

## Week 1 Lets Play

**Come along with the Soccer Zoo gang as they search out to play a soccer game for pure fun. Follow Eric Impala and Champion Cheetah as they figure out what is needed to play a soccer game. "Let's Play" introduces several pre-operational topics to children such as basic equipment, game strategy, and expectations when playing soccer for fun.**

### **Session Schedule - focus on individual ball control**

:00 - :08 Read Lets Play  
:08 - :15 Aerobic Soccer Training (Basic)  
-- Water  
:20 - :35 Dribble Games  
-- Water  
:40 - :56 Games (two 8 min halves)  
:58 - 1:00 **Recap book questions**

## Dribble Games

### Purpose

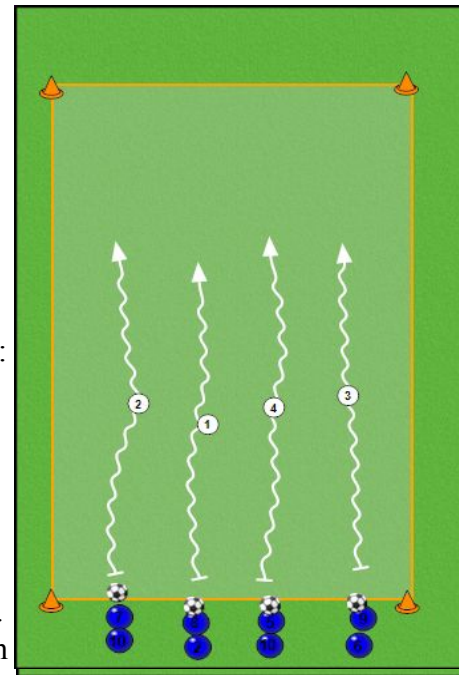
(1) To improve ability for players to control the ball while moving forward. (2) maintain close control

### Organization

(1) Race: Divide players into teams of two or three. Position each team in single file facing a destination 20 yards away. Give each team about 2 yards in between. Each team uses one ball. (2) Race Defenders: add two defenders and give each player a ball.

### Procedure

1. On command the first player in the line dribbles at top speed.
2. On return to the starting line, he or she exchanges the ball with the second player in line, who in turn dribbles.
3. Continue until all players have dribbled twice. The team completing in the shortest time wins the race.
4. Award 10 points to the first-place team, 8 points to the second-place team, and 6 points to the third-place team. Repeat the race several times. The first team to total 60 points wins.



### Key Points

- Players should always maintain close control of the ball.
- Players should keep their heads up with vision on the field.

### Variations

- Reduce or increase the distance.
- Increase the number of defenders.

**Games - Try to have two games going with 2 - 4 players per team, switch teams playing after the first half. At end, please bring group together at the end 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.**