

Kindergarten Plan-Week # 6

“Sponge Activity” (as players arrive until 5 min. after start time)-Street Soccer- (See Warm-up Doc)

1st activity- Multi-Directional Red Light/Green Light- 10 minutes

Set up-

In a 10x10 yard grid, each player with a ball.

Play-

Coach calls out “colored lights”.

- **Green Light:** Go!!!!!!! *Dribble All over*, change directions. (When they are ready for it, if balls touch those players do 5 sole taps on the ball before they can go again.)
- **Red Light:** Stop (foot on top of the ball)
- **Yellow Light:** Go slow/keep it close!
- **Blue Light:** Go FAST! (accelerate!)
- **Players choose a color:** You give the command for their new color. (Go Really Fast or a sole pull-back with right foot, then left foot.)

Coaching points-

Other commands: Add more colors!

- Do a crazy cool new soccer move! (Let them be creative)
- Get down and hide behind the ball
- Dance around the ball!

Important!!!: CALL BLUE LIGHT (“really fast light”) immediately after they have completed another light’s command. This builds the habit of a burst of speed following a move.



2nd Activity -1v1-2v2-2v1 “Get Out of Here”-10 minutes

Set up-

Place two small (2 yard) goals across half of your field 15 x 15 yards. Place half of team behind each goal and coach stands at halfway line with all balls.

Play-

Coach plays a ball onto field and the first two players (for a 1 v 1), run out and try to score on each other’s goal BY DRIBBLING THROUGH THE GOAL. If someone scores or the ball goes out of bounds, the coach yells “get outta here!” and plays in a new ball immediately for the next players.

Variations / Extensions:

Stop yelling “get outta here” after a while and see if players recognize when balls go out and are attentive. Vary service of ball. Play toward one player or the other or in the middle to create a “battle”.

2v2-Have the first two players from each group come out each time a new ball is played they play 2 vs. 2. (Consider 1 v 2 for players who are ready for a challenge.)

FOR THE LAST 4-5 minutes, bring the nets up to where the cone goals are and let them shoot into the net for a goal.

Coaching points-

Battle for the ball! Control the ball! Don’t just kick it. No toes when dribbling, passing or shooting!



Scrimmage 3v3-30 minutes

Considerations:

- Never play 4v4. If numbers are greater than 6 players, play 3v3 with substitutes. Consider playing 2 small games of 2v2,3v3 for a portion of the scrimmage time
- Coordinate with fellow coaches when dividing players onto the two fields. Consider “more aggressive/less aggressive” players to allow for “appropriate competition”.

