

## WEEK 1: Coach/Player Introductions + Dribbling

- **Key teaching points:** Keeping the ball close to your feet, using both feet (all surfaces of foot- in/outstep, laces, bottom), no toe kicking!, head-up, dribble to space not towards other players
  - **Let players know what they will be learning + what's expected of them today!**

### Introductions:

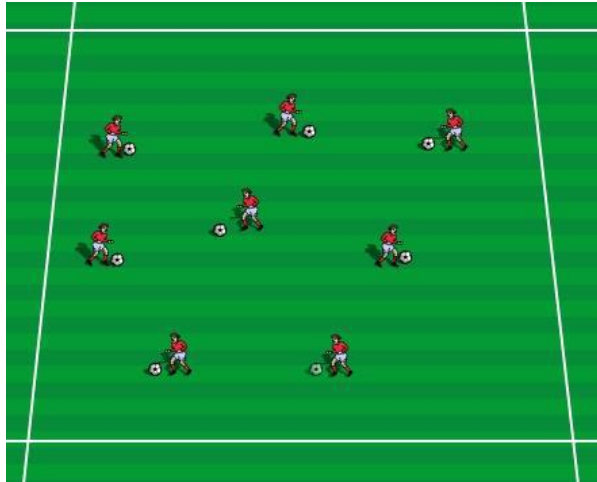
- Who you are, what they can call you
- Every player introduces themselves
- Make it fun for them!

### Warm Up: Every step touch the ball (5-7 minutes)

*Set Up:* Create a small space with the cones that players can dribble throughout. Start out large, and as time goes on make it smaller.

- Players dribble a ball slowly in the defined area. Then tell them to try to touch the ball with every step they take – (not as easy as it sounds!). On the command 'Go', the players must leave their ball and find another (**put extra balls in area to begin**). Let them try this a few times then take one or two balls away. The players who end up without a ball have to do 5 push-ups, star jumps, etc.
- If you'd like- you can incorporate balancing, running, walking, bending, twisting, changing direction, skipping, hopping, high knees throughout the warm up

- **Activity #1:-Area Dribbling (10-12 minutes)**



- Put all players inside the same area as warm up--- large enough for each player to have plenty of dribbling room. All players must start out by dribbling the ball at a jogging pace. Start with normal dribbling, **emphasize keeping heads up, eyes on the field in front of them, using both feet, inside of foot, and dribbling into space away from other players.**
- Coach is free now to change the rule or vary them in order to make the activity more challenging and skill appropriate. Examples of variation are:
  1. Dribble with left foot only
  2. Dribble with right foot only
  3. Stop and start on coaches' command
  4. Stop and sit on ball then get up and continue dribbling on the whistle
  5. Change directions on coaches command

\*Be creative, anything that forces the players to use different parts of their foot or go in different directions is good! **Don't forget to model your expectations for them!**

**WATER BREAK!**

- **Activity #2: Fast Footwork (5 minutes)**

There are two fast footwork drills that can be used for players at this level of soccer. They are used to increase the number of times the player touches the ball in a certain amount of time and to increase their comfort level with the ball. The players should work for a minute and then rest a minute when doing these drills.

- *Climb the Mountain*: The ball should always stay in the same place for this drill. The player starts with one foot on top of the ball and one on the ground. The player then switches feet location in a hop motion. This is a continuous motion. It may seem hard at first, but the kids will pick it up quickly. The player will touch the ball with the bottom of each foot alternatively.
- *Happy Feet*: In this exercise the player puts the ball in between their feet. The ball is knocked back and forth from left to right foot in continuous motion. The knees should be slightly bent, and the players should always be on their toes. The ball should be hitting the area on the inside of the foot directly above the ball of the foot. Players should look at the ball at first while they are doing this. Once they become comfortable they should try to take their eyes off the ball.

### **Activity #3: Relay Races (10-12 minutes)**



- Make the players dribble around each cone there and back. The player waiting in line should be working on ball skills as well, so have them either work on climb the mountain, happy feet, or another footwork exercise. Variations of this are possible (both feet, only left, only right, alternating feet). **It is never too early to force the players to use both feet!**
- **Don't make the lines too long, some players will struggle getting down and back through each cone**

**WATER BREAK!**

- **Scrimmage: 10-15 minutes**

- Emphasizing on the “skill of the day” throughout a live game
- Good time to teach the rules of the game
- Organize teams similar to how their games are (**3v3**, 5v5)

- **Team chant, shout outs: under 2 minutes**

- Quickly review what the players learned that day → ask them questions on the teaching points
- Give shout out to players that did exceptionally well (effort, attitude, abilities), boost their confidence and desire to return the next week