

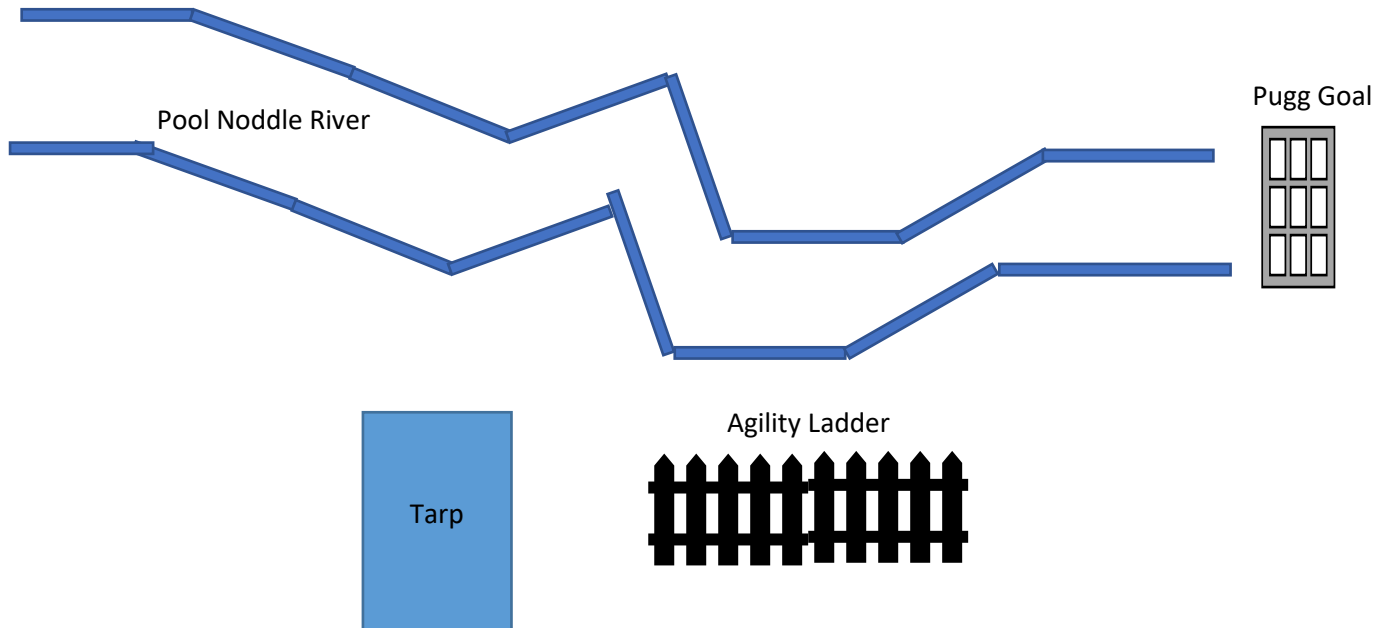
Tot/Preschool Soccer – Ages 3-5

Noodle River

Purpose: Dribbling, ball control, shooting

Equipment: 12 pool noodles, soccer goal, colored disks, soccer ball/kid, ladder, small colored spots, obstacles

Set Up: Put noodles end to end in a zig-zag pattern to create a windy river. Put the soccer goal at the end of the river. Place the colored spots in a horizontal line on the far side of the river to mark the starting line. Make sure the noodles are jagged enough so a kid can't dribble straight down to the hoop. Put an agility ladder and other jungle obstacles to the side of the river for the kids to climb (march) up back to their spot.



Execution:

1. Have all kids stand on their colored spot starting.
2. Round 1 – GO AS A GROUP – have all players follow the coach down the windy river, staying inside the pool noodles, then back on the obstacles.
3. Round 2 – one player at a time (no dribbling). Place the ball in front of the goal. Call the players name and have them run down the river and kick the ball in the net. Then take the obstacles back up the river to the starting spot. Have each player go through once
4. Round 3 – one player at a time with dribbling. Now the coach places the ball at the start of the river and the player must dribble the ball down the river to the goal. When they get close they shoot the ball in the net to score a goal. Make sure the ball stays inside of the river....
5. Focus on using both keep and body positioning to move the ball towards your target.
6. Coaches need to keep things moving quickly for this game. Call the next player once the player in front has a 1 noodle head start.
7. Repeat as time permits
8. For older kids, put down disks and cones as rapids and twigs that the players must maneuver around while dribbling down the river.