

Sharkeys (Kindergarten)

Ages 4-6

***Every Practice will include a warm-up so that players can get the necessary muscles warmed prior to play. Practice will always start after the 10:00 minute warm-up**

*** Sharkeys meets for practice twice a week (Unless there is a game on one of those days)**

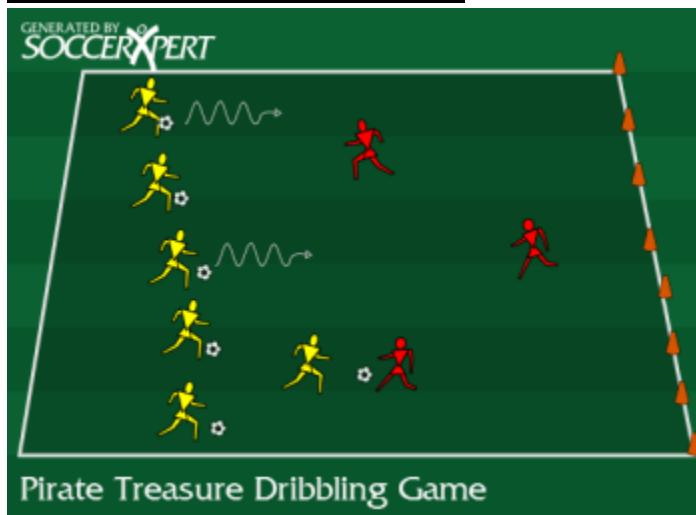
Practice #1 (Week 1):

Main Skill: Dribbling

Purpose: To teach the players how to dribble effective and efficiently.

Dribbling is one of the fundamental movements of soccer. The ball cannot go anywhere without proper dribbling. Time spent focusing on this skill will prove effective as your players will become better at dribbling which will lead to better decision making when in game. In the following there will be some drills used to help develop the skill of dribbling:

1. Pirate Treasure Dribbling Game:

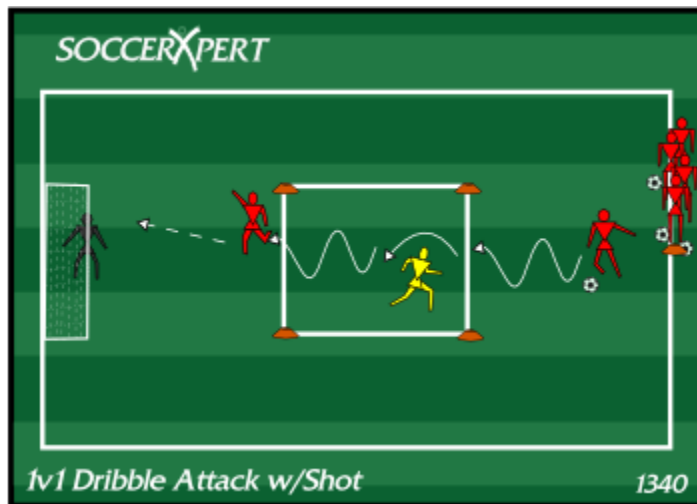


First you have to set a 30X30 grid with 10 tall cones (treasure) along one side of the grid. Split the team into two. One will be the pirates, and the other, the defender. On your command, you will send the pirates to get the treasure. Make sure to instruct the players to keep dribbling and that you will need to while getting the cone. After the cone is found (discovered), the pirate player must hold the cone while dribbling back

to their side of the grid. This drill/game is a great way to practice on dribbling as a goal is attainable, also for the defenders to help improve their defending on the treasure. Ultimately, the skills will spill over to the real game.

Variations: You can decrease/increase the size of the grid for challenge purposes.

2. **One vs One Dribbling Attack:**



Create a 15X15 grid that is 18 feet away from the goal. Place a goalkeeper at the goal and a defender within the grid. All other players should be in line with their own ball getting ready to participate in the activity. The attacker will then enter into the grid in attempt to get pass the defender and earn a free shot. If the attacker has the ball stolen or steps outside the grid, the attacker becomes the defender.

This drill is good for focus on 1V1 situations. It also helps you with balance and awareness as you are confide in a space during the drill.

