



Objective

Improving the techniques of dribbling and shooting.

Used as warm-up prior to game OR for stand-alone practice session prior to 1st game

Age Group

KR

Moment

N/A

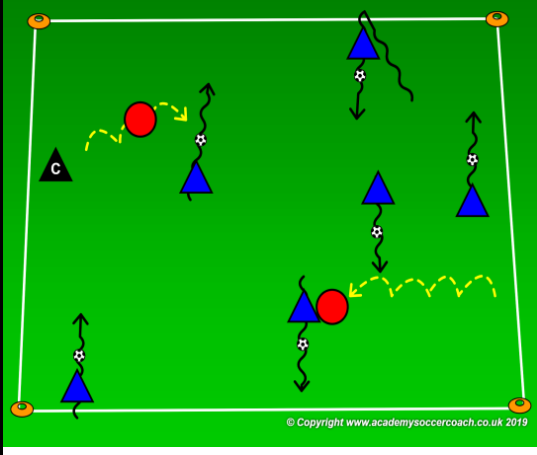
Duration

Variable

3v3

Practice Phase #1 - Cat In The Hat vs Things 1 & 2

7 Minutes



Objective: To dribble and change directions.

Organization: In a 10Wx20L field, select 2 players to start as Thing 1 & 2; they do not need a soccer ball & can only hop around the field. The rest of the players start at 1 end line, all with a ball. They are Cats in Hats. The Cats try to dribble their soccer ball from 1 end of the field to the other without getting tagged by Things 1 or 2. **Rules:** Players begin dribbling as soon as the coach says "Let's Have Fun!" Count the number of times the cats can cross the field in 30 seconds. If a Cat gets tagged, they become a Thing also. Switch Things after 30 seconds.

Key Words: Faster (big touches), Slower (small touches)

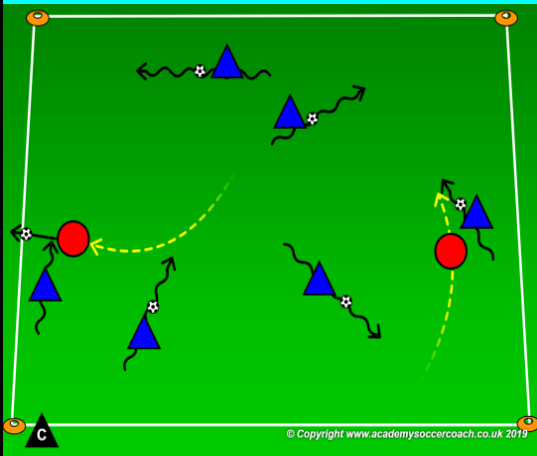
Guided Questions: Why should the players use big touches to dribble? When should the players use softer touches?

Answers: Big touches let you run faster. Softer touches when you want to stop the ball or to change direction.

*** If using as a standalone practice prior to game 1, play for 10 minutes.

Practice Phase #2 - Monster Trucks

7 Minutes



Objective: To dribble & shield your soccer ball or, if you do not have a ball, tackle it away

Organization: In a 10Wx20L field, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the Trucks. Players must stay within the grid. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game quickly.

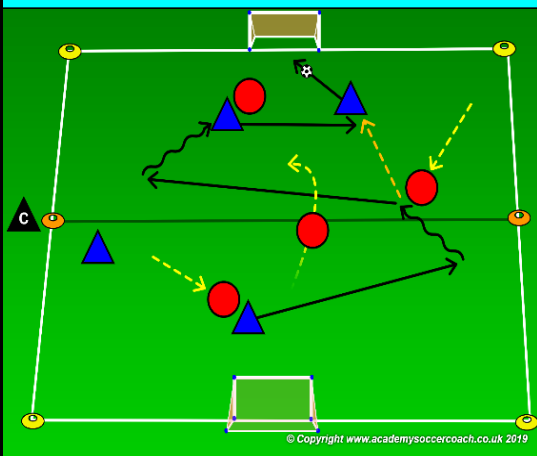
Key Words: Head Up, Look Around

Guided Questions: What part of our foot can we turn with? How can we protect our ball?

Answers: Inside or outside. Put our body between ball and monster truck (shielding)

*** If using as a standalone practice prior to game 1, play for 10 minutes.

The Game



Objective: To pass or dribble past an opponent then score goals

Organization: Play a game, 3v3, on a 20x20 game field.

Key Words: Turn, Get the ball, Beat Them!

Self Reflection Questions

How did you do in achieving the goal of the training session?

What did you do well?

What could you do better?