







MERIDIAN SOCCER

KINDERSOCCER - PRACTICE PLAN WEEK 1

TOPIC: DRIBBLING, SKILLS, PHYSICAL LITERACY


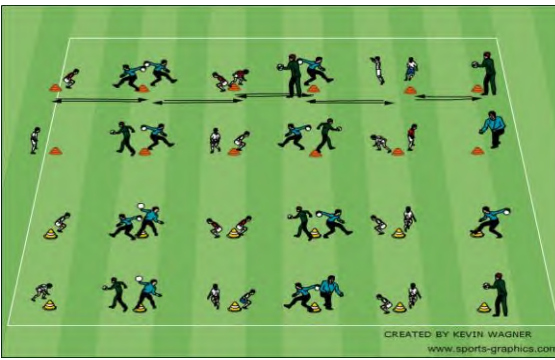
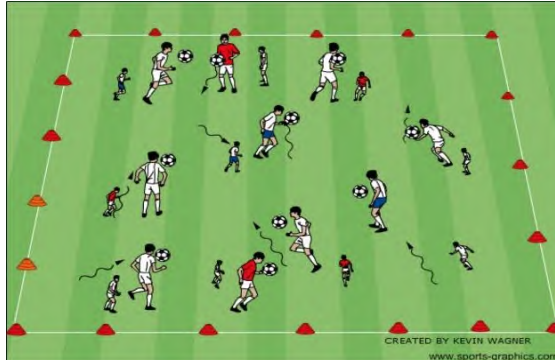
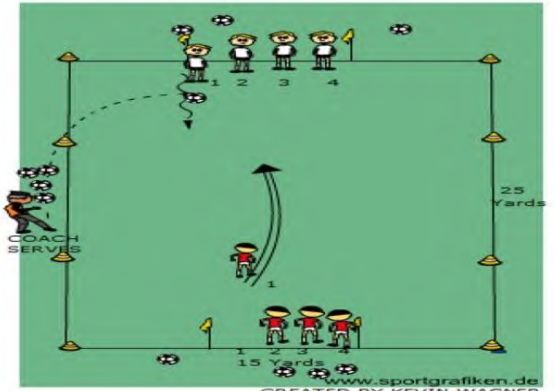
ORGANIZATION	ACTIVITY 1- SQUARE DANCE WITH PARENTS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • PARENT AND PLAYER TOGETHER START TO DRIBBLE • HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES • EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL,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



MERIDIAN SOCCER

KINDERSOCCER - PRACTICE PLAN WEEK 2

TOPIC: PHYSICAL LITERACY, DRIBBLING SKILLS, SHOOTING SKILLS


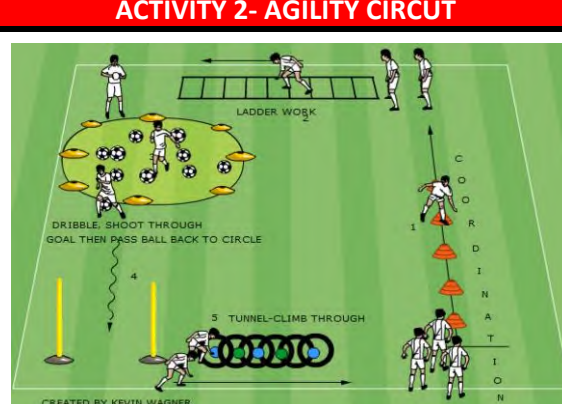
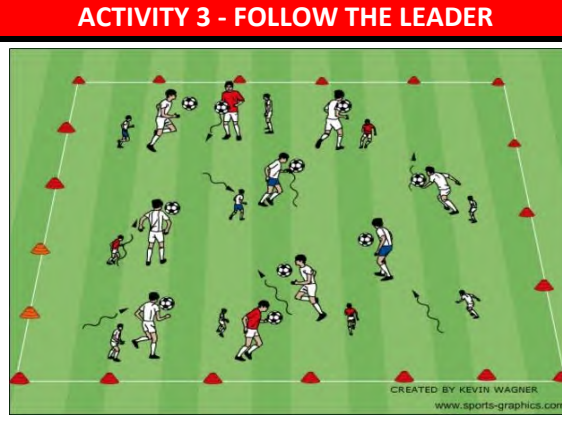