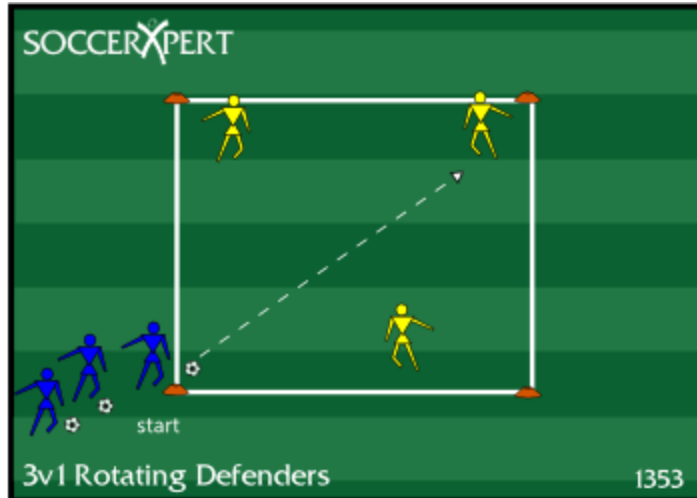
Practice # 2 (Week 2):

Main Skill: Passing

Purpose: Passing is another fundamental skill essential to the game of soccer. Good teams are good not because of their individual assets, but because they use their assets that works for everyone, passing is just one way of sharing that asset.

Below will be some drills that should get things started on the foundation of passing and then ways to fine tune passing:

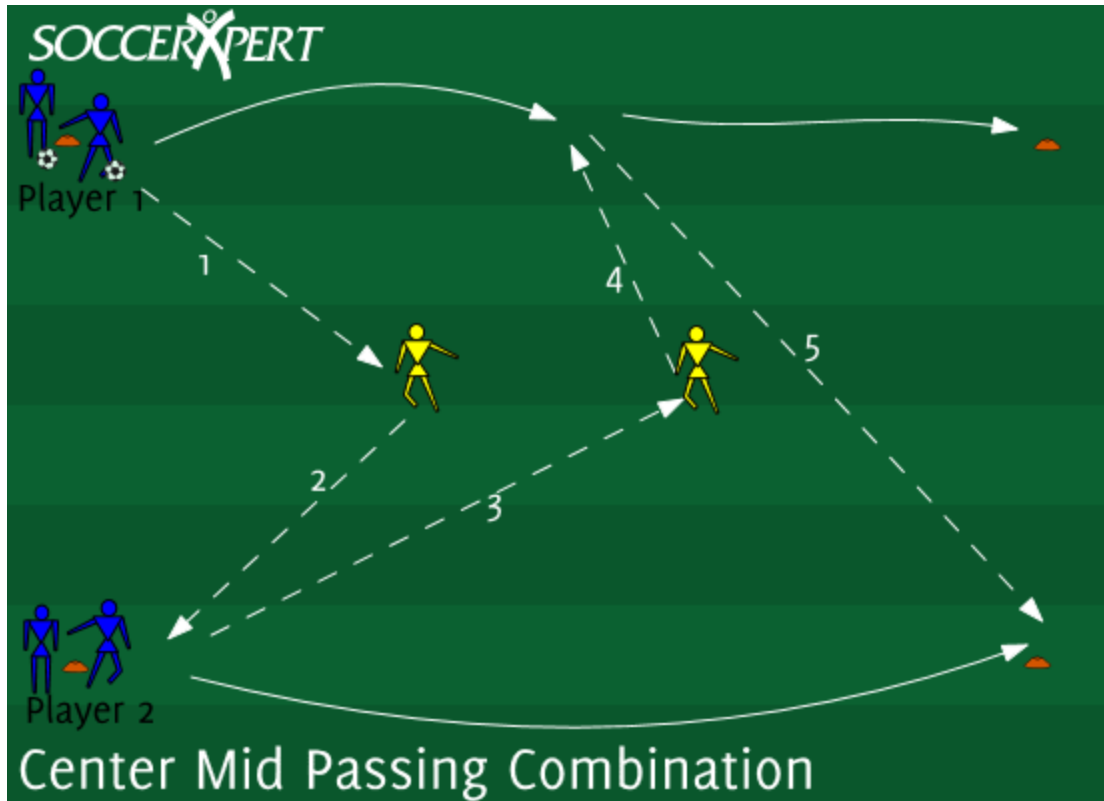
1. **3v1 Rotating Defender:**



Create a grid that is at least 10X10. Split your team into group of 6. Three of those players will be within the grid to work on passing to each other. The last three will be outside the grid in a line to pass the ball into the grid. The three defenders within the grid must keep the ball moving without letting the defender get to it. Dead ball when kicked outside the grid. You then rotate to the next player.

