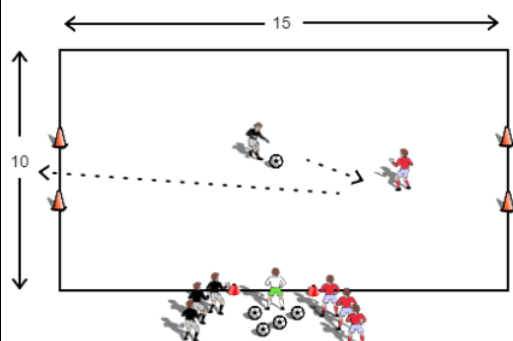


Multiple Goal Dribbling (Technique/Decision Making) 20x20yd space

- Inside your grid, place four goals around area. Goals should be 3 yards wide.
- Divide players into two teams. Once team are defenders, and their job is to act as goalkeepers in each of the goals. The other team each has a ball and are trying to dribble through the goals. Goalkeepers cannot use their hands.
- Players cannot score in the same goal twice in a row.
- Every attacking player keeps track of their score. They get a goal for dribbling past a GK through their goal. Play for 2 minutes. At the end, players add up their scores. Switch roles and see which team can score more. Play again.

Coaching Points:

- Length of touches. Keep the ball close as you're approaching the opponent, but lengthen your touches to build up speed as you get around them.
- Deception. Sell the move! Stay light on your toes!
- Dribble with peripheral vision so you can see what is around you! (10 mins)

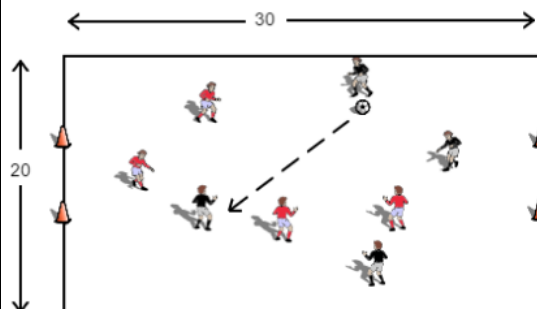


Get Out of Here! (Technique) Decrease the grid to 10x15yds

- 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 1st grade, we use kick-ins instead of throw-in. Use this scrimmage as an opportunity to teach them the rules. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart. Same if there is a goalkick.
- If you see someone attempt to beat someone 1v1, get excited! Praise the attempt, not the outcome!

(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. How can deception help us get around a defender? What are some body parts we can use to deceive an opponent? (legs, hips, hand, eyes). What should I do with the length of my touches when approaching a defender? (little touches). What about when I'm trying to get away? (larger touches). Have some players demonstrate the different move you introduced. Have a team cheer, and ask your players to practice their dribbling moves at home!