ORGANIZATION	ACTIVITY 1- SQUARE DANCE WITH PARENTS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • PARENT AND PLAYER TOGETHER START TO DRIBBLE • HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES • EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL,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


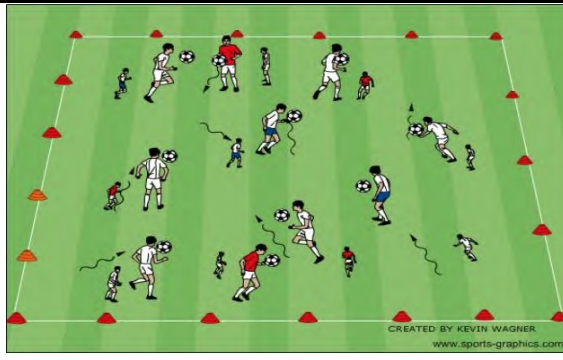


ORGANIZATION	ACTIVITY 1- SQUARE DANCE WITH PARENTS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • PARENT AND PLAYER TOGETHER START TO DRIBBLE • HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES • EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL,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



MERIDIAN SOCCER

KINDERSOCCER - PRACTICE PLAN WEEK 4

TOPIC: PHYSICAL LITERACY, DRIBBLING SKILLS, IMAGINATION/FUN

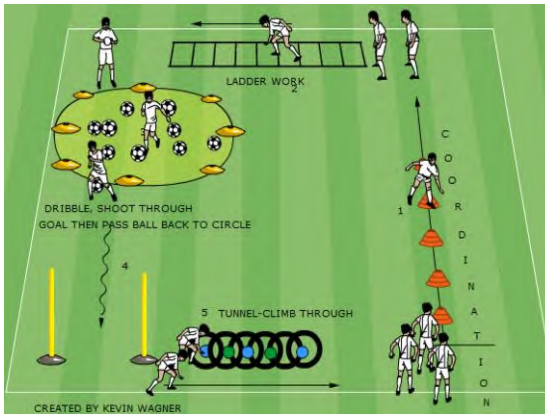
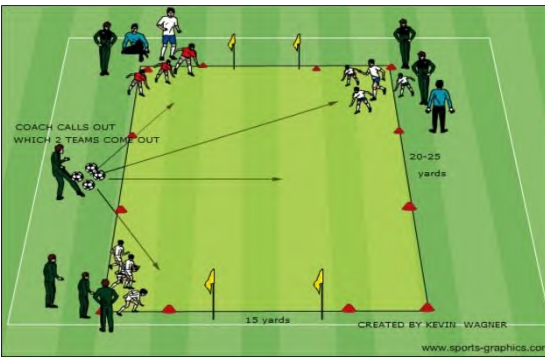


