



# BartlesvilleSoccer.Org



## Training Session (3)

**Team:** U5 Group (2012's)

**Duration:** 1 hr.

**Age Group Leader:** J. Marshall

**Topic:** Change of Direction (1)

Time	Activity & Description	Coaching Points	Field Layout
5 mins	<p><b>Whole Group Ball Mastery: (Warm-up)</b></p> <ul style="list-style-type: none"> <li>- All players with a ball, arms length apart, where they can see instructor</li> <li>- On coach's command, players try to touch the ball as many times as possible while doing a specific ball mastery skill.</li> </ul> <p><b>Ball Mastery Skills:</b> Toe Touches, Foundation (inside/inside), Drag/Drag, Pull/Push, V's, etc...</p>	<ul style="list-style-type: none"> <li>• Coaches walk around teaching and correcting technique.</li> <li>• During this time players get split into groups</li> </ul> <p><b>Coaches:</b> All</p>	Open space
10 Mins.	<p><b>Station 1 : Gates (part II)</b></p> <ul style="list-style-type: none"> <li>- All players with a soccer ball</li> <li>- Coach teaches players how to perform a 'Pull Back' (turning 180 degrees with the ball, looking at it and protecting it).</li> <li>- Players then try to get to as many gates as possible. When players get to the gate they perform the new move.</li> </ul> <p><b>Progress to:</b> (1) Players perform the move (2x) at each gate. (2) Players learn other change of direction moves (inside of foot cut, outside of foot cut, whip)</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Eyes up to see around you</li> <li>• Look for the open gate</li> </ul> <p><b>Coaches:</b></p>	<pre> ^ ^      ^      ^       ^      ^      ^^ ^  ^       ^^      ^  ^                     </pre>
10 Mins.	<p><b>Station 2: Ball Retrieval "Fetch" (Body Awareness Exercise)</b></p> <ul style="list-style-type: none"> <li>- All players with a ball.</li> <li>- Coach instructs all players to bring the ball back with their feet.</li> <li>- Players bring the ball back to the coach who then repeats the process using a different body part.</li> <li>- Coach moves around the grid while the players bring the ball back to his/her feet.</li> </ul> <p><b>Progress to:</b> Foot (top, bottom, side, heel), Knees, Stomach, Head, Ear, Bottom, Shin, Toe, Elbow, Eye, Nose, Heel, ect...</p>	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Focus</li> </ul> <p><b>Coaches:</b></p>	Grid or Circle

10 Mins.	<p><b>Station 3: 1v1 Races (Competition Game)</b></p> <ul style="list-style-type: none"> <li>- Players form 2 single file lines that will compete against each other.</li> <li>- On coaches command players race from the starting line to the coach.</li> <li>-</li> </ul> <p><b>Progress To:</b> (1) Players start race on their Knees with hands up in the air. Players CANNOT use their arms or hands to get up. (2) Players start Chris Cross Apple Sauce (3) With legs straight out (4) on their stomachs.</p> <p><b>Progress to:</b> If a player uses their hands or arms to get up they must complete a 360 degree turn on the run to the coach. If all is completed start over and add a ball (players must stop the ball at the coach).</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Protect your ball by keeping your body between the ball and the opposition.</li> <li>• Eyes up</li> </ul> <p><b>Coaches:</b></p>	<p>Circle or Grid</p> <p>(adjust circle throughout the game if needed: larger to smaller)</p>
10 Mins.	<p><b>Station 4: 3v3 w/pugg goals (Directional Game)</b></p> <ul style="list-style-type: none"> <li>- Teams play 3v3.</li> <li>- If the ball goes out a coach or volunteer plays a new ball in.</li> </ul> <p><b>*** Coaches Tips</b></p> <ul style="list-style-type: none"> <li>- Play the ball into the player who touches it least OR into a space on the field without any players.</li> <li>- Get 4 volunteers to collect soccer balls as the go out of bounds to pass to the Coach.</li> <li>- Coach always plays the ball in to avoid confusion.</li> </ul>	<ul style="list-style-type: none"> <li>• Learning which direction to go to score goals and which goal to protect.</li> <li>• After a goal is scored. The ball</li> <li>• No Throw ins or Goal Kicks</li> </ul> <p><b>Coaches:</b></p>	<p>Full Field w/Pugg Goals</p>
	<p><b>IF ALL ELSE FAILS, Play OUCH!</b></p> <p>Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she gets hit.</p>	<ul style="list-style-type: none"> <li>• Distance from Target (too close or too far)</li> <li>• Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot.</li> </ul>	<p>Circle or Grid</p>
5 Mins.	<p><b>Cool Down:</b></p> <ul style="list-style-type: none"> <li>- Players end by picking up as many cones as possible. "Who can get the most cones?" Players sort them by size and color.</li> <li>- All hands in and everyone says "<b>1,2,3, I Love Soccer!</b>"</li> </ul>	<p><b>Coaches:</b> All</p>	

**“CONTROL the ball, don't let the ball CONTROL you”**