
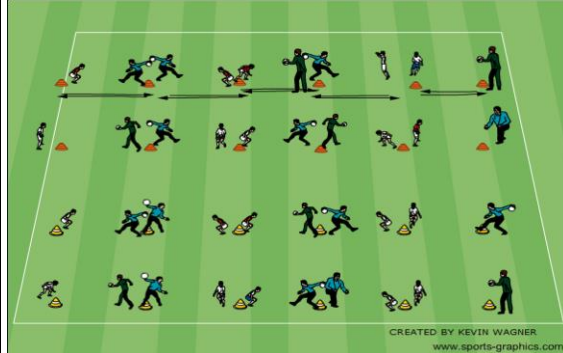
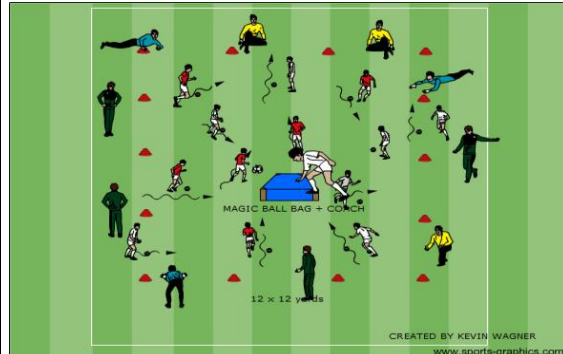





# MERIDIAN SOCCER

## KINDERSOCCER - PRACTICE PLAN WEEK 1

### TOPIC: DRIBBLING, SKILLS, PHYSICAL LITERACY

ORGANIZATION	ACTIVITY 1- SQUARE DANCE WITH PARENTS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> <li>•PARENT AND PLAYER TOGETHER START TO DRIBBLE</li> <li>•HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES</li> <li>• EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL, KNEES, TOE TAPS, ELBOWS, ETC.</li> <li>•PROGRESS TO PARENTS STANDING AS A TARGET TO PLAY A BALL TO, THROUGH, ETC</li> <li>• BALLS CAN ALSO BE USED TO JUMP OVER, TRAP, TOUCH WITH HAND</li> </ul>	 <p>12 x 12 yards</p> <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• ALL PARENTS USE PERSONALITY AND ENERGY TO GET THE KIDS TO BUY IN</li> <li>•ANY PHYSICAL LITERACY, MOVING, JUMPING, RUNNING IS POSITIVE WORK</li> <li>•KEEP REMINDING THE PLAYERS TO STAY IN THE LINES</li> <li>•ENCOURAGE ALL TO BE INVOLVED</li> </ul>
<ul style="list-style-type: none"> <li>•PARENT AND PLAYERS PARTNER UP WITH A BALL</li> <li>• 3 METERS APART - START WITH SOME COORDINATION WORK - EX: PLAYING CATCH, TRAPPING WITH BOTTOM OF FOOT, PASSING BACK AND FOURTH (2 TOUCHES) AND ACTING AS GK'S</li> </ul> <p>PROGRESS: CAN PROGRESS WITH KEEP AWAY PLAYER VS PARENT DRIBBLING AWAY WHILE THE OTHER TRYS TO GET THE BALL</p>	 <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>•STAY CLOSE TOGETHER</li> <li>•CHANGE ACTIVITIES AS A GROUP. NOT EVERYONE DOING THERE OWN THING</li> <li>•CHANGE ACTIVITIES EVERY 2 MINUTES</li> <li>•HAVE FUN</li> </ul>
<ul style="list-style-type: none"> <li>•PARENTS WITH THEIR CHILD BEGIN SITTING ALL AROUND THE OUTSIDE AREA</li> <li>•HEAD COACH HAS BAG IN THE MIDDLE</li> <li>•COACHES GIVES A TASK ON HOW TO BRING THE BALL BACK IN EX: OVER THE HEAD, 4 HANDS, 6 HANDS, HOPPING, DRIBBLING</li> </ul> <ul style="list-style-type: none"> <li>•REMEMBER THE HEAD COACH KEEPS ADDING MORE BALLS FOR DESIRED LENGTH AS THE PLAYERS BRING THEM IN</li> </ul>	 <p>MAGIC BALL BAG + COACH</p> <p>12 x 12 yards</p> <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>•PHYSICAL LITERACY</li> <li>•IMAGINATION, CREATIVITY</li> <li>•DRIBBLING, COORDINATION</li> <li>•ALWAYS ENCOURAGE THE PLAYERS TO MOVE AS FAST AS THEY CAN, CHEER THEM ON AND PARENTS HELP THEIR CHILD WHEN REQUIRED</li> </ul>
<ul style="list-style-type: none"> <li>•MAY NEED 2 ADULTS TO ORGANIZE ON EACH END LINE</li> <li>•PLAYERS BEGIN ON ONE END AND DRIBBLE WITH THE BALL THROUGH THE OCEAN TO THE OTHER SIDE.</li> <li>•WHEN THEY GET TO THE OTHER SIDE, THEN WAIT UNTIL ALL HAVE GOT ACROSS THEN RETURN BACK</li> <li>•PARENTS/"OCTOPUS" PRETEND TO GET THE PLAYERS BALLS AS THEY DRIBBLE</li> </ul>	 <p>GET FROM ONE SIDE TO THE OTHER AS FAST AS YOU CAN</p> <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>•ENCOURAGE ALL PLAYERS TO USE THEIR FEET</li> <li>•MOVE WITH SHORT TOUCHES, FAST FEET</li> <li>• DRIBBLE AWAY FROM THE OCTOPUS SO THEIR BALL DOESNT GET CAUGHT</li> <li>•HAVE FUN</li> </ul>



