

Duration: 1 hr.

Team: U5 Group (2012's)

BartlesvilleSoccer.Org

Age Group Leader: J. Marshall



Training Session (8)

Topic: Dribbling & Agility

Activity & Description Coaching Points Field Layout Time Whole Group Ball Mastery: (Warm-up) Coaches walk around teaching and All players with a ball, arms length apart, where they can see instructor correcting technique. On coach's command, players try to touch the ball as many times as During this time players get split into ٠ 5 mins Open space possible while doing a specific ball mastery skill. groups Ball Mastery Skills: Toe Touches, Foundation (inside/inside), Drag/Drag, Coaches: All Pull/Push, V's, etc... Station 1 : Sharks & Frozen Minnows (Dribbling, Agility & Vision) All players on the field without a ball Coach has soccer ball and tries to pass the ball into the players feet. Eves Up Grid with a small If a player is hit, that player must lay down and can only get back up once Keep the ball close square in the 10 Mins. a teammate has jumped over that players legs. Using the laces . center of the grid **If the game is taking too long, make the grid smaller. Coaches: Progress to: (1) Let a player pass the ball into other kids (2) Have all players with a soccer ball dribbling Station 2: Bulldog (Directional Game) All players with a soccer ball stand on one endline of the field. ۸ Goal Λ Keep the ball close Coach (the bulldog) stands in the middle of the field without a soccer ball. Eyes up to see what is around you When coach says go, the players with soccer balls try to dribble to the Dribble away from the Bulldog (pressure) other end of the field. Players 10 Mins. If the bulldog steals the soccer ball he/she then tries to score in one of End start the two goals located on the sideline. If the bulldog does not score the player who's ball was stolen gets a free pass to the endline. ۸ Goal Λ If the bulldog scores, the player who lost the ball then becomes the Coaches: bulldog. Game ends when everyone is a bulldog

	Station 3: Blog (Tag & Agility Game)		
10 Mins.	 2 players without the soccer ball (these players are the blob) All other players try to stay away from the blob If a player is tagged by the blob, they become part of the blob by holding hands with a player in the blob. 	 Eyes up to see what's around you Change of speed Teamwork through communication 	Full field
	 Progress To: (1) Non blob players have to dribble a soccer ball while keeping away from the blob. (2) make the field space smaller. 	Coaches:	
	Station 4: 3v3 w/pugg goals (Directional Game)		
10 Mins.	 Teams play 3v3. If the ball goes out a coach or volunteer plays a new ball in. *** Coaches Tips Play the ball into the player who touches it least OR into a space on the field without any players. Get 4 volunteers to collect soccer balls as the go out of bounds to pass to the Coach. Coach always plays the ball in to avoid confusion. 	 Learning which direction to go to score goals and which goal to protect. After a goal is scored. The ball No Throw ins or Goal Kicks 	Full Field w/Pugg Goals
	IF ALL ELSE FAILS, Play OUCH! Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she gets hit.	 Distance from Target (too close or too far) Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot. 	Circle or Grid
5 Mins.	 Cool Down: Players end by picking up as many cones as possible. "Who can get the most cones?" Players sort them by size and color. All hands in and everyone says "1,2,3, I Love Soccer!" 	Coaches: All	

"1,2,3 I Love Soccer"