

WEEK #8 - Kindergarten Lesson Plan



Sp 2015

Station #	Theme	Activity	Coaching Points
#1	Dribbling	<i>The Big Snake</i>	<p style="text-align: center;">Dribbling Technique</p> <ul style="list-style-type: none"> ■ Maintain close control with both feet ■ Keep head up while dribbling, be aware of surroundings. ■ Use all parts of the feet- inside outside, laces, sole ■ Quickly change directions ■ In this exercise, players are learning to control the ball while moving to avoid obstacles (freeze monsters).
<p><i>Everyone on the team should have the ball at their feet while in a straight line. The head of the snake will start dribbling on the coaches command and players have to follow the head of the snake around the field. When the coach yells "NEW SNAKE" the player from the back of the line dribbles up to the front as quickly as possible and becomes the head of the snake.</i></p> <p><i>Progressions</i></p> <ul style="list-style-type: none"> - <i>Players can only use one foot or the other.</i> - <i>Change speeds, start slow and progress to fast.</i> - <i>Players at the head of the snake can do their favorite move and their teammates have to copy it.</i> <p>Variations:</p> <ul style="list-style-type: none"> ● Change pace (fast or slow/walking) ● Use different feet or different parts of foot to dribble ● Freeze monsters without ball, but only waking 			
#2	Passing and Dribbling	<i>Zombies</i>	<ul style="list-style-type: none"> ■ Maintaining control while dribbling ■ Use all parts of the feet- inside outside, laces, sole ■ Use both feet ■ In this exercise, players are learning to reach a location while avoiding obstacles. Ball control is very important in both avoiding barriers as well as stopping at the end location.
<p><i>Players will be placed in a circle with a ball at their feet. The circle is a safe zone and the coaches will act like zombies on the outside of the circle. When the game begins the players have to pass their ball outside of the circle. The pass can be long or short. The players then have to go retrieve their ball without being tagged by a coach (zombie). If the player is tagged by a coach they need to walk around like a zombie for ten seconds unless they are tagged by a teammate to free them before the ten seconds are up.</i></p> <p><i>Progressions</i></p> <ul style="list-style-type: none"> - <i>See how many time a player can pass the ball into the zombie zone and make it back safely in 2 minutes.</i> - <i>Encourage the players to pick a point on the field they are trying to pass to in an effort to work on weighting of passes.</i> - <i>Encourage players to play a longer pass.</i> <p style="text-align: right;">Dribbling</p>			
#3	Passing	<i>World Cup Passing</i>	<ul style="list-style-type: none"> ■ - It is important to go over passing technique before the game. Players should be using the inside of their foot and their plant foot should be facing the target.
<p><i>Players should be paired up and standing 10-15 yards apart. Between the players there should be a ball placed on top of a cone. One player starts with a ball and tries to make an accurate pass that will knock the balancing ball off the cone. If the ball is knocked off the cone the player receives two points. If the ball is not knocked off the cone but it is brushed by the pass the player receives one point. Play for a few minutes and rotate partners. If you do not have enough balls or cones the game can be played using player's legs. If the ball goes through their legs it is two points and if it hits a leg it is one point.</i></p> <p><i>Progressions</i></p> <ul style="list-style-type: none"> - <i>Have players dribble to a certain point before they pass.</i> - <i>Have players use both feet</i> - <i>Play knockout style until there is a champion.</i> 			
#4	Attacking/Defending	<i>Numbers 1 v 1</i>	<p style="text-align: center;">Attacking:</p> <ul style="list-style-type: none"> ● Quick to the ball

<p>Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at halfway line with all of the soccer balls. Half of the players are lined up on one side and half on the other (each numbered 1-x). When the coach places ball onto the field, the pair of numbered players run out and try to score on each other's goal. In other words ones play against ones, twos against twos, etc. If the ball goes in the goal or out of bounds (or action goes on for extended length of time), the coach gets next group</p>	<ul style="list-style-type: none"> ● Attack to goal ● Use dribble to bet player <ul style="list-style-type: none"> Defending: <ul style="list-style-type: none"> ● Between ball and goal ● Knees bent ● Tackle the ball
<p>Variations:</p> <ul style="list-style-type: none"> ● 2v2, 3v3 <p>Push ball to one team to create play scenario</p>	