

HYS Practice Plan: Pre-K Week 2

Activity #1: Simon Says (10 mins)

Each player has a ball. Play Simon Says but without eliminations. (Just say "I got you" or something when you trick a player.)

- Make it fun. Add in goofy things like put the ball on your head, lay down, dance, etc
- Work in fundamentals: roll the ball with the bottom of your foot, dribble in a circle with the outside/inside of your foot, do tic tocs, do toe taps, bounce the ball off your right thigh, etc.

Activity #2: Red Light/Green Light (10 mins)

All players have a ball and dribble in a limited space. When coach says "red light," players must stop the ball and put a foot on top of the ball. When coach says "yellow light," players must dribble very slowly. When coach says "green light," players dribble fast. Once players catch on to this game, add light of other colors and affix different actions to them (i.e., blue light = go in reverse, orange light = get on all fours and push the ball with your head, purple light = juggle the ball on your thigh, etc.)

Activity #3: Tunnel Ball

The parents will be standing inside the area, spread apart from one another with their legs together. The kids will be next to you and on your command will dribble their soccer ball in and out of their parents are. When you shout "Tunnel Ball" the parents will open their legs wide and the young players have to kick (pass -inside of foot) the ball through the legs of the adults. The kids should then retrieve their ball and continue to dribble.

Variations: A nice little progression for this game can be to get the kids to crawl through the adult's legs after they have kicked their ball through. Kids love getting dirty and being mischievous and this will add a little fun to the game.

Activity #4 : Get out of Here

Have the kids dribble the ball over to you and then pass it to you. The coach should kick the ball away and say "Get out of here". The kids run after it and then dribble back to you.

Coaching Questions: How do we pass the ball? How do we dribble the ball back?

Alternatives: Fill the Cones, Ouch, Animal Hunt

