## BartlesvilleSoccer.Org

## Training Session (8)

Team: U5 Group (2012's)
Duration: 1 hr .
Age Group Leader: J. Marshall
Topic: Dribbling \& Agility

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


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

## "1,2,3 I Love Soccer"