ORGANIZATION	ACTIVITY 1 - MAGIC BALL BAG GAME	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • PARENTS WITH THEIR CHILD BEGIN SITTING ALL AROUND THE OUTSIDE AREA • HEAD COCH HAS BAG IN THE MIDDLE • COACHES GIVES A TASK ON HOW TO BRING THE BALL BACK IN EX: HANDS, 4 HANDS, 6 HANDS, HOPPING, DRIBBLING • REMEMBER THE HEAD COACH KEEPS ADDING MORE BALLS FOR DESIRED LENGTH AS THE PLAYEWRs BRING THEM IN 		<ul style="list-style-type: none"> • PHYSICAL LITERACY • IMAGINATION, CREATIVITY • DRIBBLING, COORDINATION • ALWAYS ENCOURAGE THE PLAYERS TO MOVE AS FAST AS THEY CAN, CHEER THEM ON AND PARENTS HELP THEIR CHILD WHEN REQUIRED
<ul style="list-style-type: none"> • START WITH PLAYER BEHIND PARENT • PARENTS MOVE BY JOGGING HAVING PLAYER FOLLOW • SWITCH ROLES HAVING PLAYERS RUN AND PARENTS CHASE • ADD BALL-PARENTS NOW HAVE BALL AND DRIBBLE IT AS PLAYER CHASES • SWITCH ROLES WITH PLAYERS DRIBBLING BALL AND PARENTS CHASING <p>2-4 MINUTES</p>	<h3 data-bbox="511 682 1070 724">ACTIVITY 2 - FOLLOW THE LEADER</h3> 	<ul style="list-style-type: none"> • GET THE PLAYERS MOVING FEET FAST • EASIER TO BEGIN WITHOUT BALL • USE PERSONALITY TO GET THE PLAYERS GOING AND INVOLVED <p>PROGRESION:</p> <p>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"> • ADULT MOVE AROUND FAST ENOUGH TO STAY AHEAD OF PLAYER BUT CLOSE ENOUGH THAT THEY CAN SHOOT BALL AT YOUR SHOES/FEET/LEGS
<ul style="list-style-type: none"> • PLAYERS AND PAREENTS START ON ONE SIDE OF THE JUNGLE. WHEN COACH YELLS GO, PLAYERS AND PARENTS DRIBBLE BALL TO OTHER SIDE. THEN "GO" AND BACK • BEGIN WITH AN EMPTY JUNGLE • EVERY FEW TIMES THE PLAYERS GO THERE AND BACK, THE COACH ADDS MORE THINGS TO THE JUNGLE TO BE DRIBBLED AROUND • YELLOW CONES=ROCKS, RED CONES=LAVA BIBS COULD BE WATER, JUNGLE ANIMALS TREES, ETC. • USE IMAGINATION 	<h3 data-bbox="511 1110 1070 1152">ACTIVITY 3 - JUNGLE GAME</h3> 	<ul style="list-style-type: none"> • ENCOURAGE PLAYERS TO DRIBBLE AROUND OBSTACLES WITH QUICK FEET • ENCOURAGE CREATIVITY, IMAGINATION • COACHES AND PARENTS UDE PERSONALITY AND ALL PLAYERS WILL LOVE THIS GAME • CAN LAST A BIT LONGER THAN OTHER GAMES <p>8-12 MINUTES</p>
<ul style="list-style-type: none"> • EACH ADULT STANDS WITH AND PLAYS WITH THEIR CHILD • 1 ADULT HAS THE BALLS AT HALF AND PLAYS A BALL IN TO A CALLED NUMBER. • EACH PLAYER(AND PARENT) ON EACH TEAM HAVE A NUMBER(IF 12 PLAYERS, 1-6) • PLAY IS 1V1 - 2V2 • WHEN BALL GOES OUT OF PLAY THE ROUND IS DONE AND PLAYERS GO BACK TO THEIR OWN GOAL. A NEW NUMBER IS THEN CALLED • PLAYERS WHOS NUMBERS ARENT CALLED ACT AS GOALKEEPERS 	<h3 data-bbox="511 1497 1070 1539">ACTIVITY 4 - NUMBERS GAME</h3> 	<ul style="list-style-type: none"> • ENCOURAGE ALL PLAYERS