This drill is good to help passing the ball in a small space effectively and efficiently to your teammates. You can also learn from this drill on how to keep up with the ball and track its movements.

2. **Center Midfield Passing Combination Drill:**



Set up a 20X35 grid. (You can adjust this size depending on the age and skills of your players) There will be a player one and two, so set up four cones, two at where the players will start and then two more down the field for the players to run to. You will then have two midfielders to pass the ball around. Player 1 will kick to the first midfielder and then proceed to run halfway of the next cone for the next kick. If you follow the diagram will begin to see the rotation the ball should be going.

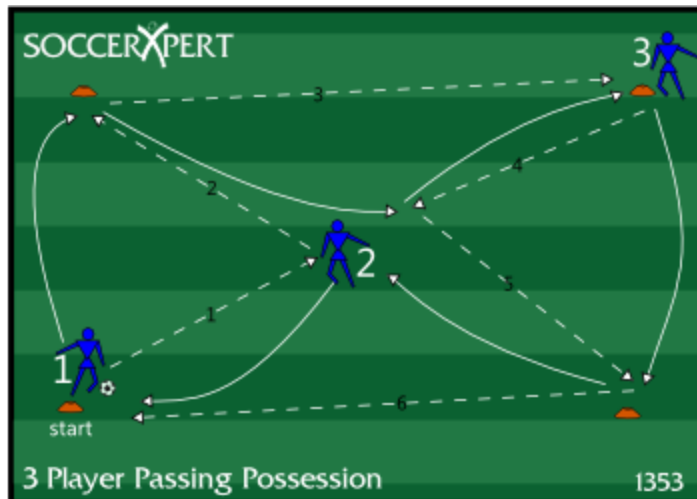
This drill allows you to take control of the midfield game of soccer. Lots of space, you want to be able to make accurate passes to advance on the field. You can adjust this drill for speed and/or accuracy reasons.

Practice # 3 (Week 3):

Main Skill: Fitness

Purpose: Soccer is a fast past sport that also require similar like fitness, so running drills on fitness will in turn, allow your players to play faster, longer and more effectively.

1. Three Person Passing Drill:



Split the team into groups of three. Have two players on the outside of the grid and one in the middle. A player will kick the ball into the middle; the person who just kicked must run the next cone so that they can receive/kick the ball. All players will have to run to their new destination. Eventually, you will notice that the players are taking over their teammate original position. If you do not see that, adjust where it is needed.

This drill will help players with running to certain points of the field faster; the ball is only used as a guide and a sense of urgency as you have to be ready when the ball comes your way. But overall, the goal is to work the body by running from cone to cone.

2. 3 Goal Scoring Drill:



You will be using the main goal, but also need to have two portable goals on the sides about 15 feet away from the main goal. Set three goalkeepers. The other players will be at midfield ready to start the drill. The first player will kick to the right goal, that

goalie will then send the ball to the goalkeeper by the main goal, that goalkeeper will send it to the left and then to the center. The player must keep up with the ball and try to score on all three goals.

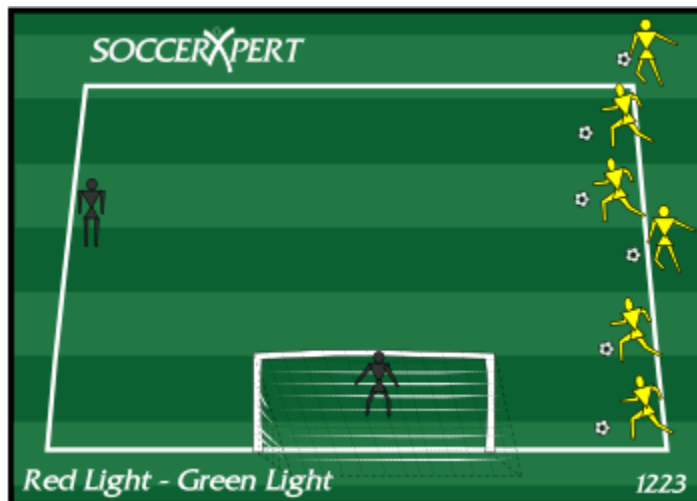
This drill is all fitness. It challenges you to keep up with ball and take smart shots that will give you time to advance to the next goal. Since you will be running for the entire drill, your awareness of the ball and speed should be worked on. Overall, this fitness drill is no easy one (try to tone it down for the Sharkeys), but executed well, can provide benefits useful in games.

