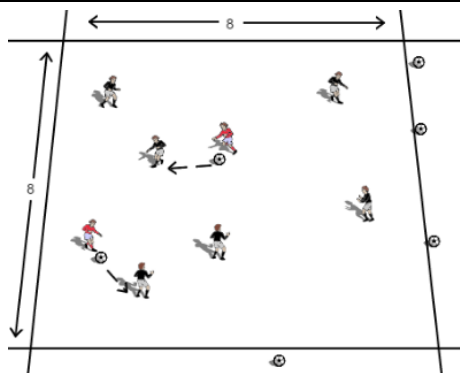




ARKANSAS
RISING

4v4 / Under 6 / PreK, K & 1st Practice #5.1 Receiving



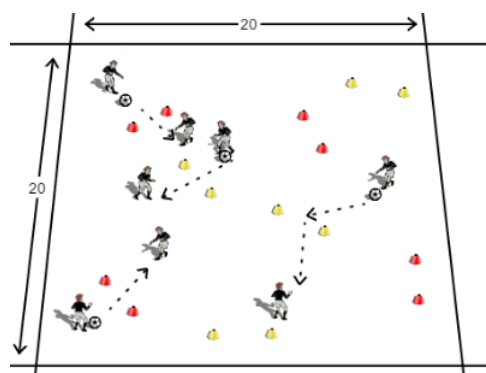
Minions (Technique/Cardiovascular) 8x8yd grid

- One player has a ball, and all the others do not.
- Object is for player to hit other players below the knee with their ball. If a player gets hit, they have to get another ball and join as a minion.
- Play until there is one player left. Start a new game with the winner being the new minion.
- If a player is hit above the knees, it doesn't count.
- If players aren't being hit fast enough, make grid smaller, or add a coach minion into the game.

Coaching Points:

- To be accurate, show players how to use the inside of their foot to strike the ball.
- Stress timing of pass. Can you pass into the space where the person is running into?
- Use peripheral vision while dribbling to see where you want to go next.
- Can players dribble the ball to better set up their next pass?

(10 mins)



Color Gates in Pairs (Technique) 20x20yd grid

- Put your players in pairs with one ball per group.
- Create a series of gates (two cones, 1yd apart) for the players to pass through
- Make half the 'gates' a different color of cone (example: 3 red gates, and 3 blue gates).
- If you don't have different color cones, make half the gates out of pennies.
- Players have to pass through the gates to their partner on the other side. Once a gate has been passed through, the pair has to pass through a different gate for another point.
- Play for 45 seconds. Ask players their score and repeat the game challenging each pair to beat their own score.

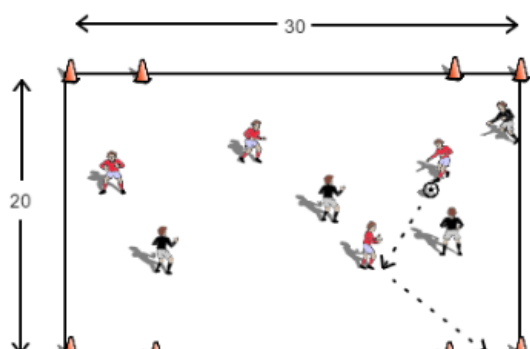
Progression:

- Groups have to alternate color of goal they go to, or can only go to one color etc. Be creative!

Coaching Points:

- Players need to try and take their first touch with the ball when receiving in the direction they want to go next.

Encourage players to open their body to the field so they can see more of it! (10 mins)



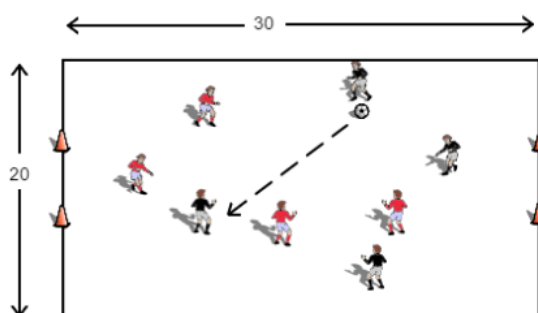
4 Goal Game (Technique) 30x20yds

- Keep your split teams, but expand your field. Place goals as diagramed so the field is short but wide.
- One team attacks the two goals on one side of the field, while the other team attacks the other two
- If the ball goes out of bounds, play restarts with a kick in.
- No corners. If the ball goes out the endline, restart with a goalkick.

Coaching Points:

- Encourage players to be aware of their surroundings. If one goal is crowded with defenders, can they look to go towards the other goal?
- Take a look over your shoulder before receiving
- Open body to field
- Encourage players off the ball to get wide on field to offer better passing options.
- Communication!

(10 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.
- Remove the four goals from corners and place goals in center to make a normal game field.
- 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. Help remind them of ASA's rules whenever a ball goes out of bounds, and use those opportunities to show them the proper restarts

(25 mins)

ArkansasRising.org

Practice Conclusion: When we receive a pass, where should we try and take our first touch (towards the direction we want to go next). How can you see space better? (by looking over your shoulder before receiving ball, and opening body to field). How can your teammates off the ball help you out when you have the ball? (by getting wide on the field and being loud!) Have a team cheer, and see everyone on game day!