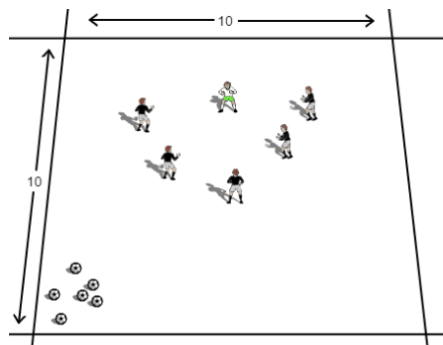




ARKANSAS
RISING

4v4 / Under 6 / PreK, K & 1st Practice #1 Big Touches v. Little Touches



I Can Do This! Can You? (Coordination) 10x10yd grid

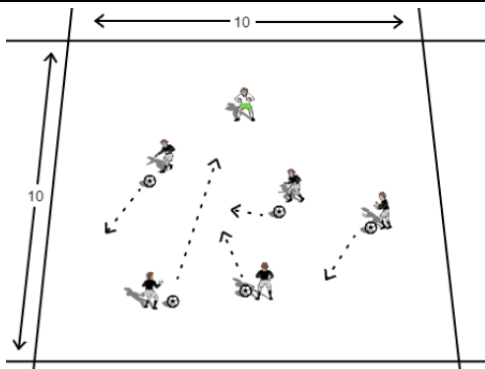
- Start with no one having a ball and joining coach in the middle of your grid. Tell the players: "I can do this! Can you?" and touch your nose. All players will touch their nose. "Good, good! Now I can do this, can you?" Hop on one foot and give the players time to copy. Praise the ones who are trying.
- Keep progressing to different movements, getting more complicated. Examples are: Summersault, ribbit while jumping like a frog, walk like a bear etc.

Progression:

- Add a ball. After 7-8 different movements without a ball, each player gets a ball and comes back. Play the same game, but movements now involve the ball. Examples are: alternate feet while touching ball with bottom of feet, pass ball between feet, kick ball using top of foot, throw ball in air and catch it etc.

Coaching Points:

Have fun! This game is all about developing coordination and getting players used to moving a ball. Be goofy and creative! (10 mins)

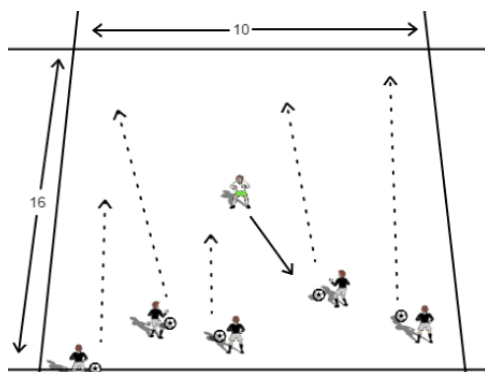


Stop Those Painters! (Technique) 10x10yd grid

- All players have a ball, including coach. Players need to pretend they are artists and their balls are paint brushes. They are trying to paint a picture on the grass using only their ball.
- When the coach yells "Stop Painters!" all players need to stop their ball (using only their feet) and look like they aren't doing anything wrong.
- Coach says "ok, I better not see you painting the grass again", and covers their eyes (but peeking through fingers). Repeat.
- When you say "Painters, stop painting my soccer field!" try to catch someone still moving.

Coaching Points:

- Talk to the painters about how they can paint lots of space while being able to stop quicker. In order to move the ball fast, we take big touches on the ball (show them what it looks like). If we want to stop quicker, we need the ball closer to us, so we need to take little touches (show them) (10 mins)

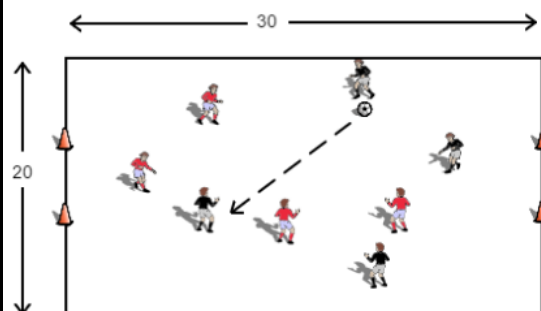


Attack of the Kitten eating Monsters! (Technique) Expand your grid to 16x10yds

- In your expanded grid, all players have a ball and are on one end. The coach stands in the middle.
- When the coach says 'go,' all players (the kittens) try to dribble from one end of the grid to the other without getting their ball stolen by the coach (the monster).
- If a player gets their ball stolen, they have to perform a special activity in order to become a kitten again (ex: touching the top of the ball with the bottom of their feet alternating eight times, or passing the ball between their feet eight times). Players cannot become a monster with the coach
- we want them to keep dribbling their soccer ball! Be goofy! Make lots of silly noises!

Coaching Points:

- **Encourage** players to find the space behind you and think about how to get there without getting tagged. **Ask players** to think about the length of their touches, and how they can use the different parts of their feet to manipulate the direction of the ball. When do we use big touches, and when should they be smaller? (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.
- 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!