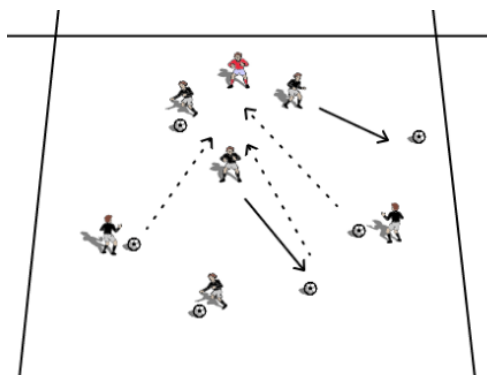




ARKANSAS  
RISING

## 4v4 / Under 6 / PreK, K & 1<sup>st</sup> Practice #2 Big Touches v. Little Touches



### Back to Coach! (Technique/Problem Solving/Coordination) Unlimited Space

- Every player has a ball.
- One at a time, the players hand their ball to the coach who tosses their ball in a different direction while telling them how to bring the ball back
- Ways to ask the players to bring it back: running (with ball in hand), skipping, hopping. Using only their elbows touching the ball. Using only their knees etc.

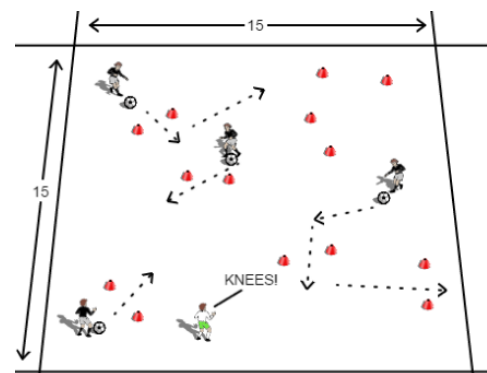
#### Progression:

- Give them ways to bring the ball back that are more soccer specific: dribbling the ball, dribbling using only the bottom of their feet, using only the inside of their feet etc.

#### Coaching Points:

- Have fun, and be creative with the actions!
- Encourage players to think about how they can bring the ball back, only using the body parts you've said they could use. Don't let them break the rules that you give!

(10 mins)



### Body Part Dribble (Technique) 15x15yd grid

- Spread a series of "gates" around the inside of grid (gates are two cones about a yard apart)
- Every player has a ball
- Have players dribble through gates trying to get as many goals as they can!
- Coach yells a body part (ex: knee!) and players have to all stop their ball using only that body part.
- After all balls stopped, ask players to try and score more goals then they just did. Repeat.

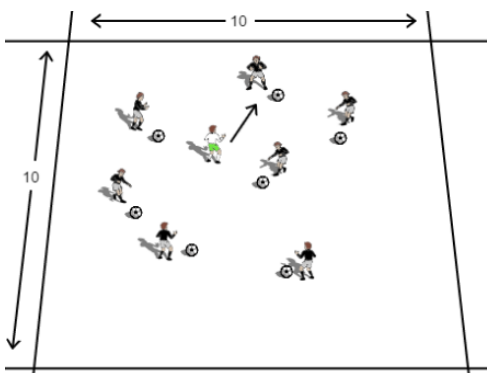
#### Progression

- Progress to the coach just touching a body part and see which players can stop the quickest.
- After a few rounds, ask a player to step in as the coach and choose what the body parts are and when the players stop.

#### Coaching Points:

- Encourage kids to use peripheral vision while dribbling. See the ball with the bottom on your eyes, so you can still see what's around!

Remind players about the differences between big touches vs. little touches (10 mins)



### Freeze Tag! (Technique) Decrease grid to 10x10 yards

- In your decreased grid, every player has a ball.
- The coach(es) are it and try to tag the players who must keep control of their ball.
- If a player gets tagged, they have to touch the ball with the bottom of their (alternating) six times before they can start playing again.

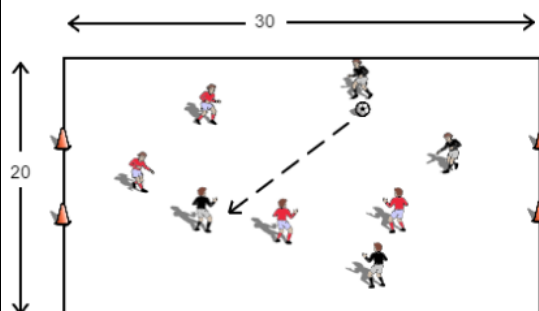
#### Progression:

- When a player gets tagged, they have to stand with their legs open and the ball above their head. A teammate who isn't frozen will pass a ball under their legs to unfreeze them.

#### Coaching Points:

- Encourage players to take little touches when the tagger is close (so they can change direction quicker), and bigger touches to get away from the tagger!
- Compliment players that are using their peripheral vision to dribble.

(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)

ArkansasRising.org

**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!