

# PreK-2nd - S3

Category: Technical: Dribbling and RWB | Difficulty: Beginner



Am-Club: TSF Academy  
Mark White, Young Member



## Body Parts (10 mins)

all players have a ball. Coach calls out a different body part and the players put that on the ball:

Foot  
knee  
Elbow etc.

Make it fun. Be enthusiastic.

Progress to do "Left Foot; Right Foot: and get quick to teach them toe-taps. Or "Inside Left; Inside Right" to learn 'boxes'.

Use your imagination to keep kids engaged

## Sharks & Minnows (15 mins)

SHARKS & MINNOWS

All players are at the end of the area with a ball. Coach is in the middle of the area.

Players need to dribble across the area without the coach "stealing" the ball.

MAKE SURE PLAYERS USE SKILLS TAUGHT TO GET PAST THE COACH

Tell a story to get the players excited:

Players are the Minnows, and the coach is a Shark. Minnows need to swim with their "food" - soccer ball - across the big ocean to a new lake. Shark is hungry and wants to steal the food.

Lots of cheering and enthusiasm - "Sharks are you ready" etc



## Jungle Game (15 mins)

Jungle Game - Tell the players that they are explorers in the jungle and they are looking for animals. In each corner of your field lives a different animal (Tiger, monkey, elephant, giraffe) and they have to remember where each animal live. The players are going to dribble around the middle of the field. When you shout out an animal the have to dribble their ball to that corner of the field. When they are there you can get the kids to make the sound of what ever animal they are at.

## Rob The Castle (15 mins)

ROB THE CASTLE - Set up field with a square towards the back of main square. Inside the small square put discs, pinnies and balls. All the players are on the end line, in the middle is the Coach. Tell the Players that they are the Knights in shining armor and they have to go to the Castle to get the treasure. However it is bring protected by a Dragon (the coach). On coaches command players run to the castle and pick up one item (the coach should tell them which one - ball; pinnie; disc) Give each item a value (\$500 etc) The Knights have to avoid

being tagged by the Dragon. If the Dragon tags them they go back to the beginning with no treasure. Let the players win the first few goes. Repeat with different item the second time etc.  
PROGRESSION - Have players dribble the ball back instead of picking up with hand  
Make it fun and enjoyable