



Duration: N/A

Age/Level:

Session Turning & Change of Direction

Objective:

Animals - PreK/K - Week 5 - Change of Direction

Foxtails - Warm Up



Description: Divide the players into two equal teams. Each fox (player) must have a tail (pinnie tucked into their shorts). The foxes start in opposite corners, when the coach says go each team must run out and try to take the tail (pinnie). Last team with a fox & tail left is the winner. NOTE: If you do not have two colors of pinnies one team can have pinnies and one team has soccer balls.

Coaching Points: Need 6 pinnies of each/two colors. Progression would be to add soccer balls, so players must work on dribbling and getting their heads up to avoid the opposition.

Sharks & Minnows - Technical Activity 1



Description: One of two players are designated the shark start in the middle of the grid without a ball.

The remaining players start with a ball. When the coach says go, the minnows swim around the grid trying to keep their ball away from the sharks. The sharks attempt to gain possession and knock the minnows ball out of the grid. Once this happens, the minnow becomes a shark. The last minnow standing wins the competition.

Coaching Points: Keep the dribblers under control and not panicked once the sharks get near them. Inform players to keep the ball close within playing distance. Encourage them to use the pull back to change directions.

Snake Pit - Technical Activity 2



Description: The soccer players are attempting to make it across the snake pit without being bitten by a snake (step on top of the ball). The soccer players can not be bitten when going through the ladders (dribble through cones). If the snake bites them they now become a snake. The last remaining soccer player, WINS!

Coaching Points: Close control of dribble, looking for open ladders to be in safe zone, quick change of direction (pinky toe touches through cones).

Scrimmage



Description: Scrimmage - Four goals (two to attack, two to defend).

Coaching Points: Encourage players to score in either goal. This scrimmage will help with change of speed, and change of direction. These are two components of using a skill move. Remind players to stay in a triangle for their team shape.