




Eagan Rec. Soccer

Age Group	Preschool & Kindergarten
Theme	Dribbling and 1,000 touches
Time	35 minutes of training / 25 minute scrimmage

Activity/Drill	Notes and Coaching Points
	<p>Body Part Dribbling</p> <ol style="list-style-type: none"> 1. All players without a ball to begin. 2. Warm-up the body by jogging, skipping, high knees, butt kicks, shuffle and back pedal in the space. The players must stay inbounds. 3. Have each player grab a soccer ball and begin dribbling in the space. 4. When you call out a body part the players have to stop the ball using only the body part you called out. Example: Elbow, forehead, knee, bottom, and foot. 5. Introduce stopping the ball with the sole of your foot on top of the ball off the dribble. Coach Command: Sole stop. <p>Coaching Points</p> <ul style="list-style-type: none"> • Control the ball close to your body in the space • Try to touch the ball every step • Train both right and left foot
	<p>Red Light, Green Light</p> <ol style="list-style-type: none"> 1. All players begin without a soccer ball on the end line. 2. When the coach says “green light” the players must run as fast as they can to the other side. 3. When the coach says “yellow light” the players begin to slow down 4. When the coach says “red light” the players must come to a complete stop 5. Add a soccer ball to the activity and the players dribble the ball while listening to the coach commands. Goal is to get to the other side first. 6. Add a blue light – the players run around their ball 7. Add black light – players dance by their ball <p>Question for the team: What does green mean?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Green means GO – change your speed and dribble fast with small touches • Pick your head up on the dribble • Control the ball close to your body
	<p>Capture the Balls</p> <ol style="list-style-type: none"> 1. Divide the players into four equal teams and send them to a home in a corner of the field. 2. All of the soccer balls are in the middle of the field and the players begin inside their home. 3. On the coach command – the players sprint to the middle to get one ball. They try to dribble the ball into their home base. 4. Players can steal soccer balls from their opponent’s home bases. 5. Coach call time and each team counts the balls they have collected. 6. Round 2 – players can only steal soccer balls on the field. Once the soccer ball is inside a home base it is locked in – once all of the balls are locked in the home bases open up 1 minute of stealing each other’s soccer balls. 7. Coach call time and each team counts the balls they have collected. <p>Coaching Points</p> <ul style="list-style-type: none"> • Pick your head up on the dribble so you can see where space is • Control the ball – touch the ball every step • Change speed when you have space



Scrimmage / Game Play

- Inter-squad scrimmage 3 vs 3 or 4 vs 4
- Mix teams to keep the game competitive
- Play to goals
- Focus on theme – dribbling and ball control

Coaching Points

- Have fun
- Encourage players to dribble the ball close to their body
- Pick their head up on the dribble