# MERIDIAN SOCCER

## KINDERSOCCER - PRACTICE PLAN WEEK 2

### TOPIC: PHYSICAL LITERACY, DRIBBLING SKILLS, SHOOTING SKILLS

ORGANIZATION	ACTIVITY 1- SQUARE DANCE WITH PARENTS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> <li>• PARENT AND PLAYER TOGETHER START TO DRIBBLE</li> <li>• HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES</li> <li>• EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL, KNEES, TOE TAPS, ELBOWS, ETC.</li> <li>• PROGRESS TO PARENTS STANDING AS A TARGET TO PLAY A BALL TO, THROUGH, ETC</li> <li>• BALLS CAN ALSO BE USED TO JUMP OVER, TRAP, TOUCH WITH HAND</li> </ul> <p>6-8 MINUTES</p>	<p>12 x 12 yards</p> <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• ALL PARENTS USE PERSONALITY AND ENERGY TO GET THE KIDS TO BUY IN</li> <li>• ANY PHYSICAL LITERACY, MOVING, JUMPING, RUNNING IS POSITIVE WORK</li> <li>• KEEP REMINDING THE PLAYERS TO STAY IN THE LINES</li> <li>• ENCOURAGE ALL TO BE INVOLVED</li> </ul>
<ul style="list-style-type: none"> <li>• PARENT AND PLAYERS PARTNER UP WITH A BALL</li> <li>• 3 METERS APART - START WITH SOME COORDINATION WORK - EX: PLAYING CATCH, TRAPPING WITH BOTTOM OF FOOT, PASSING BACK AND FORTH (2 TOUCHES) AND ACTING AS GK'S</li> </ul> <p>PROGRESS: CAN PROGRESS WITH KEEP AWAY PLAYER VS PARENT DRIBBLING AWAY WHILE THE OTHER TRY'S TO GET THE BALL</p> <p>6-8 MINUTES</p>	<p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• STAY CLOSE TOGETHER</li> <li>• CHANGE ACTIVITIES AS A GROUP. NOT EVERYONE DOING THEIR OWN THING</li> <li>• CHANGE ACTIVITIES EVERY 2 MINUTES</li> <li>• HAVE FUN</li> </ul>
<ul style="list-style-type: none"> <li>• START WITH PLAYER BEHIND PARENT</li> <li>• PARENTS MOVE BY JOGGING HAVING PLAYER FOLLOW</li> <li>• SWITCH ROLES HAVING PLAYERS RUN AND PARENTS CHASE</li> <li>• ADD BALL-PARENTS NOW HAVE BALL AND DRIBBLE IT AS PLAYER CHASES</li> <li>• SWITCH ROLES WITH PLAYERS DRIBBLING BALL AND PARENTS CHASING</li> </ul> <p>6-8 MINUTES</p>	<p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>• PARENT AND PLAYER TOGETHER START TO DRIBBLE</li> <li>• HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES</li> <li>• EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL, KNEES, TOE TAPS, ELBOWS, ETC.</li> <li>• PROGRESS TO PARENTS STANDING AS A TARGET TO PLAY A BALL TO, THROUGH, ETC</li> <li>• BALLS CAN ALSO BE USED TO JUMP OVER, TRAP, TOUCH WITH HAND</li> </ul> <p>6-8 MINUTES</p>
<ul style="list-style-type: none"> <li>• EACH ADULT STANDS WITH AND PLAYS WITH THEIR CHILD</li> <li>• 1 ADULT HAS THE BALLS AT HALF AND PLAYS A BALL IN TO A CALLED NUMBER.</li> <li>• EACH PLAYER (AND PARENT) ON EACH TEAM HAVE A NUMBER (IF 12 PLAYERS, 1-6)</li> <li>• PLAY IS 1V1 - 2V2</li> <li>• WHEN BALL GOES OUT OF PLAY THE ROUND IS DONE AND PLAYERS GO BACK TO THEIR OWN GOAL. A NEW NUMBER IS THEN CALLED</li> <li>• PLAYERS WHOSE NUMBERS AREN'T CALLED ACT AS GOALKEEPERS</li> </ul>	<p>25 yards</p> <p>15 yards</p> <p>COACH SERVES</p> <p>CREATED BY KEVIN WAGNER www.sportgrafiken.de</p>	<ul style="list-style-type: none"> <li>• PARENT AND PLAYERS PARTNER UP WITH A BALL</li> <li>• 3 METERS APART - START WITH SOME COORDINATION WORK - EX: PLAYING CATCH, TRAPPING WITH BOTTOM OF FOOT, PASSING BACK AND FORTH (2 TOUCHES) AND ACTING AS GK'S</li> </ul> <p>PROGRESS: CAN PROGRESS WITH KEEP AWAY PLAYER VS PARENT DRIBBLING AWAY WHILE THE OTHER TRY'S TO GET THE BALL</p> <p>6-8 MINUTES</p>



