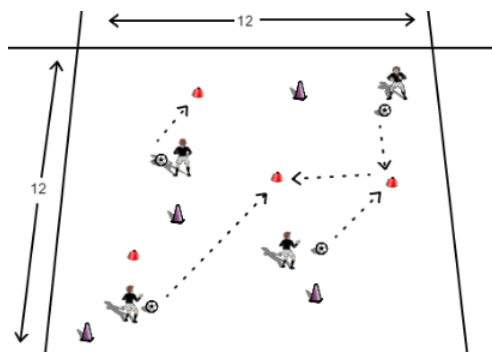




ARKANSAS
RISING

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



The Network (Technique) 12x12yd grid

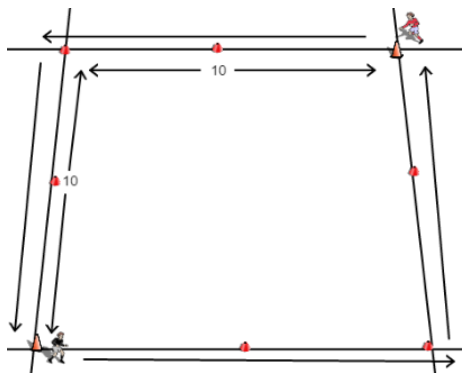
- Place 5 cones, and 5 pennies on ground spread out around grid.
- Start without a ball. Coach gives the players a task to complete which they try to get as many points as they can: a) touch hand to cones/pennies. Touch foot to cones/pennies, two-footed jump over cones/pennies. Make up new combinations.

Progression:

- Every player has a ball. Players have to dribble to a cone/pennie, touch with their foot, and then turn to go the other way for a point. Demonstrate different turns and have players perform one type at a cone, and then another type around the pennies etc. Players get points for each cone/pennie they turn at around. Make up different variations to get points.

Coaching Points:

- Recap different surfaces to turn with from last week. Inside/outside/bottom of feet.
- 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)



Body Part Tag (Technique/Cardiovascular) Decrease to a 10x10yd grid

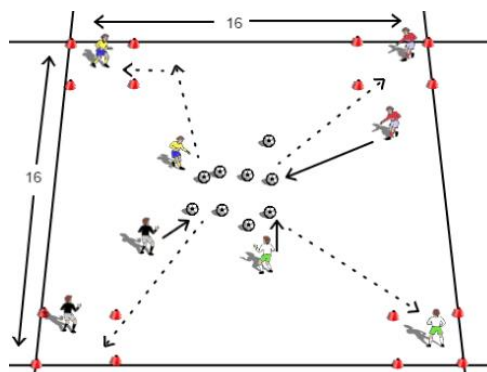
- Players start without a ball
- Everyone is it and tries to tag a body part of the coach's choosing (ex: shoulders or knee).
- Players get a point for each person they tag on that body part, but lose a point if they get tagged.
- Players can't go into negatives (do kindergarteners even know about negatives?!)
- Play for 1 minute, and ask scores. Play again with a new body part.

Progression:

- Every player has a ball. Must keep the ball in control while tagging/evading.
- If ball goes out of bounds, 6 toe taps before reentering game. Can't kick other players' balls.

Coaching Points:

- Have fun!
- Encourage lots of changes of direction so players can see as much of the grid as they can.
- Show players different parts of their feet they can use to turn with (inside, outside, bottom) (10 mins)



Robin Hood (Technique) 16x16yd grid with 2x2yd grids in each corner

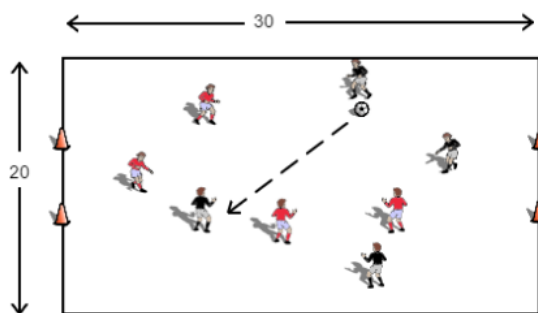
- Divide players into four teams, with each team in a separate smaller 2x2yd "hideout"
- All balls are in the center of the larger 16x16yd grid
- When the coach says go, one player runs to the center and dribbles a ball back to their "hideout"
- Once that player returns, their partner goes and gets a ball. Repeat.
- Once all the balls are gone from the center, players can begin taking a ball from other "hideouts"
- Players cannot defend their balls and can't tackle other people.
- When coach ends game, count to see which team has the most and return to center. Repeat.

Progressions:

- Let both partners go at the same time to collect balls and steal from other teams!

Coaching Points:

- Encourage different turns to get ball back to hideout quickly. Praise players who attempt turns.
- Players need to take little touches in tight spaces, and longer touches when they are sprinting with speed back to their hideout. (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 (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!