

Week 7 Escape Pressure

OBJECTIVE | Learn how to protect the ball while turning

COACHING POINTS

1. Little touches, Soft touches
2. Protect the ball with your shield
3. Dribble away from friends

GUIDED QUESTIONS

1. Should I take little touches or big touches?
2. How do you hold a shield?
3. How fast should I go to get away from my friend?

KEY WORDS

Keep it close, Hold you shield, Fast as you can




PLAYER ACTIONS

Escape Pressure

TECHNICAL TOOLS

Block 1: Shield

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



3 v 3

4 v 4

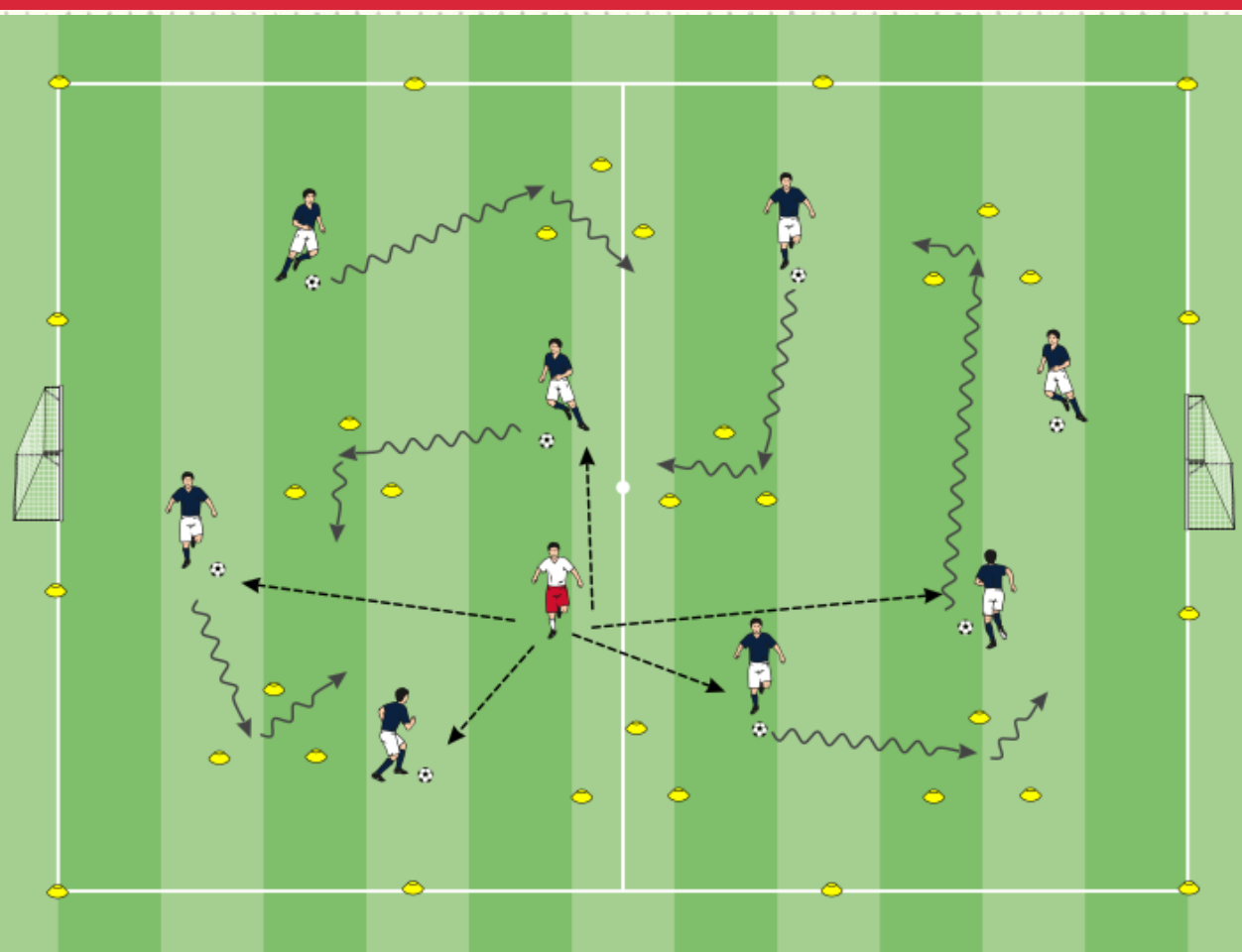
Play to discover

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Escape Pressure