# MERIDIAN SOCCER

## KINDERSOCCER - PRACTICE PLAN WEEK 3

### TOPIC: DRIBBLING, SKILLS, PHYSICAL LITERACY

ORGANIZATION	ACTIVITY 1- SQUARE DANCE WITH PARENTS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> <li>• PARENT AND PLAYER TOGETHER START TO DRIBBLE</li> <li>• HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES</li> <li>• EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL, KNEES, TOE TAPS, ELBOWS, ETC.</li> <li>• PROGRESS TO PARENTS STANDING AS A TARGET TO PLAY A BALL TO, THROUGH, ETC</li> <li>• BALLS CAN ALSO BE USED TO JUMP OVER, TRAP, TOUCH WITH HAND</li> </ul> <p>6-8 MINUTES</p>		<ul style="list-style-type: none"> <li>• ALL PARENTS USE PERSONALITY AND ENERGY TO GET THE KIDS TO BUY IN</li> <li>• ANY PHYSICAL LITERACY, MOVING, JUMPING, RUNNING IS POSITIVE WORK</li> <li>• KEEP REMINDING THE PLAYERS TO STAY IN THE LINES</li> <li>• ENCOURAGE ALL TO BE INVOLVED</li> </ul>
<ul style="list-style-type: none"> <li>• AGILITY CIRCUIT WITH 5 ACTIVITIES</li> <li>• PLAYERS WITH PARENTS</li> <li>• START W/ FOLLOW THE LEADER AT LADDER</li> <li>• #1 LADDER-BEAR WALK, HOP, ETC</li> <li>• #2 GET A BALL-DRIBBLE &amp; SCORE</li> <li>• #3 TUNNEL-CRAWL THROUGH</li> <li>• #4 LOG ROLL</li> <li>• #5 TALL CONES-GO THROUGH LIKE AN AIRPLANE OR KICK OVER CONES</li> </ul> <p>HAVE A PARENT AT LADDER TO CHANGE ACTIVITIES AND AT TUNNEL TO HOLD IT</p>		<ul style="list-style-type: none"> <li>• PARENTS KEEP PLAYERS MOVING FROM PHASE TO PHASE, AND BALLS, CONES BACK AFTER USE</li> <li>• USE IMAGINATION WITH COORDINATION</li> <li>• HELP EACH PLAYER WITH THE PHYSICAL COMPONENT OF EACH PHASE</li> </ul> <p>6-8 MINUTES</p>
<ul style="list-style-type: none"> <li>• START WITH PLAYER BEHIND PARENT</li> <li>• PARENTS MOVE BY JOGGING HAVING PLAYER FOLLOW</li> <li>• SWITCH ROLES HAVING PLAYERS RUN AND PARENTS CHASE</li> <li>• ADD BALL-PARENTS NOW HAVE BALL AND DRIBBLE IT AS PLAYER CHASES</li> <li>• SWITCH ROLES WITH PLAYERS DRIBBLING BALL AND PARENTS CHASING</li> </ul> <p>6-8 MINUTES</p>		<ul style="list-style-type: none"> <li>• GET THE PLAYERS MOVING FEET FAST</li> <li>• EASIER TO BEGIN WITHOUT BALL</li> <li>• USE PERSONALITY TO GET THE PLAYERS GOING AND INVOLVED</li> </ul>
<ul style="list-style-type: none"> <li>• INTRODUCING GAME PLAY - BE PATIENT</li> <li>• PLAYERS PUT INTO 3 TEAMS - USE BIBS</li> <li>• PARENTS OUT WITH YOUR PLAYER</li> <li>• PLAYERS BEGIN IN THEIR "HOME" CORNER</li> <li>• THE LEADER OF THE SESSION CALLS OUT 2 COLORS TO PLAY, THEN PLAYS 1 BALL IN.</li> <li>• AFTER A GOAL OR BALL GOES OUT BOTH TEAMS GO BACK TO THEIR "HOME"</li> <li>• 1 TEAM WAITS AS THE OTHER 2 PLAY</li> <li>• PLAYERS CAN SCORE ON EITHER GOAL</li> </ul> <p>6-8 MINUTES</p>		<ul style="list-style-type: none"> <li>• PARENTS COME OUT WITH PLAYERS ON THE FIELD</li> <li>• ENCOURAGE PLAYERS TO GET TO BALL, KEEP IT AND TRY TO SCORE</li> <li>• DON'T WORRY ABOUT PLAYERS PASSING TO EACH OTHER</li> <li>• GET PLAYERS QUICKLY ON AND QUICKLY OFF FIELD</li> <li>• IF THERE WERE 12 PLAYERS, YOU CAN HAVE 4 TEAMS IN 4 CORNERS</li> </ul>





