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### RS Wk3&4 PRACTICE: Fill the Bucket/Relay

Time	10-15 mins
Setup	Every player needs a ball, 2-3 lines, a 5x5 box 15-20 yards away from each line
Description	Each team has a "bucket" - a small zone at the end of their line. On a signal, players will dribble the ball one at a time to the end of their line, leaving their ball in the bucket. They run back to their line to tag the next player. Then that player takes his turn. The first team to get all their balls in the bucket wins.
Technical	Improving coordination, Keeping the ball Close and Under Control, using inside and outside of the foot <ul style="list-style-type: none"> <li>• Small, quick touches</li> <li>• Use both feet</li> <li>• Head up while dribbling</li> <li>• Stop ball in bucket with foot</li> </ul>
Variations	Add cone to dribble around

Pass/Shot: - - - - -  
Run w/o ball: ······  
Run with ball: ————

2

### RS Wk3&4 PRACTICE: Gate Dribbling

Time	10-15 mins
Setup	Each player needs a ball. Set up 'gates' with cones around the space. Aim for at least one gate for every player.
Description	Players dribble through as many gates as possible before you call time. Or 10 gates as fast as they can then find Coach for a high five
Technical	Improving coordination, Keeping the ball Close and Under Control, using inside and outside of the foot <ul style="list-style-type: none"> <li>• Small, quick touches</li> <li>• Use both feet</li> <li>• Head up while dribbling</li> </ul>
Variations	Players=Cars, Gates=Race Track (add noises). Unicorns and Clouds; Bees and Flowers; Airplane and Airports.

Pass/Shot: - - - - -  
Run w/o ball: ······  
Run with ball: ————

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### RS Wk3&4 PLAY: Scrimmage

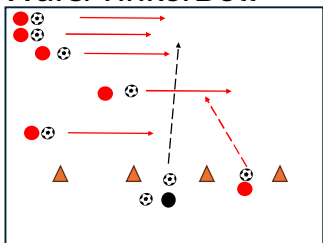
Time	10-15 mins
Setup	USE PUGG NETS. Half-field scrimmage within your players
Description	Play official rules – kickoffs, goal kicks, corners, throw ins, etc. <b>Split teams so games are 3v3, 4v4 or 5v5. The goal is to involve ALL players.</b>
Technical	Light instruction, keep the game moving. Coaching/guiding throw ins, goal kicks, etc.

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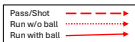
## RS Wk3&4 Optional: StarWars/TinkerBell



Time	10-15 mins
Setup	10x20 space. Each player needs a ball. Coach needs a few balls
Description	Each player starts with a ball on one end. Coach stands on the side of the area with several balls and kicks them at players as they run by trying to hit their ball. When Coach says "Go", each player must dribble from one end to the other without having their ball hit by another ball. Any player's ball hit by a ball, joins Coach Continue until one player is left.
Technical	Improving coordination, Keeping the ball Close and Under Control, using inside and outside of the foot <ul style="list-style-type: none"> <li>• Small, quick touches</li> <li>• Use both feet</li> <li>• Head/Eyes up while dribbling</li> </ul>



- Stormtroopers vs Jedi
- Cap'n Hook vs Tinker Bell/PeterPan (don't forget Fairy dust to fly)
- Little fast touches
- Discourage big kicks (the Force could grab them, the alligators etc.)

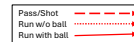
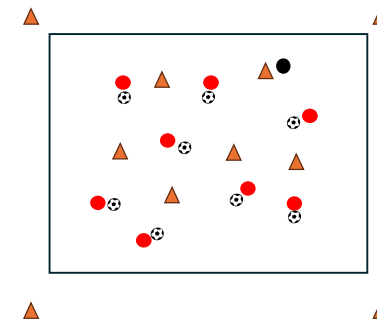


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## RS Wk3&4 Optional: Jellyfish/Landmines



Time	
Setup	Every player needs a ball, create large square with cones, extra cones to toss
Description	Players dribble around the square "ocean", coach tosses cones in front of players. If player's ball or foot touch the "Jellyfish" they are out. Player can get back in after they "dry off" by doing Toe Taps/Foundations/Juggling
Technical	Feet not hands Control the ball, dribbling with the ball close, changing direction, increasing speed past the defender.

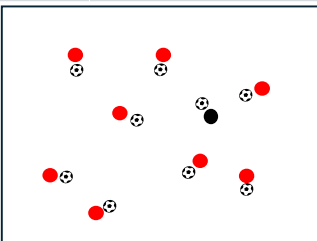


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## RS Wk3&4 Optional: Simon Says/Ball Mastery



Time	10 mins
Setup	Spread out, every player needs a ball
Description	Players "free move" and listen to instructions from the coach, but only when the coach says "Simon Says". Use commands like - "Freeze", "Fast", "Foot on the Ball"
Technical	Listen to Coach, Improving coordination, Keeping the ball Close and Under Control, using inside and outside of the foot



### "Coach Says" / "Simon Says" Commands:

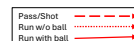
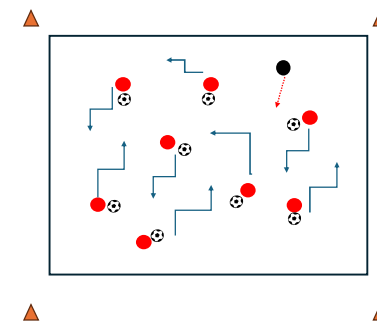
- Run/Dribble Fast like a Cheetah / Slow like a Turtle
- Put your Knee/Elbow/Head/Belly on the ball
- Right/Left Foot Roll
- Right/Left Foot Flamingo
- "Inside-Inside" (Foundations/Tic Tock) = tap ball back and forth between the insides of both feet
- "Toe Taps" (Step ons) = tap top of ball with bottom of foot, alternating feet
- "Outside/Inside" = tap the ball back and forth with one foot using the outside of the foot, then the inside of the same foot
- "Drag/Push Laces" (Dragon Laces) = drag it back with the sole and then kick with the laces, toe pointed straight down of the same foot
- "Outside/Outside Stop" = lightly kick the ball twice using the outside three toes of your foot and then put your foot on top of the ball to stop it - hop over and repeat
- "Juggle" = start with balls in hands - use laces: Foot - Catch; Foot - Foot - Catch; Thigh - Catch; Thigh - Foot - Catch
- 1v1 Move - "Messi feint" big step to the side of the ball, with the other foot push the ball using the outside of the foot "Scissors" step over the ball, with the other foot push the ball using the outside of the foot
- Video of skills moves: [Basic Ball Mastery for Kids!](#)

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## RS Wk3&4 Optional: Wreck-It Ralph



Time	
Setup	Every player needs a ball, create large square with cones
Description	Players dribble around the square, players avoid Ralph/Coach who is trying to get the ball. If player's ball exits the square, they are out. Player can get back in after they do Toe Taps/Foundations
Technical	Feet not hands, Control the ball, dribbling with the ball close, changing direction, increasing speed past the opponent.



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