

Week 2 Silky's Game

Come to training with the Soccer Zoo gang as they learn some important lessons at practice. See how Silky Salamander works on his soccer skills and interacts with his coach and teammates during practice sessions.

"Silky's Game" introduces several pre-operational topics to children such as ball control, teamwork, and positive attitudes needed by soccer players to develop their game.

Session Schedule - focus on personal ball control

:00 - :08 Read 'Silky's Game'

:08 - :15 Aerobic Soccer Training (Basic)

-- Water

:20 - :35 Dribble Games

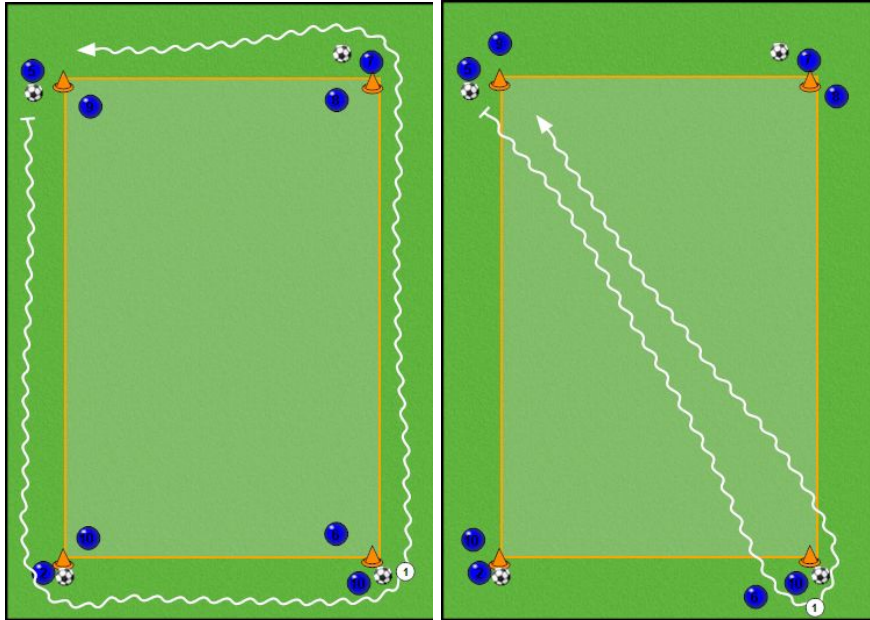
-- Water

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

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

Games - Try to have games going with 2 - 4 players per team, switch teams playing after the first half. At end, 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.

Dribbling Games - Only Skill to Emphasize with Theme



Purpose -

(1) Introduce thoughts of what happens before practice begins (2) Introduce understanding of importance of ball control (3) Identify group pressure and its positive and negative effects.

Organization -

(1) Race: Set up 4 large cones in a 10 yard X 15 yard grid area. You can use up to 8 players per grid. Divide players into small groups of two and put them on one cone in the rectangular grid.
(2) Instead of going around the rectangle, now direct player to dribble across rectangle to opposite cone and back.

Procedure

1. On command the first player in the group dribbles at top speed around the rectangle.
2. On return to the starting cone, he or she exchanges the ball with the second player, who in turn dribbles around the rectangle.
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. First team to total 30 points wins.

Key Points

- Players should always maintain close control of the ball (Laser Beam Dribbling Tip).