Block 1

FUN GAME 1 DOG PARK



AREA

15 x 20 yards, Small triangles of cones

DESCRIPTION

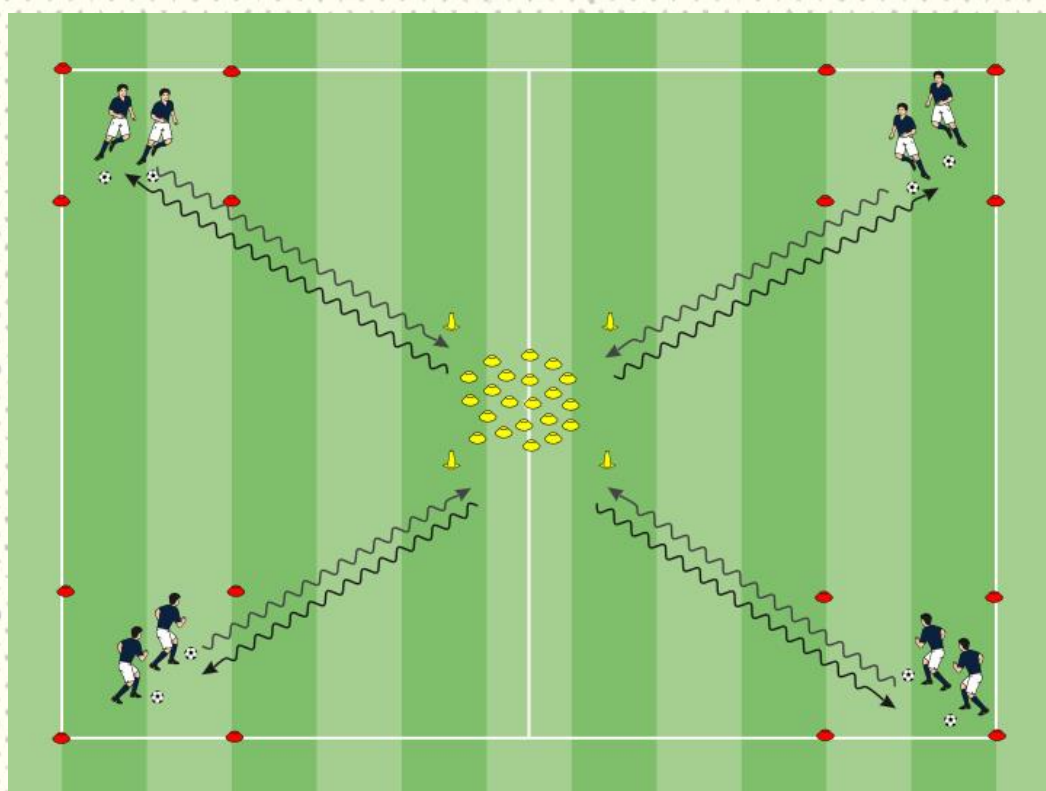
Coach is the dog catcher and players are walking their favorite dog, ask the players if they have a dog, what type it is. Keep dog on a tight leash! 1 point for every time you go through the dog park (yellow triangle) making sure to give your dog a treat! Coach should chase the dogs and if they catch one, they become a dog catcher too. Introduce a pull back move to practice when getting to a dog park.

MORE CHALLENGING

Add more dog catchers. After 3 points try to score on goal.

