

Week 4 - See You at the Goal

Learn how to play a practice game with the Soccer Zoo gang. See what the Soccer animals and coaches work on as they compete at the end of training. "See You at the Goal" introduces several pre-operational topics to children such as competition, game variety, fair play, and body awareness as both teams push each other to improve.

Session Schedule - focus on personal ball control

:00 - :08 Read 'See You at the Goal'

:08 - :15 Aerobic Soccer Training (Basic)

-- Water

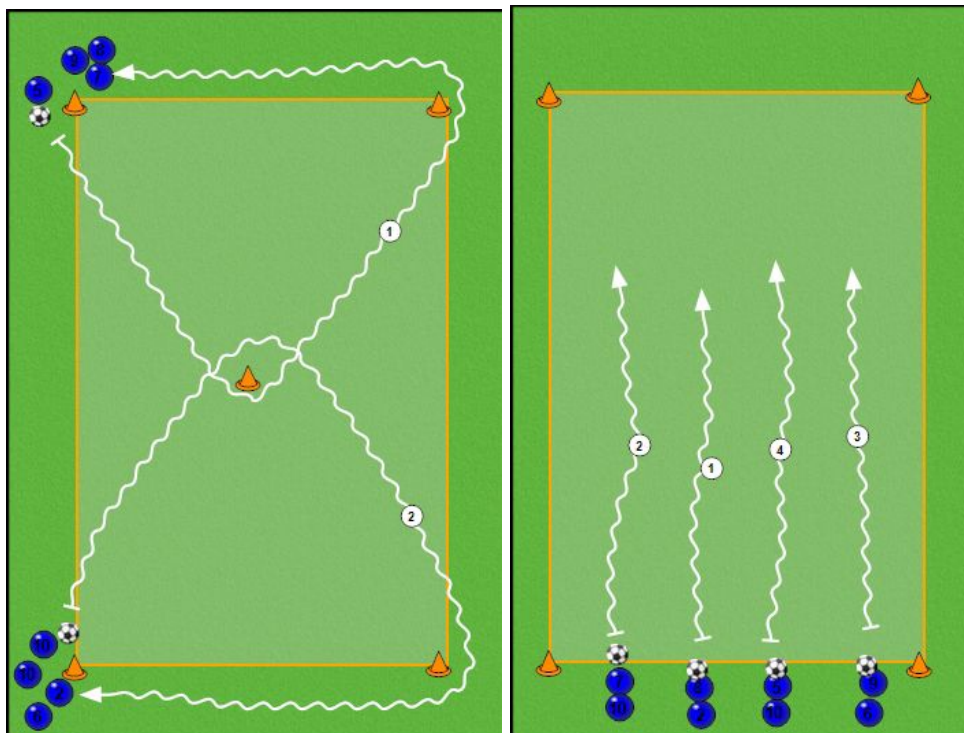
:20 - :35 Dribbling Speed and Ball Control

-- Water

:40 - :56 Games (two 8 min halves)

:58 - 1:00 **Recap Book Questions**

Dribbling Games - Emphasize Dribbling Speed with Theme



Purpose -

(1) Introduce Team Competition (2) Introduce thoughts of one on one competition within team.

Organization -

(1) Dribbling in Triangle Relay Race: Create a grid of 15 yard X 15 yard area with 4 cones, place a large cone in the middle of the grid. If you have about 8 - 10 players participating, divide them up into two teams. Each team has one ball and their objective is to dribble around outside cone - middle cone - back to first cone, then encourage next player in line to repeat. First team to have all players complete course wins. Play 3 - 4 times. **(2) Other Relay Race Activities -** you can break players up into smaller groups and have them dribble the length of the grid and back in relay race fashion.

Key Points

- Players should dribble with speed while maintaining control (reinforce Laser Beam Dribbling Tip).

Games - Try to have games going with 2 - 4 players per team, switch players on teams after the first half. At end, bring group together and review a few book questions. Keep the games and activities fun, training players is not as important as impressing the lessons of soccer socialization and play.