Practice #4 (Week 4):

Main Skill: Defense

Purpose: Scoring is good and all, but if you allow the other team to score as well, the game will not go anywhere. Objective is to increase awareness of defense.

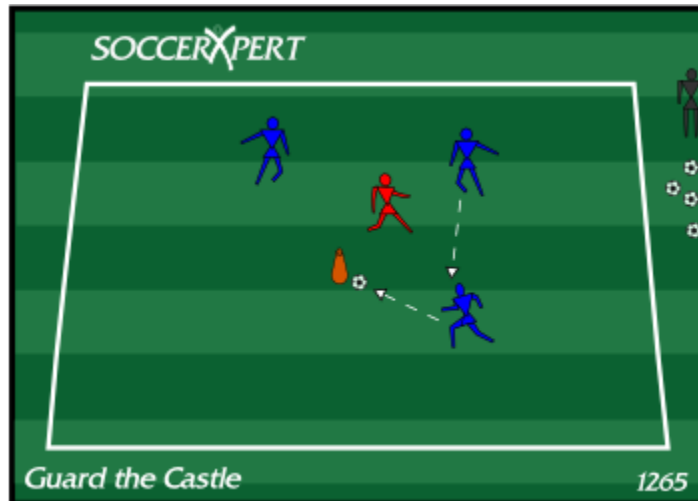
1. Red Light, Green Light:



If you have played Red Light, Green Light before, this will be an easy drill to run. You or another player can say red light, green light. The players, who should all have a ball, will start on one end of the field. (You can use half the field if it makes the drill easier.) Like the classic game goes, you will say red light to stop and green light to go. The twist, however, is that the caller can move as well closer to the players. If the caller is within range of a player, on green light, the player can pursue the ball. If the player is successful, they can keep the ball and join the other team. The loser will have to go back all the way to the other side of the field.

Even though this is a remake of a classic game, this drill helps players with ball control, pursuit, listening skills and defense. Since the players have to make sure they do not lose their ball, defense is key.

2. Guard the Castle:



You place a cone within a 12X12 grid. (Can be adjust to make it easier/harder) Have 3 attackers and 1 defender. The goal of this drill is to knock the cone down with a pass or direct contact. The defender must stop this as the ball can come from any angle

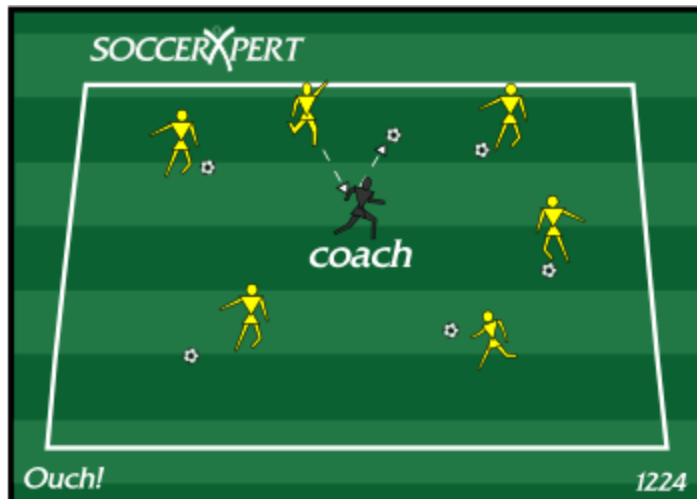
This is a drill that focuses on ball tracking, and defending of the cone.

Practice #5 (Week 5):

Main Skill: Teamwork

Purpose: An individual is only as good as the team is. Team drills will build the intangibles that skill-focused drills do not. Chemistry is the key to a successful team.

1. OUCH!



This drill is fun. You as the coach will try to run away from your players as they will try to hit you. If you get hit, yell out ouch and the team will receive a point. Point limit is up to you.

This drill will make the players rely more on each other as they all have the same goal in hitting the coach. Also it is fun for everyone, and that helps build chemistry.