TO USE THEIR FEET • MOVE WITH SHORT TOUCHES, FAST FEET • DRIBBLE AWAY FROM OPPONENT TO SCORE • HAVE FUN <p>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"> •AGILITY CIRCUIT WITH 5 ACTIVITIES •PLAYERS WITH PARENTS • START W/ FOLLOW THE LEADER AT LADDER •#1 LADDER-BEAR WALK, HOP, ETC •#2 GET A BALL-DRIBBLE & SCORE •#3 TUNNEL-CRAWL THROUGH •#4 LOG ROLL •#5 TALL CONES-GO THROUGH LIKE AN AIRPLANE OR KICK OVER CONES <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"> •PARENTS KEEP PLAYERS MOVING FROM PHASE TO PHASE, AND BALLS, CONES BACK AFTER USE •USE IMAGINATION WITH COORDINATION •HELP EACH PLAYER WITH THE PHYSICAL COMPONENT OF EACH PHASE <p>6-8 MINUTES</p>
<ul style="list-style-type: none"> •INTRODUCING GAME PLAY - BE PATIENT •PLAYERS PUT INTO 3 TEAMS -USE BIBS •PARENTS OUT WITH YOUR PLAYER •PLAYERS BEGIN IN THEIR "HOME" CORNER • THE LEADER OF THE SESSION CALLS OUT 2 COLORS TO PLAY, THEN PLAYS 1 BALL IN. •AFTER A GOAL OR BALL GOES OUT BOTH TEAMS GO BACK TO THEIR "HOME" •1 TEAM WAITS AS THE OTHER 2 PLAY •PLAYERS CAN SCORE ON EITHER GOAL <p>6-8 MINUTES</p>	<h3>ACTIVITY 2 - TEAM LIKE ACTIVITY</h3>  <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •PARENTS COME OUT WITH PLAYERS ON THE FIELD •ENCOURAGE PLAYERS TO GET TO BALL, KEEP IT AND TRY TO SCORE •DONT WORRY ABOUT PLAYERS PASSING TO EACH OTHER •GET PLAYERS QUICKLY ON AND QUICKLY OFF FIELD •IF THERE WERE 12 PLAYERS, YOU CAN HAVE 4 TEAMS IN 4 CORNERS
<ul style="list-style-type: none"> • 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 • BEGIN WITH AN EMPTY JUNGLE •EVERY FEW TIMES THE PLAYERS GO THERE AND BACK, THE COACH ADDS MORE THINGS TO THE JUNGLE TO BE DRIBBLED AROUND • YELLOW CONES=ROCKS,RED CONES=LAVA BIBS COULD BE WATER, JUNGLE ANIMALS TREES, ETC. •USE IMAGINATION 	<h3>ACTIVITY 3 - JUNGLE GAME</h3>  <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •ENCOURAGE PLAYERS TO DRIBBLE AROUND OBSTACLES WITH QUICK FEET •ENCOURAGE CREATIVITY, IMAGINATION •COACHES AND PARENTS UDE PERSONALITY AND ALL PLAYERS WILL LOVE THIS GAME •CAN LAST A BIT LONGER THAN OTHER GAMES <p>8-12 MINUTES</p>
<ul style="list-style-type: none"> •MAY NEED 2 ADULTS TO ORGANIZE ON EACH END LINE •PLAYERS BEGIN ON ONE END AND DRIBBLE WITH THE BALL THROUGH THE OCEAN TO THE OTHER SIDE. •WHEN THEY GET TO THE OTHER SIDE, THEN WAIT UNTIL ALL HAVE GOT ACROSS THEN RETURN BACK •PARENTS/"OCTOPUS" PRETEND TO GET THE PLAYERS BALLS AS THEY DRIBBLE 	<h3>ACTIVITY 4 - OCTOPUS</h3>  <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •ENCOURAGE ALL PLAYERS TO USE THEIR FEET •MOVE WITH SHORT TOUCHES, FAST FEET • DRIBBLE AWAY FROM THE OCTOPUS SO THEIR BALL DOESNT GET CAUGHT •HAVE FUN <p>6-8 MINUTES</p>