# MERIDIAN SOCCER

## KINDERSOCCER - PRACTICE PLAN WEEK 4

### TOPIC: PHYSICAL LITERACY, DRIBBLING SKILLS, IMAGINATION/FUN

ORGANIZATION	ACTIVITY 1 - MAGIC BALL BAG GAME	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> <li>• PARENTS WITH THEIR CHILD BEGIN SITTING ALL AROUND THE OUTSIDE AREA</li> <li>• HEAD COCH HAS BAG IN THE MIDDLE</li> <li>• COACHES GIVES A TASK ON HOW TO BRING THE BALL BACK IN EX: HANDS, 4 HANDS, 6 HANDS, HOPPING, DRIBBLING</li> <li>• REMEMBER THE HEAD COACH KEEPS ADDING MORE BALLS FOR DESIRED LENGTH AS THE PLAYEWRS BRING THEM IN</li> </ul>		<ul style="list-style-type: none"> <li>• PHYSICAL LITERACY</li> <li>• IMAGINATION, CREATIVITY</li> <li>• DRIBBLING, COORDINATION</li> <li>• ALWAYS ENCOURAGE THE PLAYERS TO MOVE AS FAST AS THEY CAN, CHEER THEM ON AND PARENTS HELP THEIR CHILD WHEN REQUIRED</li> </ul>
<ul style="list-style-type: none"> <li>• START WITH PLAYER BEHIND PARENT</li> <li>• PARENTS MOVE BY JOGGING HAVING PLAYER FOLLOW</li> <li>• SWITCH ROLES HAVING PLAYERS RUN AND PARENTS CHASE</li> <li>• ADD BALL-PARENTS NOW HAVE BALL AND DRIBBLE IT AS PLAYER CHASES</li> <li>• SWITCH ROLES WITH PLAYERS DRIBBLING BALL AND PARENTS CHASING</li> </ul> <p style="text-align: center;">2-4 MINUTES</p>	<h3 style="text-align: center;">ACTIVITY 2 - FOLLOW THE LEADER</h3>	<ul style="list-style-type: none"> <li>• GET THE PLAYERS MOVING FEET FAST</li> <li>• EASIER TO BEGIN WITHOUT BALL</li> <li>• USE PERSONALITY TO GET THE PLAYERS GOING AND INVOLVED</li> </ul> <p>PROGRESION:          PLAYER CAN TRY TO SCORE BY DRIBBLING BALL TO ADULT AND SHOOTING BALL AT MOM OR DADS SHOES.</p> <ul style="list-style-type: none"> <li>• ADULT MOVE AROUND FAST ENOUGH TO STAY AHEAD OF PLAYER BUT CLOSE ENOUGH THAT THEY CAN SHOOT BALL AT YOUR SHOES/FEET/LEGS</li> </ul>
<ul style="list-style-type: none"> <li>• PLAYERS AND PARENTS START ON ONE SIDE OF THE JUNGLE. WHEN COACH YELLS GO, PLAYERS AND PARENTS DRIBBLE BALL TO OTHER SIDE. THEN "GO" AND BACK</li> <li>• BEGIN WITH AN EMPTY JUNGLE</li> <li>• EVERY FEW TIMES THE PLAYERS GO THERE AND BACK, THE COACH ADDS MORE THINGS TO THE JUNGLE TO BE DRIBBLED AROUND</li> <li>• YELLOW CONES=ROCKS, RED CONES=LAVA BIBS COULD BE WATER, JUNGLE ANIMALS TREES, ETC.</li> <li>• USE IMAGINATION</li> </ul>	<h3 style="text-align: center;">ACTIVITY 3 - JUNGLE GAME</h3>	<ul style="list-style-type: none"> <li>• ENCOURAGE PLAYERS TO DRIBBLE AROUND OBSTACLES WITH QUICK FEET</li> <li>• ENCOURAGE CREATIVITY, IMAGINATION</li> <li>• COACHES AND PARENTS UDE PERSONALITY AND ALL PLAYERS WILL LOVE THIS GAME</li> <li>• CAN LAST A BIT LONGER THAN OTHER GAMES</li> </ul> <p style="text-align: center;">8-12 MINUTES</p>
<ul style="list-style-type: none"> <li>• EACH ADULT STANDS WITH AND PLAYS WITH THEIR CHILD</li> <li>• 1 ADULT HAS THE BALLS AT HALF AND PLAYS A BALL IN TO A CALLED NUMBER.</li> <li>• EACH PLAYER(AND PARENT) ON EACH TEAM HAVE A NUMBER(IF 12 PLAYERS, 1-6)</li> <li>• PLAY IS 1V1 - 2V2</li> <li>• WHEN BALL GOES OUT OF PLAY THE ROUND IS DONE AND PLAYERS GO BACK TO THEIR OWN GOAL. A NEW NUMBER IS THEN CALLED</li> <li>• PLAYERS WHOS NUMBERS ARENT CALLED ACT AS GOALKEEPERS</li> </ul>	<h3 style="text-align: center;">ACTIVITY 4 - NUMBERS GAME</h3>	<ul style="list-style-type: none"> <li>• ENCOURAGE ALL PLAYERS TO USE THEIR FEET</li> <li>• MOVE WITH SHORT TOUCHES, FAST FEET</li> <li>• DRIBBLE AWAY FROM OPPONENT TO SCORE</li> <li>• HAVE FUN</li> </ul> <p style="text-align: center;">6-8 MINUTES</p>



