



Duration: 00:45 min

Age/Level:

Session Dribbling/Ball Control/Change of Direction

Objective:

A Day at the Zoo! PreK/K

Animals - Warm Up



Description: The players go for a day at the zoo. They hear cheetah (dribble fast), a snake (move slow in different directions), turtle (dribble slow in one direction), a frog (place ball between feet and hop).

Coaching Points: Cheetah - have the players dribble fast with close touches; Snake - have players use their big/little toe to push the ball in a new direction

Bumblebees - Technical Activity 1



Description: The bumblebees (defenders) are flying around, trying to sting (step on the ball) the attacking players balls. Bumblebees score a point for every ball they sting. Rotate bumblebees each round.

Coaching Points: Forward dribble, big/little toe touches when changing direction, change of speed & close control.

Spiders - Technical Activity 2



Description: Spiders (3 defenders) are trying to catch soccer balls in their spiderwebs (pinnie). Attacking players are trying to dribble and change directions to avoid being caught.

Coaching Points: Forward dribble, big/little toe touches when changing direction, close controls dribbles.

Scrimmage: Small-Sided Game



Description: Scrimmage - 3v3

Coaching Points: Have them work on dribbling through the goal to score. First to two goals, then switch around teams.