PRE-K CHANGE OF DIRECTION WEEK 7

FUN GAME 2 PIRATES BOOTY



AREA

15 x 20 yards, 5 yard squares

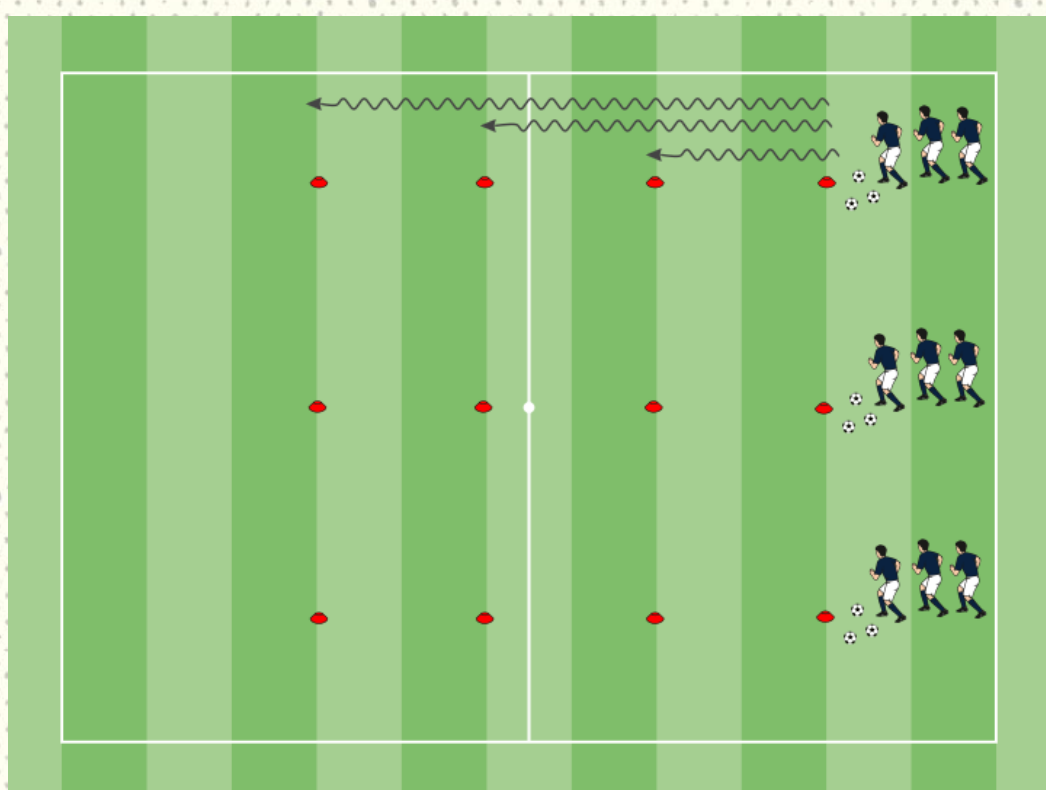
DESCRIPTION

Pirates love gold! On the “Shiver me timbers” command, 1 player from each team dribbles their ball into the middle stopping with a squish. Pick up a piece of treasure and bring it back by dribbling ball and squishing back on your ship. Keep playing until there are no treasures left. The pirates should count their booty! Use step on turn to change direction

MORE CHALLENGING

Steal some treasure, players can now steal treasure from other ships!

FUN GAME 3 REVS RELAY



AREA

15 x 20 yards, cones placed 5 yards apart as shown.

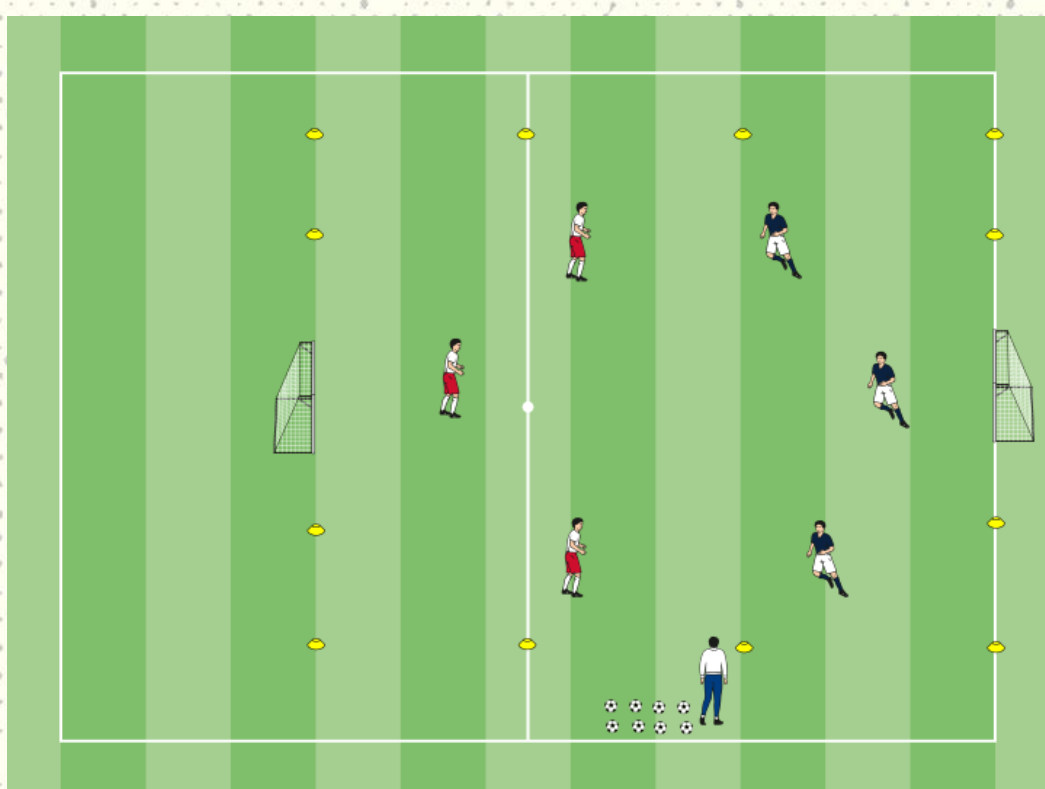
DESCRIPTION

On “Go” the first player in the group dribbles the first ball to one of the 3 cones and runs back to front of line. They repeat until all 3 balls are next to all 3 cones. The next person in line dribbles all 3 balls back 1 at a time. Repeat this process for set number of times. Change of the order of players, give points for team finishing first. Use change of direction move.

MORE CHALLENGING

Dribble ball there and back 3 times!

GAME 3v3 / 4v4



AREA

20 x 30 / 15 x 20 yard field based on numbers

DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.