



Rec: PreK-2nd

Category: Technical: Ball Control

Difficulty: Beginner

Am-Club: TSF Academy
Camy SantaCruz, Teaneck, United States of America

Red Light Green Light (10 mins)

Red light Green light

Can play without the ball first and then add the ball in to work on dribbling.

Red means stop.

Green means go.

Can add different colors

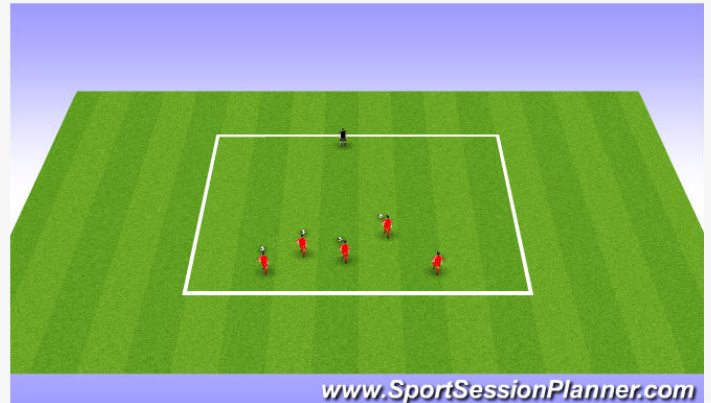
Yellow means toe taps

Purple means boxes etc.

- Dribbling (small touches)

- Look up

- Using the correct part of the foot (no toes)



Pirate Game (15 mins)

Pirate Game

Spread out the treasure (soccer balls) in the middle.

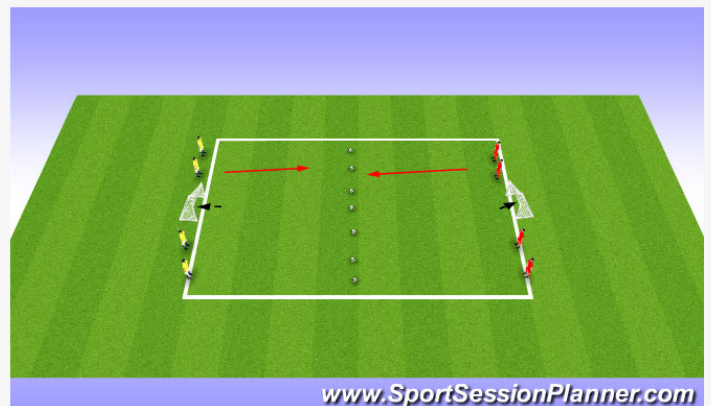
Split into two ships (teams)

When coach says 'go', players go to the middle get a soccer ball and dribble back to put the treasure (soccer balls) in thier treasure chest

- Dribble back, not just kick and run

- look up

- can add a 'pull back' skill in order to get the ball from the middle



Clean your room (15 mins)

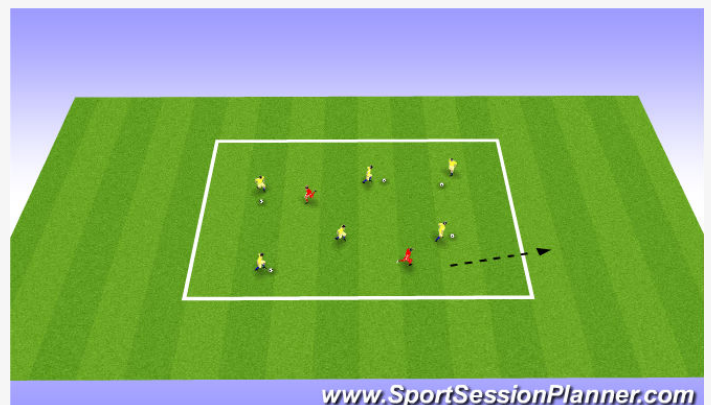
Clean your room

Players are in square (room), in order to clean the room one or two players without soccer balls have to kick out the other players soccer balls out of he square (room)

- dribbling (small touches and control)

- look up (see where the defender is)

- stay in the square (awareness)



Crab Game (20 mins)

Crab Game

Coach or player is down like a crab. Other players have to make it to the other part of the side (safe beach).

If a crab gets your ball, the players becomes a crab

- Encourage dribbling (small touches and control)
- Look up
- if worked on a specific skill, give extra points for using skill

