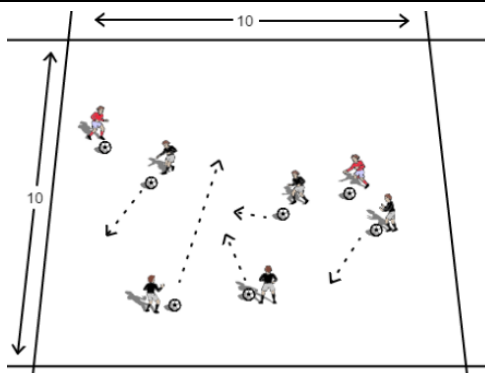




ARKANSAS
RISING

5v5 / Under 8 / K, 1st, 2nd Practice #2 Inside / Outside Feet



Penny Tag (Technique/Cardiovascular) 10x10yd grid.

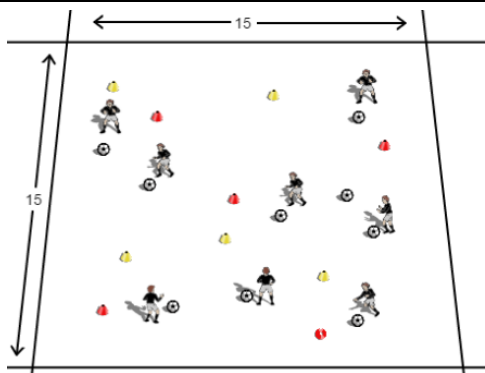
- Everyone starts without a ball, and two players have a penny (bib) in their hand. The players with the pennies try to tag another player, and then switch roles with that player.
- No throwing the penny or "whipping" people with it. Must use fingers to tag.
- Don't be the last two with a penny when the game ends!

Progression:

- Add a ball. Same rules, and same way to tag. Cannot kick other people's ball.

Coaching Points:

- Let players play a few rounds to get into the rhythm of the game.
- When balls are added, talk about how to shape your foot in order to dribble the ball (toes pointing down, heel is up). Players need to touch the ball with the outside of the big and little toes of their feet with little touches to change direction quickly.
- In order to build up speed to get away from a tagger, players should take heavier touches using the top (laces) of their feet so they can take more steps between each touch. (10 mins)

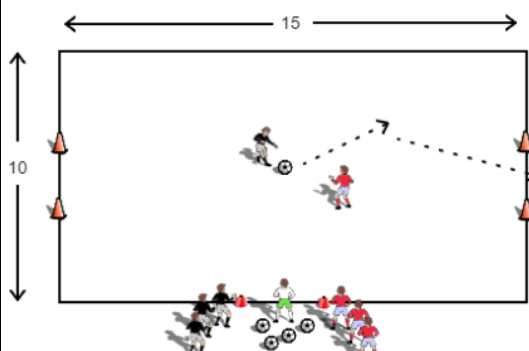


Builders and Destroyers (Technique/Decision Making) Expand to 15x15yds

- In your expanded grid, all players have a ball. Divide your players into two teams: Destroyers and Builders.
- Scatters 10 cones around the area. Half are upside down, and half are right-side up
- The object for the builders is to turn all the cones right-side up, while the destroyers are trying to turn all the cones upside down. Play for a minute and count how many cones are which way.
- Players must dribble their ball to each cones, and can't grab cones without their ball being close.

Coaching Points:

- Encourage players to keep the ball close so they can change direction quickly. Encourage the use of different surfaces of the feet (inside, outside, bottom) and using both feet to move the ball. Ask players to think about the length of their touches, and how they can use the inside and outside of their feet to manipulate the direction of the ball. When do we use big touches, and when should they be smaller? (10 mins)

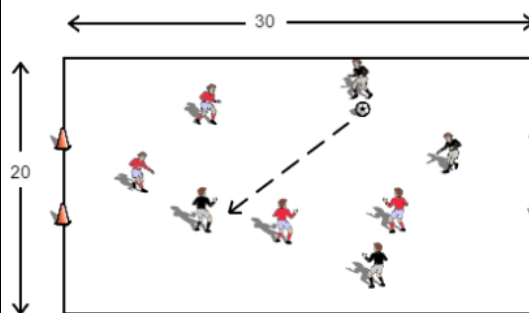


Get Out of Here! (Technique) Decrease the grid to 10x15yds

- Add a two yard goal to each side of your field, and make two lines of players. The coach needs to be in the middle of the lines with all the balls.
- A ball is played by the coach into the field, and the first person in each line comes out and tries to score in the opposite goal. When the ball goes out of bounds, or a goal is scored, coach yells "get out of here!"
- Players leave the field, and return to the end of their line. They need to bring the ball back to the coach. Keep score.

Coaching Points:

- Players need to keep the ball close to try and beat their opponent 1v1.
- Once you get past the defender, players need to take longer touches so they can run faster to get away from the defender!
- Applaud players who are using big toe, little toe to dribble at defenders, and are taking close tight touches.
- Get excited! Have the players cheer for their teammates! (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. Help remind them of ASA's rules whenever a ball goes out of bounds, and use those opportunities to show them the proper restarts. We do throw-ins at 2nd grade, so show them what a throw-in looks like if they are having trouble. Play with goalkicks and corners, just like in a real game.

(20 mins)

ArkansasRising.org

Practice Conclusion: What are the different surfaces of the feet we can use? (inside, outside, top and bottom). How does our foot look when we are dribbling? (toe down, heel up). Where should we be trying to touch the ball? (big toe, little toe). Why is it important to take little touches when in a tight space? Why would we take heavier touches if we're dribbling into space?
Have a team cheer, and encourage your players to keep playing at home!