



Pre-K/K Spring 18 Week 1

Category: Technical: Ball Control

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Red Light, Green Light (10 mins)

Organization: All players with a soccer ball dribbling within the space. The coach(es) walk around the space. When the coach says "red light", the players must stop their ball. If the coach says "green light", the players must dribble again.

Progression: Yellow Light-dribble slow, Blue Light-5 toe taps on the ball. Purple Light-hop on 1 foot around the ball.

Rules: On Green Light, the players are trying to dribble toward the opposite sideline. Once the player reaches the opposite side, start a new game.



Wreck It Ralph (15 mins)

Organization: In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. Players dribbles through as many goals as possible in two minutes.

Progression: All but 2 players are trying to dribble their soccer ball into as many goals as possible. 2 players do not try to score but try to WRECK the goal scores point. If a Wreck It Ralph hits a goal scorer's ball with their own, they demolish all the points and the goal scorer has to start scoring over again.

Rules: Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals



Play (15 mins)

Play 4v4 with 2 subs per team. Rotate players every minute.

Set Up:

Set up your goals so that players are scoring at two goals towards the hash marks on the football field and two goals on the painted sideline.

