

Week FIVE Practice- K4/5 and 1<sup>st</sup>-2nd

BIG SHAPE, LITTLE SHAPE



**Practice NEEDS:**

- A full bag of soccer balls
- Pinnies
- Various colored Disc cones
- One set of PUGs

**1) Minutes 10-15: Animal Dribble**

\*Set Up: Set up a 10-15yd square with disc cones. You can either put different colored cones, dots, or pinnies out before or you can interact with the kids while putting them out.

**Animal Dribble**

Have all of the kids get a soccer ball and stand on the outside of the drill/grid. Tell the kids there are a bunch of scary animals we have to dribble around. Pick a color of cones, ask the kids “what is a \_\_\_\_ (yellow) animal we could pretend this cone is?...oh! a lion!! When we see a lion, what should be do? TURN AROUND” Have the children do a pull turn away from the lion. You can proceed with several animals and moves: cuts, scissors, chip over a “snake”, lunge move, Matthews, etc. Each time, either take away the previous cones or just add to the previous cones now encouraging them to pull turn away from the “lion”, chip over the “snake”, and cut around the big “elephant” for example.

*Extra Fun: With the younger group you can have them make animal noises or say things like “run away, run away” when they approach the colored cones*

**WATER BREAK**

**2) Minutes 5: Quick shapes for “Big Shape, Little Shape”\*\***

Set up: no set up needed, just a little bit of space. You could remove the inside cones from the previous drill and have the kids stay inside the square made for the previous drill.

### Quick Shapes

Tell the kids that when you say “go” you are going to tell them to make a shape (i.e. circle, square, triangle, heart, a letter, etc. Finish with a DIAMOND in order to transition to the next “quick tip”). When you say “go” tell them to get into a “SMALL CIRCLE” tell them all players should be included even if it means they make more than one shape. The kids should STAY STANDING to make the shapes. Then tell them to make that shape BIGGER. Have them complete a few shapes then Finish with a Diamond or Square depending on your formation (most are a diamond/ 1-2-1) and explain what a SMALL diamond looks like vs a BIG diamond. Read over the Coach’s corner and try to explain this very basically with your group, allowing them an opportunity to give responses and interact...the next drills will help you with application. You may want to divide the team into two teams for demonstration of a small diamond inside a large one, and why big and small shapes are helpful.

### COACH’S CORNER QUICK TIP

**This practice is all about understanding more about how to be successful with the concept of “Big Shape, Little Shape”. Ask your players what this means and ask them questions about shape during offense vs defense. “Big shape, Little shape” is a phrase that refers to:**

**1) “shape” which is about always having a defined shape/formation. This involves discipline and understanding of what position is each kid in the diamond.**

**2) “Big shape” is when on offense. You try to MAXIMIZE the space on the field by spreading out. This includes both width and depth.**

**WHY? Because it is harder to defend a bigger shape, and it allows the athlete more time on the ball when he receives it.**

**3) “Little Shape” is when on defense (which we discussed some of last week). It is about understanding the team as a whole must get a TIGHT, compact shape when they lose the ball,**

**WHY? Because it allows us to defend the middle of the field without big gaps through which the other team can get into our defensive third. This allows for quick pressure and allows for less chasing**

### **3) Minutes 10-15: Space Wars**

Set-up: Create a 10x10yd grid with cones; adjust the grid if needed for the dribbling group to be successful. Divide your team into two teams putting pinnies on each team. You can jump in on the offensive team to help them with passing and movement.

## Space Wars

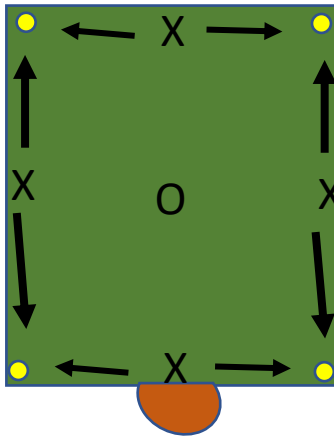
After dividing your team in half and donning pinnies, have ALL the players on one team (dribblers) each get a ball, and the other team (possession team) get only ONE ball for the whole team (not every teammate). Both teams should step into the grid. The goal for the possession team is to get as many passes as possible while keeping it in the grid. Their goal is to SPREAD the field, maximizing SPACE. The objective for the dribblers is to get in their way; they should not only find where the ball is but also try to take off passes while dribbling. The dribblers may NOT leave their ball, kick the possession teams ball, nor kick their own soccer ball to interfere. They can only dribble. As discussed with the players before the drill, they want to stay tight, moving as a unit to the SIDE of the ball but not simply in a bunch, taking away passes but attempting not to allow “through balls”. After an allotted amount of time have the dribblers become the possessors and vice versa, switching the teams’ roles.

*Progression: Make it FUN and more competitive by selecting a time (1.0-1.5 mins) during which each team tries to get more passes than the other team while the opposing dribbles inside the square trying to prevent them from getting passes.*

## WATER BREAK

### 3) Minutes 5- 10: 4v1 MONKEY IN THE MIDDLE

Set up: Set up one or two 15(L) x10(W)yds fields using just FOUR cones to mark it out and one goal at the end.



## 4v1 MONKEY IN THE MIDDLE

It is up to you how serious or goofy you make this according to how you think your players will respond. You can say the ball is a banana we are trying to keep from the monkey and have the monkey in the middle say “ee-ee-oo-oo-aa-aa” or YOU can be the monkey (which allows you to control how hard the defense is). If you have an older, more serious team, you do not need to play out the monkey part, just play a typical “monkey in the middle” possessive game. The players on the outside (the four offensive players) should stay between their cones so as to keep their shape, but they can move side to side between those cones. The players “score” if they successfully make 3 passes without the ball being stolen by the monkey. If a kid is playing in the middle as the monkey and steals the ball you have him go back to the outside and the one who lost the ball goes to the middle.

\*\*If you do not have an additional coach to help with 4v1 and therefore cannot have two groups of 4v1, you can make the drill a triangle and play 3v1 monkey in the middle.

*Progression 1: Increase the number of passes they have to achieve in order to score*

*Progression 2: Take away their space restrictions allowing them to move away from their cones, no longer having to stay between the cones. See how well they remain spaced.*

*Progression 3: Once the kiddos successfully pass 3-5x allow them to go to goal and try to score on you.*

## WATER BREAK

### 4) Minutes 10-15 SCRIMMAGE

Again reinforce the idea of big shape, little shape and couch the kids in this area throughout the game, reiterating “shape” when they begin to chase all over the field. Remind each player of his position and role.

## WATER BREAK

### 5) DEVOTIONS- David the Boy Who Would Become King WEEK 5.

Finish in Prayer