# MERIDIAN SOCCER

## KINDERSOCCER - PRACTICE PLAN WEEK 5

### TOPIC: PHYSICAL LITERACY, DRIBBLING SKILLS, IMAGINATION/FUN




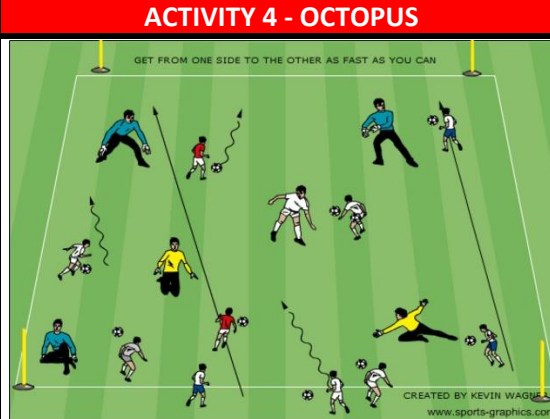
ORGANIZATION	ACTIVITY 1 - CIRCUIT	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> <li>•AGILITY CIRCUIT WITH 5 ACTIVITIES</li> <li>•PLAYERS WITH PARENTS</li> <li>• START W/ FOLLOW THE LEADER AT LADDER</li> <li>•#1 LADDER-BEAR WALK, HOP, ETC</li> <li>•#2 GET A BALL-DRIBBLE &amp; SCORE</li> <li>•#3 TUNNEL-CRAWL THROUGH</li> <li>•#4 LOG ROLL</li> <li>•#5 TALL CONES-GO THROUGH LIKE AN AIRPLANE OR KICK OVER CONES</li> </ul> <p>HAVE A PARENT AT LADDER TO CHANGE ACTIVITIES AND AT TUNNEL TO HOLD IT</p>	<p>CREATED BY KEVIN WAGNER</p>	<ul style="list-style-type: none"> <li>•PARENTS KEEP PLAYERS MOVING FROM PHASE TO PHASE, AND BALLS, CONES BACK AFTER USE</li> <li>•USE IMAGINATION WITH COORDINATION</li> <li>•HELP EACH PLAYER WITH THE PHYSICAL COMPONENT OF EACH PHASE</li> </ul> <p>6-8 MINUTES</p>
<ul style="list-style-type: none"> <li>•INTRODUCING GAME PLAY - BE PATIENT</li> <li>•PLAYERS PUT INTO 3 TEAMS -USE BIBS</li> <li>•PARENTS OUT WITH YOUR PLAYER</li> <li>•PLAYERS BEGIN IN THEIR "HOME" CORNER</li> <li>• THE LEADER OF THE SESSION CALLS OUT 2 COLORS TO PLAY, THEN PLAYS 1 BALL IN.</li> <li>•AFTER A GOAL OR BALL GOES OUT BOTH TEAMS GO BACK TO THEIR "HOME"</li> <li>•1 TEAM WAITS AS THE OTHER 2 PLAY</li> <li>•PLAYERS CAN SCORE ON EITHER GOAL</li> </ul> <p>6-8 MINUTES</p>	<p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>•PARENTS COME OUT WITH PLAYERS ON THE FIELD</li> <li>•ENCOURAGE PLAYERS TO GET TO BALL, KEEP IT AND TRY TO SCORE</li> <li>•DONT WORRY ABOUT PLAYERS PASSING TO EACH OTHER</li> <li>•GET PLAYERS QUICKLY ON AND QUICKLY OFF FIELD</li> <li>•IF THERE WERE 12 PLAYERS, YOU CAN HAVE 4 TEAMS IN 4 CORNERS</li> </ul>
<ul style="list-style-type: none"> <li>• PLAYERS AND PARENTS START ON ONE SIDE OF THE JUNGLE. WHEN COACH YELLS GO, PLAYERS AND PARENTS DRIBBLE BALL TO OTHER SIDE. THEN "GO" AND BACK</li> <li>• BEGIN WITH AN EMPTY JUNGLE</li> <li>•EVERY FEW TIMES THE PLAYERS GO THERE AND BACK, THE COACH ADDS MORE THINGS TO THE JUNGLE TO BE DRIBBLED AROUND</li> <li>• YELLOW CONES=ROCKS, RED CONES=LAVA BIBS COULD BE WATER, JUNGLE ANIMALS TREES, ETC.</li> <li>•USE IMAGINATION</li> </ul>	<p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>•ENCOURAGE PLAYERS TO DRIBBLE AROUND OBSTACLES WITH QUICK FEET</li> <li>•ENCOURAGE CREATIVITY, IMAGINATION</li> <li>•COACHES AND PARENTS UDE PERSONALITY AND ALL PLAYERS WILL LOVE THIS GAME</li> <li>•CAN LAST A BIT LONGER THAN OTHER GAMES</li> </ul> <p>8-12 MINUTES</p>
<ul style="list-style-type: none"> <li>•MAY NEED 2 ADULTS TO ORGANIZE ON EACH END LINE</li> <li>•PLAYERS BEGIN ON ONE END AND DRIBBLE WITH THE BALL THROUGH THE OCEAN TO THE OTHER SIDE.</li> <li>•WHEN THEY GET TO THE OTHER SIDE, THEN WAIT UNTIL ALL HAVE GOT ACROSS THEN RETURN BACK</li> <li>•PARENTS/"OCTOPUS" PRETEND TO GET THE PLAYERS BALLS AS THEY DRIBBLE</li> </ul>	<p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> <li>•ENCOURAGE ALL PLAYERS TO USE THEIR FEET</li> <li>•MOVE WITH SHORT TOUCHES, FAST FEET</li> <li>• DRIBBLE AWAY FROM THE OCTOPUS SO THEIR BALL DOESNT GET CAUGHT</li> <li>•HAVE FUN</li> </ul> <p>6-8 MINUTES</p>



