



Duration: 00:45 min

Age/Level:

Session Dribbling/Turns

Objective:

Pirate Life PreK/K - Week 3 - Dribbling & Turning

Pirate Ships - Warm Up



Description: Pirate ships (offense) must navigate the ocean (dribble) through the gates. Have them beat their score each round.

Coaching Points: Players dribbling using their little toe. Change of direction and ball control.

Battleships - Technical Activity 1



Description: Pirate ships (offense) must navigate the ocean (dribble) and avoid being hit by the battleships (defense). Defensive players are looking to pass the ball and try and hit below the knee or the offensive players ball. If they do, they get a point. Rotate battleships each round.

Coaching Points: Players dribbling using their little toe. Change of direction and ball control. Defensive players are working on passing (inside of the foot).

Treasure Run - Technical Activity 2



Description: The pirates must run from their ship (outside cone) and into the fort to try and steal the treasure (soccer balls) before getting the ball stolen from the solidier. The solidier must try and steal the ball only within their fort (zone in between small box and big box).

Coaching Points: Quick sprints into the fort (small box), turn out using pull back turn or close first touch, dribble past defender using close dribbles and change of direction.

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.