2. Simon Says



Another classic game being revamped for soccer, the coach is Simon. You will start the drill and try to trick up your players. But make sure that they need to rely on one another as with each player that gets out, the team is closer to losing to the coach.

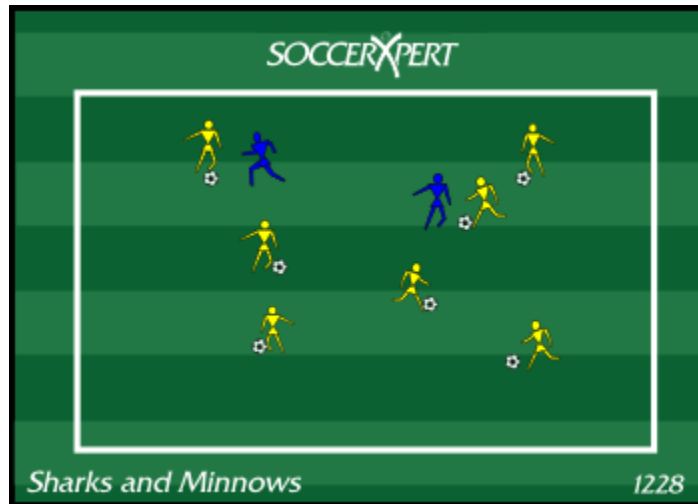
This drill is fun and makes the player rely on each other. It is also fun for the coach as it's a break from conventional practicing, fun for all.

Practice # 6 (Week # 6)

Main Skill: Getting out of Pressure

Purpose: Most times players will be pressured, (Especially if it's a close game) getting out of those situations could be the deciding factor between a win and a lost. Working on that during practice can lead to better decision making in-game.

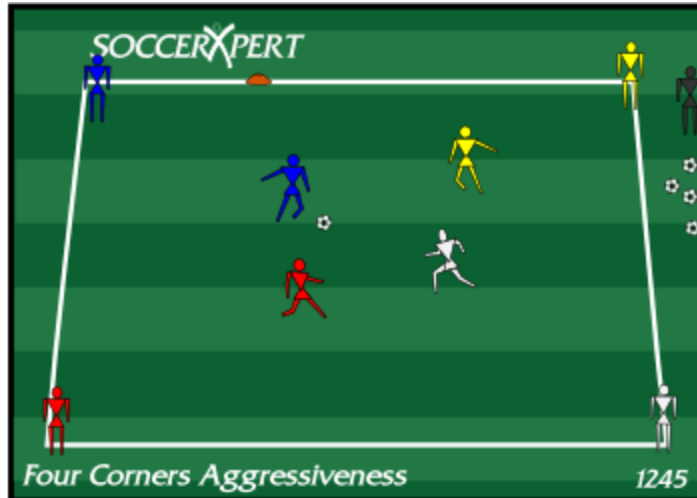
1. Sharks and Minnows:



Players with the ball (Minnows) must protect the ball from the two sharks. The sharks' goal is to kick the ball from the Minnows out of the grid, thus eliminating the minnows. Last two Minnows, become the sharks in the next round.

Purpose of this drill is to avoid being double team in the corner from the sharks. Yes, there are more minnows, but if the sharks box them in one at a time, the pressure increases. You can increase the difficulty by telling the Minnows to dribble only with their left/right foot or the sole/heel of their foot.

2. Four Corner Aggressiveness:



Split your team into four. You as the coach will place the ball in the middle of the field. On your command, you will yell “GO!” The four players will try to get the ball cleanly. Once that happens, the player with the ball must hold it for 5 seconds AND successfully pass it back to the coach. If the ball is stolen, that player must do the same. Points are rewarded for every successful 5 second possession and pass to the coach.

Purpose of this drill is to avoid turning the ball over. The pressure will be on as three other players will be coming to take the ball and score. You can increase the pressure by increasing the time of possession.

So there you have it, a complete 6-week guide for the Sharkey soccer team. Each skill will be trained and teamwork will be built. This guide is completely subject to change based on the coach. But overall, these are the practices you can run to ensure your players learn the sport but also have fun. To all coaches, have a good season with your Sharkeys.

Additional Practices:

Passing:

Circle mid Passing

Defense:

Clean Your Room

Striking:

Shooting Combo Drill (Making moves before a shot is attempted)

