



Bantams Week 1 CYA

Category: *CoVID-19 (Social Distancing)

Difficulty: Beginner | Start Time: 19-Sep-2020 00:05h

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Individual-Young Member

Description

Simon Says (10 mins)

Organization:

- 15x15 area.
- Every player with a ball.

Instructions:

- Players find space and position themselves to see coach.
- Coach shows a skill or movement and says, "Simon Says"
- When players hear the phrase, they attempt to mimic coach's actions.

Coaching Points:

Kids are having fun and being worked with

Progressions:

- Small touches, tic - tocs
- Dribble Fast
- Dribble Slow
- Stop the ball
- Toe taps on ball, Scizzor, Stepmover



Gates Game (10 mins)

Set Up: 15x15yd area

Coach/Coaches have legs open as a goal for players to shoot their ball through to score. Goals can be scored from both sides of coach. Coach Should move around grid to keep players moving with ball.

Organization:

Play 3 rounds adding in a coaching point in between rounds to help your players find succes with dribbling under control and striking the ball.

Coaching Points:

- Picking head up on dribble to see where goal is.
- Use all surfaces of feet to keep close control on the dribble.
- Emphasis on striking ball with laces (toe down, ankle locked)
- Say No To The Toe!



Get Out of My Yard! (10 mins)

Organization:

Get Out of My Yard is an energetic and fun way to allow the players to try and score on a goal. While players are working on their kicking and dribbling skills they must also be aware of the field and work to maneuver through others to get to the other side of the field. As bulldogs (Coaches) are trying to keep them from scoring.

Instructions: Demonstrate how to dribble to the other side of the yard past the bull dogs without getting your ball (i.e., chew toy) taken. Then demonstrate what happens if your ball is stolen by a bull dog.

- The players start to dribble across the Yard when the Bulldog shouts, "Get out of my yard!"
- The Bulldog(s) try to hit the players ball before they can score in the goal. Players may shield their ball from the Bulldogs ball coming at them.
- If a player's soccer ball is hit, that player becomes a Bulldog and



helps the Coach get the other players' balls.

-The last player to score is the winner and becomes the bulldog in the next round.

-If necessary, rotate so that each player gets a chance to be the Bulldog.

-After each player has had a chance to be the Bulldog, the Coaches attempts to dribble across to score a goal while the players try to hit the Coach's ball.

Coaching Points: Head up using all surfaces of foot while dribbling. Close control. Laces to shoot (toe down ankle locked)