MERIDIAN SOCCER

KINDERSOCCER - PRACTICE PLAN WEEK 6

TOPIC: DRIBBLING, SKILLS, PHYSICAL LITERACY


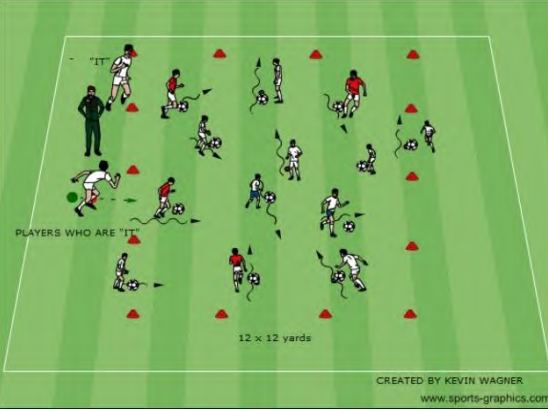

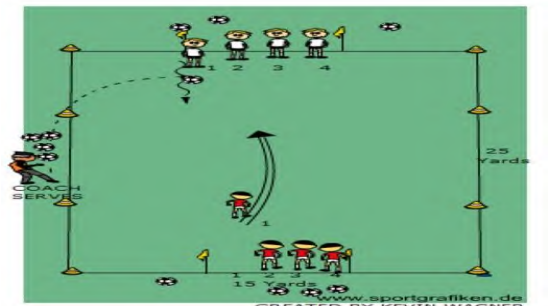
ORGANIZATION	ACTIVITY 1- SQUARE DANCE WITH PARENTS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • PARENT AND PLAYER TOGETHER START TO DRIBBLE • HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES • EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL, KNEES, TOE TAPS, ELBOWS, ETC. • PROGRESS TO PARENTS STANDING AS A TARGET TO PLAY A BALL TO, THROUGH, ETC • BALLS CAN ALSO BE USED TO JUMP OVER, TRAP, TOUCH WITH HAND 	 <p>12 x 12 yards</p> <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> • ALL PARENTS USE PERSONALITY AND ENERGY TO GET THE KIDS TO BUY IN • ANY PHYSICAL LITERACY, MOVING, JUMPING, RUNNING IS POSITIVE WORK • KEEP REMINDING THE PLAYERS TO STAY IN THE LINES • ENCOURAGE ALL TO BE INVOLVED
<ul style="list-style-type: none"> • 1 BALL / PLAYER - PLAYERS DRIBBLE BALL • NO PLAYER IS ALLOWED TO ABANDON THEIR BALL • PLAYERS DRIBBLE, LOOKING UP • COACH YELLS RED LIGHT (STOP), GREEN LIGHT (DRIBBLE AND GO), YELLOW LIGHT (SIT ON BALL). • COACH CAN PROGRESS TO HAND SIGNALS OR USE COLOURS WHICH EQUALS PHYSICAL LITERACY- EX PURPLE = 3 JUMPING JACKS, ETC <p>6 MINUTES</p>	 <p>Green Light - Red Light!</p> <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> • ENCOURAGE FAST QUICK FEET • DRIBBLE WITH EYES UP • CHANGE DIRECTION QUICKLY • ADD PHYSICAL LITERACY COMPONENTS TO THIS (JUMPING, TWISTING, TURNING, ETC)
<ul style="list-style-type: none"> • PLAYERS BEGIN BY HAVING A BIB TUCKED INTO THE SIDE (BEAVER TAIL) • CAN PLAY IN TWO WAYS- EVERYONE IT AND ALLOWED TO PULL OUT THE BIB OF PLAYERS WHO CANNOT RE ENTER GAME • OR 1 OR 2 PLAYERS IT TRYING TO PULL THE BIBS OF ALL PLAYERS • PROGRESS TO A BALL IN HAND, TAGGING PLAYERS ON THE BACK WITH THEIR BALL • CAN PLAY WITH RE ENTRY OR A WINNER 	 <p>TAG WITH A BIB TAG WITH A BALL</p> <p>12 x 12 yards</p> <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> • SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS • 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 • PHYSICAL COORDINATION, TURNING, FUN <p>6 MINUTES</p>
<ul style="list-style-type: none"> • MAY NEED 2 ADULTS TO ORGANIZE ON EACH END LINE • PLAYERS BEGIN ON ONE END AND DRIBBLE WITH THE BALL THROUGH THE OCEAN TO THE OTHER SIDE. • WHEN THEY GET TO THE OTHER SIDE, THEN WAIT UNTIL ALL HAVE GOT ACROSS THEN RETURN BACK • PARENTS/"OCTOPUS" PRETEND TO GET THE PLAYERS BALLS AS THEY DRIBBLE 	 <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"> • ENCOURAGE ALL PLAYERS TO USE THEIR FEET • MOVE WITH SHORT TOUCHES, FAST FEET • DRIBBLE AWAY FROM THE OCTOPUS SO THEIR BALL DOESNT GET CAUGHT • HAVE FUN <p>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"> •PLAYERS BEGIN BY HAVING A BIB TUCKED INTO THE SIDE(BEAVER TAIL) • CAN PLAY IN TWO WAYS- EVERYONE IT AND ALLOWED TO PULL OUT THE BIB OF PLAYERS WHO CANNOT RE ENTER GAME • OR 1 OR 2 PLAYERS IT TRYING TO PULL THE BIBS OF ALL PLAYERS •PROGRESS TO A BALL IN HAND, TAGGING PLAYERS ON THE BACK WITH THEIR BALL • CAN PLAY WITH RE ENTRY OR A WINNER 		<ul style="list-style-type: none"> •SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS • 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 •PHYSICAL COORDINATION, TURNING, FUN <p>6 MINUTES</p>
<ul style="list-style-type: none"> •1 BALL / PLAYER - PLAYERS DRIBBLE BALL •ALL PLAYERS HAVE A BALL • PARENTS ACT AS DEFENDERS <p>OF WHICH THEY TRY TO STEAL OR KICK AWAY EACH ATTACKERS BALL</p> <ul style="list-style-type: none"> •IF BALL GOES OUT, PLAYERS CAN RE - ENTER •PROGRESS TO A WINNER IF DESIRED •CHANGE THE "IT"/DEFENDER UP EVERY <p>PROGRESS TO HAVING PLAYERS AND PARENT AS A DEFENDER AS "IT"/DEFENDERS ALL PARENTS TO ENCOURAGE ATTACKING AND DEFENDING</p>	<h3 data-bbox="513 726 1073 768">ACTIVITY 2 - IM IT</h3> 	<ul style="list-style-type: none"> •ENCOURAGE GOOD, FAST DRIBBLING •PLAYERS TO HAVE EYES UP •TURN AWAY FROM PRESSURE •CAN USE BODY TO PROTECT BALL <p>6 MINUTES</p>
<ul style="list-style-type: none"> • PLAYERS AND PAREENTS START ON ONE SIDE OF THE JUNGLE. WHEN COACH YELLS GO, PLAYERS AND PARENTS DRIBBLE BALL TO OTHER SIDE. THEN "GO" AND BACK • BEGIN WITH AN EMPTY JUNGLE •EVERY FEW TIMES THE PLAYERS GO THERE AND BACK, THE COACH ADDS MORE THINGS TO THE JUNGLE TO BE DRIBBLED AROUND • YELLOW CONES=ROCKS,RED CONES=LAVA BIBS COULD BE WATER, JUNGLE ANIMALS TREES, ETC. <ul style="list-style-type: none"> •USE IMAGINATION 	<h3 data-bbox="513 1188 1073 1230">ACTIVITY 3 - JUNGLE GAME</h3> 	<ul style="list-style-type: none"> •ENCOURAGE PLAYERS TO DRIBBLE AROUND OBSTACLES WITH QUICK FEET •ENCOURAGE CREATIVITY, IMAGINATION •COACHES AND PARENTS UDE PERSONALITY AND ALL PLAYERS WILL LOVE THIS GAME •CAN LAST A BIT LONGER THAN OTHER GAMES <p>8-12 MINUTES</p>
<ul style="list-style-type: none"> • EACH ADULT STANDS WITH AND PLAYS WITH THEIR CHILD AS GOALIE AND ON FIELD • 1 ADULT HAS THE BALLS AT HALF AND PLAYS A BALL IN TO A CALLED NUMBER. • EACH PLAYER(AND PARENT) ON EACH TEAM HAVE A NUMBER(IF 12 PLAYERS, 1-6) • PLAY IS 1V1 - 2V2 •WHEN BALL GOES OUT OF PLAY THE ROUND IS DONE AND PLAYERS GO BACK TO THEIR OWN GOAL. A NEW NUMBER IS THEN CALLED •PLAYERS WHOS NUMBERS ARENT CALLED 	<h3 data-bbox="513 1598 1073 1640">ACTIVITY 4 - NUMBERS GAME</h3> 	<ul style="list-style-type: none"> •ENCOURAGE ALL PLAYERS TO USE THEIR FEET •MOVE WITH SHORT TOUCHES, FAST FEET • DRIBBLE AWAY FROM OPPONENT TO SCORE •HAVE FUN <p>6-8 MINUTES</p>
<p>ACT AS GOALKEEPERS</p>	<p>CREATED SPRING 2025</p>	