

Warm Ups for 1st & 2nd Grade Mites

At the beginning of every session players should juggle for the first five minutes. Have players use their right thigh only, catching the ball after each juggle; then left thigh only, catching after each juggle; then right foot only, catching after each juggle; then left foot only, catching after each juggle. (this can be stopped in future weeks, after players are comfortable with more difficult juggling) After they have had a few touches on both thighs and both feet, have them begin to juggle while allowing the ball to bounce once between touches. Players can use their thigh, let the ball hit the ground, then try to use their thigh or foot again. As the season progresses and that becomes easy, have players try to get two or more touches between each bounce. Eventually players should be able keep the ball in the air 5 + times without having the ball hit the ground. Coaches should progress throughout the year and allow players who are more skilled at juggling to move as quickly as they would like through progressions.

After juggling, players should work on dribbling, practicing turns and moves. Each move / turn will be given a number.

- 1 would be stop the ball.
- 2 would be a drag back.
- 3 would be a cut with the inside of the foot.
- 4 would be a cut with the outside of the foot.
- 5 would be a Cruyff turn. <http://www.youtube.com/watch?v=U1k7DGqRF5g>
- 6 would be a scissors.
- 7 would be a step over.
- 8 would be a proper shoulder drop.

As the players dribble the coach calls out numbers as often as he or she would like. It is fine to go 15 seconds letting players dribble and then say 2, 3, 4 right in a row. Coaches could also call out a 2 then wait a few seconds and call out a 4 then wait a few seconds and call a two again etc... Switching it up is great though. It keeps players on their toes.

Stick with only the first four or five moves/turns with first graders unless the players seem to really have them all down. Second graders should get through all eight by the end of the year. Coaches should feel free to add their own moves if the players are comfortable with the first 8. Coaches should encourage changing speed and direction when players make a move. Players should dribble for 60 seconds, then do 20 triangles <http://www.youtube.com/watch?v=9e6FW7IL-HI> , then take a brake. Repeat three times and have them pick up their pace each time until they are going full speed the final minute of dribbling. Coaching can increase the number of triangles or the length of dribbling if they find it appropriate.