



## SAA Rec Coaching Clinic Level 1 K-1-2 Part 1of2

**Category:** Technical: Dribbling and RWB

**Difficulty:** Beginner

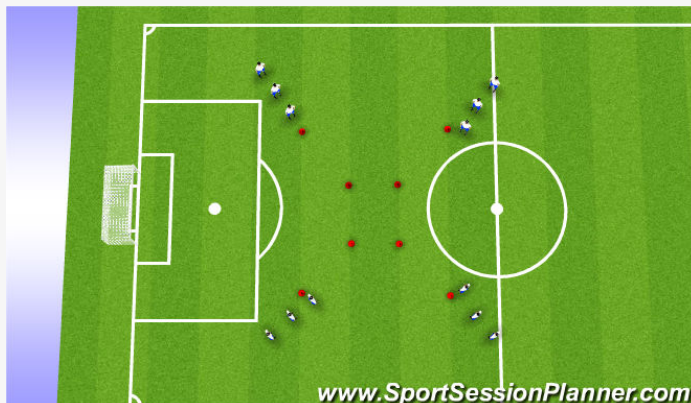
Am-Club: SAA Sports Club United  
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### Warmup

Directions:

Players from each line will be asked to perform different actions as they move towards the smaller corresponding corner in the small box.

1. Jog
2. Shuffle
3. Karaoke
4. Roll the ball
5. Toe touches
6. Headers
7. Sprint



### 3 Surfaces (10 mins)

3 Surfaces: (7 minutes)

In a 15Wx20L grid. Each player has a ball. Have the players try to use the 3 surfaces of the foot in 1 fluid motion in this order:

Inside, Outside, Laces. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe)

When the players display proficiency, challenge them to do it faster and in a smaller space.

- Play 5 rounds of 1 minute each with 30 seconds rest between rounds; new information can be provided during rest period

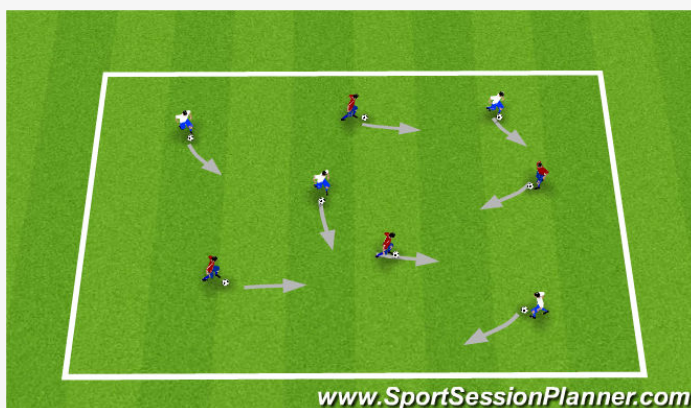
Coaching Points:

What are the surfaces of the foot that a player can use to dribble?

-The inside, outside, laces of the foot.

Why is it important to keep the ball close during this activity?

- More touches on the ball when its closer.



### Red Light Green Light (10 mins)

Red Light/Green Light: (7 minutes)

In a 15Wx20L yard grid all players are dribbling freely. When the coach says "red light" the players must stop and put their foot on the ball. When the coach says "yellow light" the players must dribble slowly, and when the coach says "green light" the players must dribble fast.

Coach: Control the frequency of light changes.

Variation: Now the colors are the surfaces:

Yellow= outside of the foot

Blue= inside of the foot

Green= Laces push

Red= Stop.

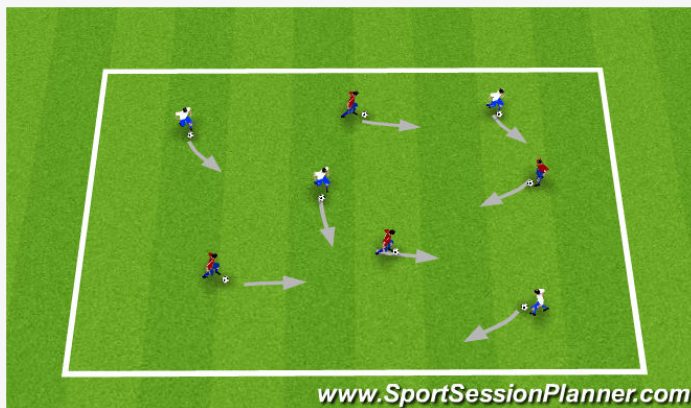
- Play 5 rounds of 1 minute each with 30 seconds rest between rounds; new information can be provided during rest period

C – What parts of the foot do players use to stop the ball?

P – The bottom or the inside of the foot.

C – When the light turns green, where do players want to try to dribble?

P – To empty space (where there are no other players) so you do not run into any other players.



## Dribble Tag

All players are dribbling freely in a 15Wx20L yard grid and are trying to tag each other with their hands. Players can not abandon their balls to tag another player. As you progress, have the kids play multiple rounds and keep score of the tags. The goal is to intensify the dribbling through the rounds while maintaining control of the ball.

- Keep the ball close to the body!
- Use the outside and inside of your feet while dribbling!
- Stop the ball with the bottom of your foot!
- Changing direction to avoid other players.!
- Looking up to avoid players while dribbling.



## Freeze Tag 1

The coach or coaches start as a freeze monster without a soccer ball. The players are dribbling their soccer ball. When a freeze monster tags a player the frozen player picks the ball up and holds it over their head. They can be unfrozen when another player passes the ball through their legs.

- Keep the ball close to the body.
- Use the outside and inside of your feet while dribbling.
- Stop the ball with the bottom of your foot.
- Changing direction to avoid the tag.

