



Pre-K/K Week 9

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

The Cats in the Hat vs Things 1 & 2 (10 mins)

Organization: Select 2 players to start as Thing 1 & 2; they do not need a soccer ball & can only hop around the field. The rest of the players start at 1 end line, all with a ball. They are Cats in Hats. The Cats try to dribble their soccer ball from 1 end of the field to the other without getting tagged by Things 1 or 2. After 3 Intervals, challenge the players to get back and forth across the space as many times as they can in 30 seconds or up to one minute. Adjust the number of intervals as needed.

Rules: Players begin dribbling as soon as the coach says "Let's Have Fun!" and they stop once at the other side. The coach repeats the command. If a Cat gets tagged, they become a Thing also (or can switch roles with Things).



Tiggers vs Rabbits (10 mins)

Organization: In a 15Wx20L grid, Tiggers start without a soccer ball & can only hop/skip to avoid getting hit. The Rabbits start with a ball, can dribble & try to pass their ball to hit the Tiggers below their knees. (simply switch the roles of the players from Cats in Hats). Coach can start as Tiggers or select up to 1/2 the team to be Tiggers.

Rules: Players begin dribbling as soon as the first Tigger makes one hop. Rabbits get 10,000 pts for every Tigger they can hit. Each round, switch who are the Rabbits and who are the Tiggers.



Good Minions vs Evil Minions (10 mins)

Organization: In a 15Wx20L grid, 2 teams-1 team of Good Minions; without a soccer ball & 1 team of Evil Minions; with soccer balls. Evil Minions try to dribble the soccer ball and zap the Good Minions by tagging them. Good Minions try not to get tagged.

Rules: Players begin as soon as the first Evil Minion starts to dribble. If an Evil Minion tags a Good Minion, the Evil becomes Good and the good becomes Evil. The new Evil Minion gets a soccer ball. Who are the Good Minions at the end of the interval?



Bulldogs vs Dog Catchers

Organization: In a 15Wx20L grid, with a 5 yard zone in the middle & 2 goals on 1 end line: divide the players into 2 teams; Bulldogs vs Dog Catchers. Coach stands between the goals with all the soccer balls. One team starts on the coach's right the other on his left. Coach plays a ball onto the field. 1 player from each team chases it. Whoever gets it tries to score in either goal..

Rules: Game starts when the coach passes a ball onto the field. Score with feet.

