

Training for week #1 is not long, the hope is that this allows you time to get to know your players, get the kids touching the ball and smiling, and then get into game play.

Please note that the 2nd activity (Gates) there is one extra progression for Grade 1 and two extra progressions for Grade 2.

WARM-UP GAME: GET THE COACH



SETUP: Every player with a ball. Use half of the game field as the space.

DRILL INSTRUCTIONS: The coaches are the targets (can designate player(s) to be targets) the players all have a ball. The objective is that players kick their ball and hit the coach. Every time a player hits the coach, all the players get a point. The coach should say "Ouch!" to make the game fun. The coaches jog around the field, so the players are working on both dribbling (to get close to the coach) and passing (to hit the coach). Play a couple times. **Coaches keep moving so that the kids do not cluster**

COACHING POINTS: 4 KEYS OF PASSING

- + 90% of all passes should be with the inside of the foot
- + Plant foot goes next to ball, a hands width away
- + Plant foot points towards the target
- + Swing and follow thru like a GOLF CLUB

SKILL TRAINING ACTIVITY: GATES



SETUP: Two cone gates spread throughout the field (more gates than players)

DRILL INSTRUCTIONS: This is a dribbling activity that will keep the kids spread out. Here is the progression:

- 1 – Dribble thru as many gates as possible
- 2 – Right foot only
- 3 – Left foot only
- 4 – Insides only (alternate Right/Left foot)

Grade 1 & 2 Progression ONLY:

Select a few players to be gate guards, the guards run around and try to kick away the ball of players trying to dribble thru gates.

Grade 2 Progression ONLY:

Pair up the players, each pair has one ball, the pairs battle each other to see who can dribble thru the most gates. If Partner A has the ball, they try to get points by dribbling thru gates, Partner B tries to steal the ball from Partner A and get their own points by dribbling thru gates.

4 KEYS TO DRIBBLING: Reinforce dribbling technique; **heads up, knees bent, ball close, and arms out for good balance.** Make sure players are looking for open gates and avoiding each other