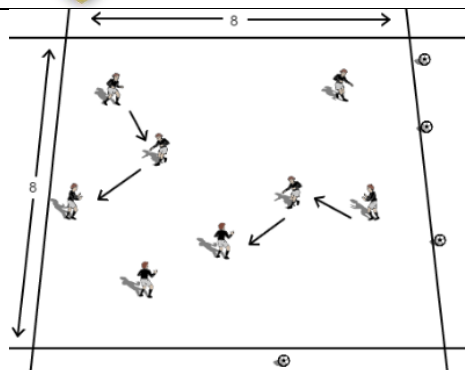




ARKANSAS
RISING

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



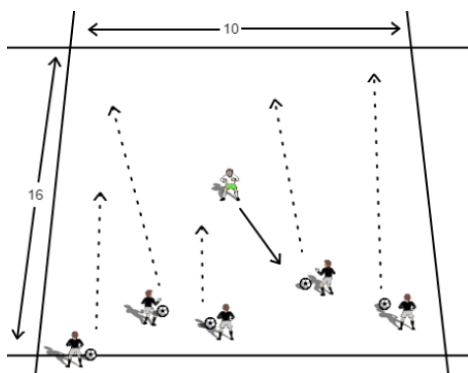
Hospital Tag (Cardiovascular) 8x8yd grid

- Everyone is it without balls. All balls are outside the grid.
- Inside the grid, you try and tag other people. If you tag them, they must hold the body part that got tagged and yell "ouch!"
- If they get tagged a 2nd time by someone else, they must hold that body part as well (so now holding two body parts).
- If they get tagged a 3rd time, they must run to a ball on the outside of the grid and get a ball (the hospital), pass the ball between their feet 4 times and then they can reenter the game with no more injuries.

Progression:

- After a few rounds, every player now must dribble a ball while tagging people. If they get tagged three times, they must do 6 toe-taps with their ball to get better.

Coaching Points: Encourage players to be thinking about how they can tag people without getting tagged themselves. What can they do with their bodies to "duke" people out? (10 mins)



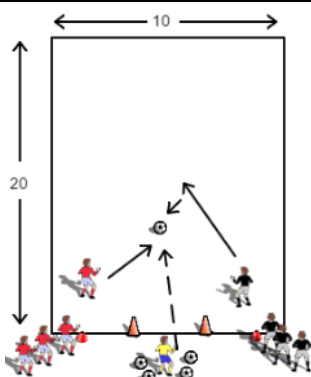
Crocs in the River (Technique) Expand your grid to 16x10yds

- In your grid, all players have a ball and are on one end. The coach(es) stand(s) in the middle.
- When the coach says 'go,' all players (the swimmers) try to dribble from one end of the grid to the other without getting their ball stolen by the coach (the crocodile).
- If a player gets their ball stolen, they must perform a special activity for the croc to spit them out (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 croc with the coach - we want them to keep dribbling their soccer ball! Be goofy! Make lots of silly noises!

Coaching Points:

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?

- Show players how to deceive the crocs by leaning one way and then dribbling the other. What body parts can we use to deceive someone? (hips, eyes, shoulders, legs). Ask them to be creative (10 mins)



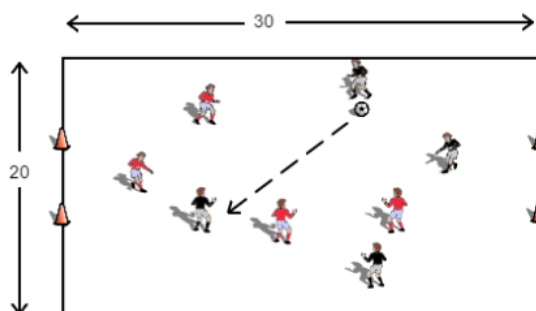
Turn and Score (Technique) Decrease the grid to 15x20yds

- This game is played with one goal. Make a line on either side of the goal with the coach behind the goal with all the balls.
- Coach throws a ball into the field and the first person from each line runs out to compete and get the ball in the only goal.
- After a goal is scored, or the ball goes out of bounds, both players return to their own line and a new ball is thrown out for the next two.
- Encourage players to cheer for their teammates, and get into the game!

Coaching Points:

- Encourage players to deceive their opponent by using body parts to "duke" them out.
- Get excited when you see players trying to deceive an opponent rather than just kicking and chasing after the ball!
- Keep this game moving fast so the lines don't get too long.

(15 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: What are some body parts that we can use to deceive an opponent with? (eyes, legs, shoulders, hips). Why would it be important to deceive an opponent? (to make them think you are going one way, when you actually want to go the other). Why would this be important? (because getting the opponent off-balance makes them easier to get by!) Have a team cheer, and see everyone on game day!