



Duration: 00:45 min

Age/Level:

Session Dribbling and Passing

Objective:

Toy Story - PreK/K - Week 7

Toy Story 1 - Warm Up



Description: Players act out characters from the movie. Buzz Lightyear - dribble fast with your arms out (wings), Mr. Potato Head - dribble slow with the inside of the foot, Woody - Players place cone on their head (cowboy/girl hat) as they dribble. Bullseye - players perform 10 sole taps then dribble.

Coaching Points: Big toe/little toe dribbles, sole of the foot control (sole taps).

Toy Story 2 - Technical Activity 1



Description: Woody and Bullseye (Defenders) are riding around trying to catch the aliens (soccer players) with their lasso (soccer ball – pass the soccer ball at the players, below the knee). If caught the aliens must go back into the claw vending machine (coned circle in the middle of the field). The aliens can be saved by the claw ("high-five" from a teammate).

Coaching Points: Close control of the ball and change of direction for offensive players. Defensive players need to use the inside of the foot to pass (heel down, toe up and pointed to the side). Step into the ball, standing foot next to the ball, strike through the middle of the ball.

World Cup - Technical Activity 2



Description: Divide players into teams of two, and have each team pick a country (USA, England, Mexico, Ethiopia, etc). The coach will roll out a ball, partners must work together to try and score on the goal. If a team scores, they leave the game and are in the next round. The last team left that has not scored is eliminated.

Coaching Points: 1v1 and 2v2 concepts, dribbling under control, teamwork.

Scrimmage



Description: Scrimmage 3v3 - Six goals (three to attack, three to defend).

Coaching Points: Encourage players to score in any of the three goals. This scrimmage will help with change of speed, and change of direction. These are two components of using a skill move. Remind players to stay in a triangle for their team shape.