# MERIDIAN SOCCER

## KINDERSOCCER - PRACTICE PLAN WEEK 6

### TOPIC: DRIBBLING, SKILLS, PHYSICAL LITERACY

ORGANIZATION	ACTIVITY 1- SQUARE DANCE WITH PARENTS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> <li>• PARENT AND PLAYER TOGETHER START TO DRIBBLE</li> <li>• HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES</li> <li>• EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL, KNEES, TOE TAPS, ELBOWS, ETC.</li> <li>• PROGRESS TO PARENTS STANDING AS A TARGET TO PLAY A BALL TO, THROUGH, ETC</li> <li>• BALLS CAN ALSO BE USED TO JUMP OVER, TRAP, TOUCH WITH HAND</li> </ul>		<ul style="list-style-type: none"> <li>• ALL PARENTS USE PERSONALITY AND ENERGY TO GET THE KIDS TO BUY IN</li> <li>• ANY PHYSICAL LITERACY, MOVING, JUMPING, RUNNING IS POSITIVE WORK</li> <li>• KEEP REMINDING THE PLAYERS TO STAY IN THE LINES</li> <li>• ENCOURAGE ALL TO BE INVOLVED</li> </ul>
<ul style="list-style-type: none"> <li>• 1 BALL / PLAYER - PLAYERS DRIBBLE BALL</li> <li>• NO PLAYER IS ALLOWED TO ABANDON THEIR BALL</li> <li>• PLAYERS DRIBBLE, LOOKING UP</li> <li>• COACH YELLS RED LIGHT (STOP), GREEN LIGHT (DRIBBLE AND GO), YELLOW LIGHT (SIT ON BALL).</li> <li>• COACH CAN PROGRESS TO HAND SIGNALS OR USE COLOURS WHICH EQUALS PHYSICAL LITERACY- EX PURPLE = 3 JUMPING JACKS, ETC</li> </ul> <p style="text-align: center;">6 MINUTES</p>		<ul style="list-style-type: none"> <li>• ENCOURAGE FAST QUICK FEET</li> <li>• DRIBBLE WITH EYES UP</li> <li>• CHANGE DIRECTION QUICKLY</li> <li>• ADD PHYSICAL LITERACY COMPONENTS TO THIS (JUMPING, TWISTING, TURNING, ETC)</li> </ul>
<ul style="list-style-type: none"> <li>• PLAYERS BEGIN BY HAVING A BIB TUCKED INTO THE SIDE (BEAVER TAIL)</li> <li>• CAN PLAY IN TWO WAYS- EVERYONE IT AND ALLOWED TO PULL OUT THE BIB OF PLAYERS WHO CANNOT RE ENTER GAME</li> <li>• OR 1 OR 2 PLAYERS IT TRYING TO PULL THE BIBS OF ALL PLAYERS</li> <li>• PROGRESS TO A BALL IN HAND, TAGGING PLAYERS ON THE BACK WITH THEIR BALL</li> <li>• CAN PLAY WITH RE ENTRY OR A WINNER</li> </ul>		<ul style="list-style-type: none"> <li>• SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS</li> <li>• PURPOSE IS TO INTRODUCE PLAYERS THE SKILL SET TO "SHIELD A SOCCER BALL" FIRST BY TURNING AWAY FROM PRESSURE USING A BIB, OR THE BALL</li> <li>• PHYSICAL COORDINATION, TURNING, FUN</li> </ul> <p style="text-align: center;">6 MINUTES</p>
<ul style="list-style-type: none"> <li>• MAY NEED 2 ADULTS TO ORGANIZE ON EACH END LINE</li> <li>• PLAYERS BEGIN ON ONE END AND DRIBBLE WITH THE BALL THROUGH THE OCEAN TO THE OTHER SIDE.</li> <li>• WHEN THEY GET TO THE OTHER SIDE, THEN WAIT UNTIL ALL HAVE GOT ACROSS THEN RETURN BACK</li> <li>• PARENTS/"OCTOPUS" PRETEND TO GET THE PLAYERS BALLS AS THEY DRIBBLE</li> </ul>		<ul style="list-style-type: none"> <li>• ENCOURAGE ALL PLAYERS TO USE THEIR FEET</li> <li>• MOVE WITH SHORT TOUCHES, FAST FEET</li> <li>• DRIBBLE AWAY FROM THE OCTOPUS SO THEIR BALL DOESNT GET CAUGHT</li> <li>• HAVE FUN</li> </ul> <p style="text-align: center;">6-8 MINUTES</p>

