

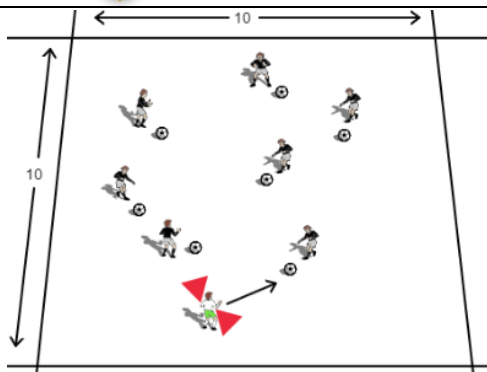


ARKANSAS  
RISING

4v4 / Under 6 / PreK, K & 1<sup>st</sup>

## Practice #3

## Stopping & Turning



### The Octopus (Technique/Coordination) 10x10yd grid

- Players start without a ball
- Coach holds two pennies (or pool noodles!) and tries to tag the players with their long tentacles.
- If the octopus tags someone, that player has to do five jumping jacks to get unfrozen.
- Play for a few rounds, and then add in progression.

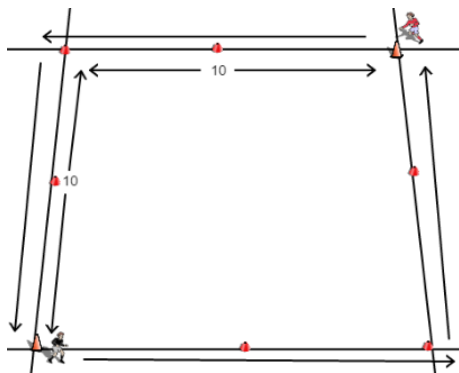
#### Progression:

- Every player has a ball. Must keep the ball in control while trying to evade octopus
- If tagged, player has to pass ball between their feet 6 times to get unfrozen
- If ball goes out of bounds, player must perform 6 toe-taps (touch ball with bottom of foot, alternating feet) before getting back into game.

#### Coaching Points:

- Have fun!
- Encourage players to use little touches in tight spaces, and bigger touches to move away faster.
- Show players different parts of their feet they can use to turn with (inside, outside, bottom)

(10 mins)



### Chase (Technique) 10x10 yard grids. Make enough grids for everyone to play at once

- Get players into pairs
- Players start without a ball, and each player stands on the opposite end from their partner
- When coach says 'go' one player is it and tries to tag the other player before they can get back to their starting cone. Switch roles and restart the game going the opposite direction.
- Players can't cut corners!

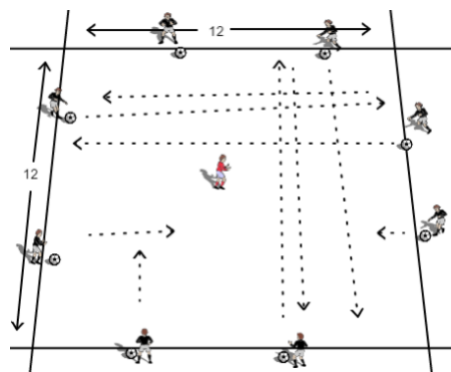
#### Progression

- Each player has a ball. Same rules, but players cannot run without their ball!

#### 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
- Talk about how to turn using the inside/outside of your feet

(10 mins)

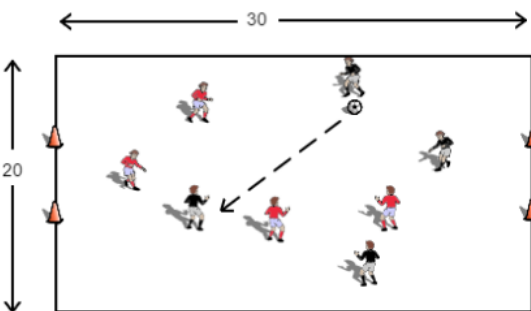


### Shark Attack! (Technique) 12x12yd grid

- 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)



### 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!