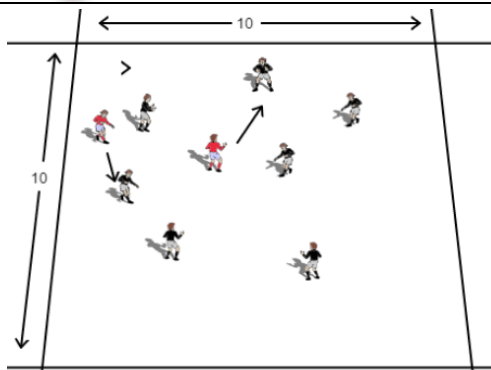




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## 5v5 / Under 8 / K, 1<sup>st</sup>, 2<sup>nd</sup> Practice #1.1 Inside Outside of feet



### Freeze Tag (Technique/Decision Making) 10x10yd grid.

- Pick two people to be it. When they tag someone, that person has to stand with their legs open. They are unfrozen when someone else who isn't frozen yet crawls under their legs.
- Taggers can't tag people who are crawling under someone's legs.
- After a minute of play, switch taggers.

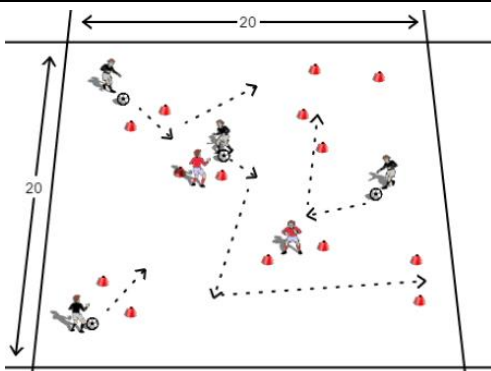
#### Progression:

- Everyone has a ball except taggers. Now instead of the taggers tagging, they have to touch a ball with their foot (but not kick away). If someone gets frozen, they hold their ball above their head and someone needs to kick their ball between their legs to unfreeze them.

#### Coaching Points:

- Let the players play for a while to get the hang of the game. When you freeze, ask them how they can make it harder to be tagged. What can they do different with their eyes? Can they turn their body so they can always see the taggers when not being chased?

When the ball is added, talk about little touches vs. big touches and how they effect a player's control vs speed (little touches = more in control. Big touches = players can run faster!) (10mins)



### Gatekeepers (Technique/Decision Making) Expand the grid to 20x20yds

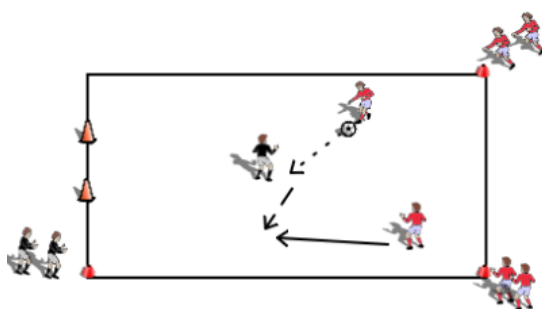
- Every player needs to have a ball. (except for a couple gatekeepers). Spread pairs of cones around the grid about a yard apart from each other. Each set of cones is called a 'gate.'
- Players have 45 seconds to dribble through as many gates as they can. Players need to keep track of their score.

- The gatekeepers stand in the middle of a gate making it 'closed.' Gatekeepers must switch and go stand in a different gate every 4 seconds. After 45 seconds, stop game and ask each player what they got. Repeat and ask them to beat their own scores.

#### Coaching Points:

- Players need to take close, tight touches when dribbling through a gate and larger touches when they are trying to build up speed to get to the next gate. Players need to look around so they know which gates are closed, and take their next touch towards an open one.

Talk to players about using different sides of their feet to change direction. Stress the importance of using both feet. A two footed players is twice as good as a one footed player! (10 mins)

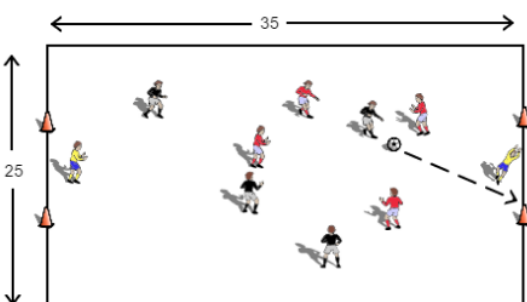


### 2v1 (Decision Making) Decrease the grid to 10x15yds

- Game starts with first player in defending line passing ball to the first person in either of the opposing lines.
- Once the ball is passed, the first players from each line come out and play 2v1. The attacking team is trying to score on the goal. If the defending player gets the ball, they have to dribble over the endl ine between the two attacking lines.
- If the ball goes out of bounds, the game is over, and the next three goes. Try to keep the game moving fast to limit wait times in lines.

#### Coaching Points:

- When do we want to take little touches vs big touches? How do we create the space with little touches so our team can then take large touches? (by dribbling at the defender to make them commit. Once committed, players with ball can either dribble past 1v1, or pass to their teammate). How does the person with the ball influence what the defender does? (Where they dribble will make the defender follow. Therefore, you can open space for your teammates by dribbling!) (15 mins)



### Scrimmage (Holistic) Expand your grid to 35x25yds

- Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- Cones for goals are 5yds wide and use goalkeepers.

#### Coaching Points:

- None! Just sit back and let them play. Help remind them of ASA's rules for their age group: offside, thrown-ins, goalkicks and corners. Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.

(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). How can the dribbling of the person with the ball open space for their teammate? When the teammate gets the ball, where would their first touch go? (towards goal!). Have a cheer; great first practice, coach!