



Objective

Improving the techniques of dribbling and shooting.

Age Group

KR

Moment

N/A

Duration

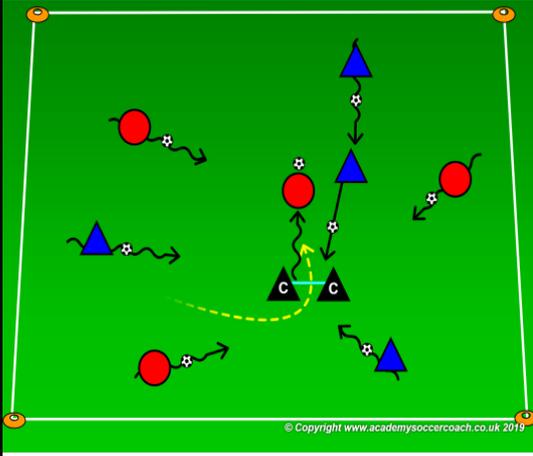
Variable

3v3

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

Practice Phase #1 - Moving Tunnel

7 Minutes



Objective: Improve the player's ability to strike the ball and pass.

Organization: In a 10Wx20L field, 2 coaches (or parents) are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball and tries to pass their ball through the tunnel. Count the number of times each player can play their soccer ball through the tunnel in 1 minute. Play multiple games.

Key Words: Look up, find the tunnel.

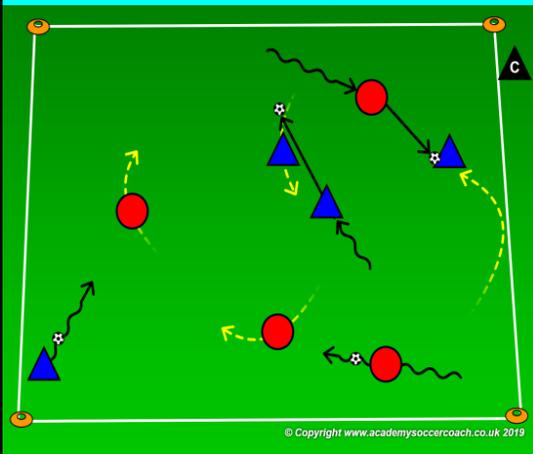
Guided Questions: How can we push our car through the tunnel?

Answers: Strike the ball in middle, using laces or inside of foot.

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

Practice Phase #2 - Ball Tag

7 Minutes



Objective: To strike your ball on moving targets

Organization: In a 10Wx20L field, there are 2 teams, one with soccer ball and one without. The team with soccer balls try to "Tag" the other team by passing the ball into their feet or legs below the knee. A player hit is "Frozen" until tagged by a teammate. Game ends after 2 minutes or a team is all Frozen. Swap teams and start again.

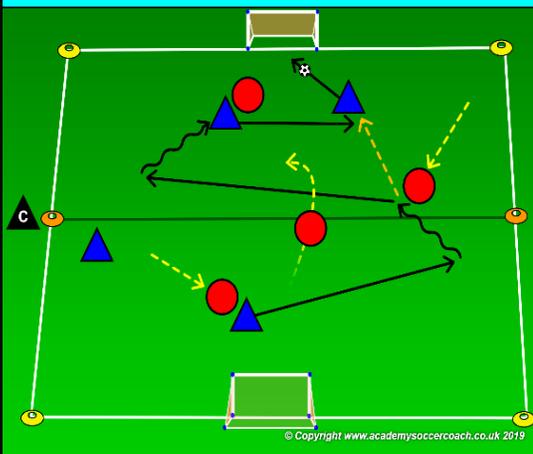
Key Words: Accuracy (Aim), & Weight (Strength)

Guided Question: How can you "Tag" the opponent?

Answers: Turn body toward them, dribble close and strike with laces or inside of foot.

*** 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?