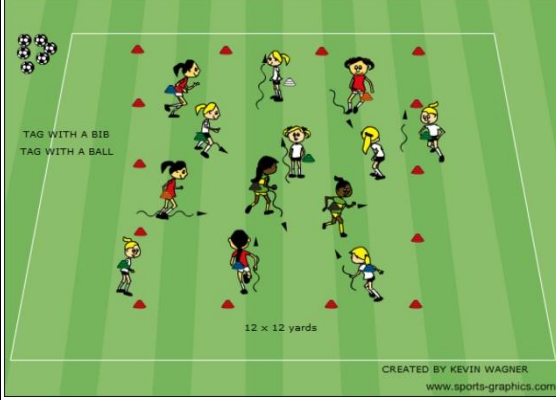
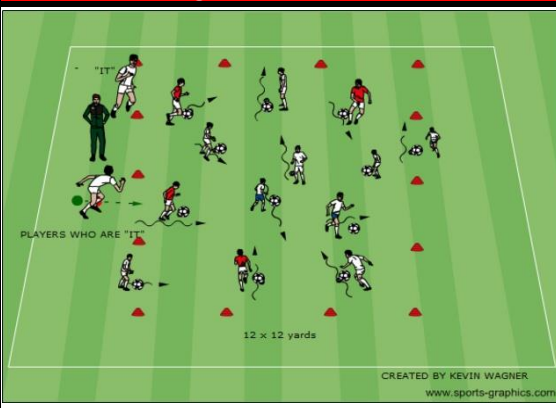
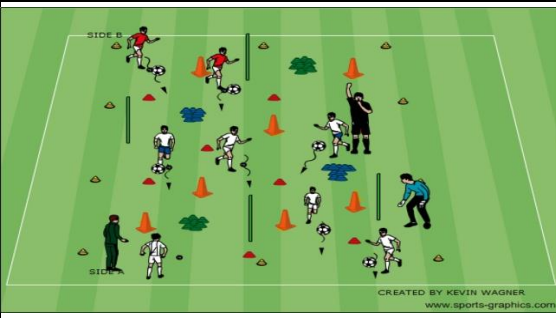
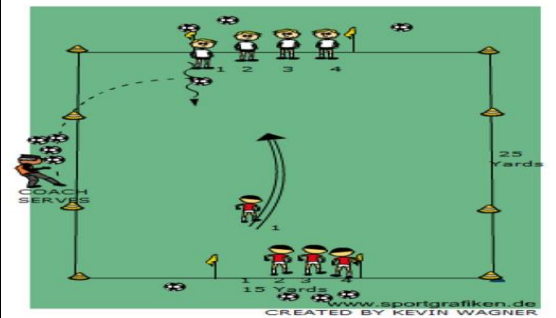




