



Duration: 00:45 min

Age/Level:

Session Fun wrap up to end the season

Objective:

Best Practice Ever - PreK/K - Week 8

Bulldozers and Builders - Warm Up



Description: In a 20x20 yard grid, select 2-3 players to be bulldozers, the rest of the players will be builders. The builders dribble around and place the ball on the cone only using their foot. The bulldozers dribble around and try to knock the ball off by dribbling into the cone, or by passing from a close distance. After 90 seconds, if the builders only have less than half of the balls on a cone, they can do five jumping-jacks. If the builders have more than half of the the balls on the cone, the bulldozers do five jumping-jacks.

Coaching Points: Players learn to pick their heads up to find open/built cones. Builders work on the coordination of placing a ball on a cone.

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.

World Cup - Technical Activity 2



Description: Divide players into teams of two, and have each team pick a country (USA, England, Mexico, Ethiopia, etc). The coach will roll out a ball, partners must work together to try and score on the goal. If a team scores, they leave the game and are in the next round. The last team left that has not scored is eliminated.

Coaching Points: 1v1 and 2v2 concepts, dribbling under control, teamwork.

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.