# MERIDIAN SOCCER

## KINDERSOCCER - PRACTICE PLAN WEEK 7

### TOPIC: DRIBBLING, SKILLS, PHYSICAL LITERACY

ORGANIZATION	ACTIVITY 1- BEAVER TAG-BALL TAG	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> <li>PLAYERS BEGIN BY HAVING A BIB TUCKED INTO THE SIDE(BEAVER TAIL)</li> <li>CAN PLAY IN TWO WAYS- EVERYONE IT AND ALLOWED TO PULL OUT THE BIB OF PLAYERS WHO CANNOT RE ENTER GAME</li> <li>OR 1 OR 2 PLAYERS IT TRYING TO PULL THE BIBS OF ALL PLAYERS</li> <li>PROGRESS TO A BALL IN HAND, TAGGING PLAYERS ON THE BACK WITH THEIR BALL</li> <li>CAN PLAY WITH RE ENTRY OR A WINNER</li> </ul>		<ul style="list-style-type: none"> <li>SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS</li> <li>PURPOSE IS TO INTRODUCE PLAYERS THE SKILL SET TO "SHIELD A SOCCER BALL" FIRST BY TURNING AWAY FROM PRESSURE USING A BIB, OR THE BALL</li> <li>PHYSICAL COORDINATION, TURNING, FUN</li> </ul> <p style="text-align: center;">6 MINUTES</p>
<ul style="list-style-type: none"> <li>1 BALL / PLAYER - PLAYERS DRIBBLE BALL</li> <li>ALL PLAYERS HAVE A BALL</li> <li>PARENTS ACT AS DEFENDERS</li> </ul> <p>OF WHICH THEY TRY TO STEAL OR KICK AWAY EACH ATTACKERS BALL</p> <ul style="list-style-type: none"> <li>IF BALL GOES OUT, PLAYERS CAN RE - ENTER</li> <li>PROGRESS TO A WINNER IF DESIRED</li> <li>CHANGE THE "IT"/DEFENDER UP EVERY PROGRESS TO HAVING PLAYERS AND PARENT AS A DEFENDER AS "IT"/DEFENDERS ALL PARENTS TO ENCOURAGE ATTACKING AND DEFENDING</li> </ul>		<ul style="list-style-type: none"> <li>ENCOURAGE GOOD, FAST DRIBBLING</li> <li>PLAYERS TO HAVE EYES UP</li> <li>TURN AWAY FROM PRESSURE</li> <li>CAN USE BODY TO PROTECT BALL</li> </ul> <p style="text-align: center;">6 MINUTES</p>
<ul style="list-style-type: none"> <li>PLAYERS AND PARENTS START ON ONE SIDE OF THE JUNGLE. WHEN COACH YELLS GO, PLAYERS AND PARENTS DRIBBLE BALL TO OTHER SIDE. THEN "GO" AND BACK</li> <li>BEGIN WITH AN EMPTY JUNGLE</li> <li>EVERY FEW TIMES THE PLAYERS GO THERE AND BACK, THE COACH ADDS MORE THINGS TO THE JUNGLE TO BE DRIBBLED AROUND</li> <li>YELLOW CONES=ROCKS, RED CONES=LAVA BIBS COULD BE WATER, JUNGLE ANIMALS TREES, ETC.</li> <li>USE IMAGINATION</li> </ul>		<ul style="list-style-type: none"> <li>ENCOURAGE PLAYERS TO DRIBBLE AROUND OBSTACLES WITH QUICK FEET</li> <li>ENCOURAGE CREATIVITY, IMAGINATION</li> <li>COACHES AND PARENTS UDE PERSONALITY AND ALL PLAYERS WILL LOVE THIS GAME</li> <li>CAN LAST A BIT LONGER THAN OTHER GAMES</li> </ul> <p style="text-align: center;">8-12 MINUTES</p>
<ul style="list-style-type: none"> <li>EACH ADULT STANDS WITH AND PLAYS WITH THEIR CHILD AS GOALIE AND ON FIELD</li> <li>1 ADULT HAS THE BALLS AT HALF AND PLAYS A BALL IN TO A CALLED NUMBER.</li> <li>EACH PLAYER(AND PARENT) ON EACH TEAM HAVE A NUMBER(IF 12 PLAYERS, 1-6)</li> <li>PLAY IS 1V1 - 2V2</li> <li>WHEN BALL GOES OUT OF PLAY THE ROUND IS DONE AND PLAYERS GO BACK TO THEIR OWN GOAL. A NEW NUMBER IS THEN CALLED</li> <li>PLAYERS WHOS NUMBERS ARENT CALLED ACT AS GOALKEEPERS</li> </ul>		<ul style="list-style-type: none"> <li>ENCOURAGE ALL PLAYERS TO USE THEIR FEET</li> <li>MOVE WITH SHORT TOUCHES, FAST FEET</li> <li>DRIBBLE AWAY FROM OPPONENT TO SCORE</li> <li>HAVE FUN</li> </ul> <p style="text-align: center;">6-8 MINUTES</p>