



# BartlesvilleSoccer.Org



## Training Session (6)

Team: U5 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Listening (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
8 Mins.	<p><b>Station 1: 3 Silly Soccer Simon Says (Listening &amp; following directions Game)</b></p> <ul style="list-style-type: none"> <li>- All players with a ball.</li> <li>- Coach instructs players using the term "Simon Say to ____"</li> <li>- Start out with</li> <li>- If coach says "do ____" without saying "Simon Says" first they must do 3 toe touches as a consequence.</li> </ul> <p><b>Simon Says to:</b> Jump like a Kangaroo, Fly like an airplane, Dribble to a specific colored cone, dribble to a cone and do a pull back, score a goal, I'm a Star, Sit on your ball, move the ball in figure 8 between legs, hop on 1 foot, hop like a frog etc... BE CREATIVE AND HAVE FUN</p>	<ul style="list-style-type: none"> <li>• Listening skills</li> <li>•</li> </ul> <p><b>Coaches:</b></p>	Rectangular Grid
8 Mins.	<p><b>Station 2: Freeze Tag (Tag Game)</b></p> <ul style="list-style-type: none"> <li>- All soccer balls touching each other on the sideline</li> <li>- All players start playing Freeze Tag without soccer balls</li> <li>- When a player is frozen they must stand with their legs spread apart and become unfroze when a teammate crawls through their legs.</li> <li>- Players then get their soccer balls and Coach plays tag against players using his/her soccer ball to freeze players.</li> <li>- Players are froze with the tagger's soccer ball strikes the players soccer ball.</li> <li>- Frozen players stand with legs spread apart and teammates must pass their soccer ball through their legs to unfreeze them.</li> </ul>	<ul style="list-style-type: none"> <li>• Eyes Up</li> <li>• Keep the ball close</li> <li>• Passing accuracy.</li> </ul> <p><b>Coaches:</b></p>	Rectangular Gird

8 Mins.	<p><b>Station 3: Red Light Green Light (2 coaches)</b></p> <ul style="list-style-type: none"> <li>- All players with a soccer ball.</li> <li>- Players dribble from one end of the rectangle to the other.</li> <li>- When coach calls out “Red Light”, all player must stop with their foot on top of the ball.</li> <li>- If coach turns around and the player has not stopped, that player must go back to the starting point.</li> </ul> <p><b>Progress to:</b></p> <ul style="list-style-type: none"> <li>- Add a Disc Cone in the center of the grid with 1 coach on each end of the grid.</li> <li>- Coaches on each side of the grid take turns doing red light green light and players must turn and go towards the coach who is instructing them.</li> <li>- Make sure the coaches do not just take turns back and forth, but mix it up in a random order.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the Soccer ball close.</li> <li>• Eyes up “Sneak a Peak” so not to hit anyone</li> <li>• Listening Skills</li> </ul> <p><b>Coaches:</b> 2 coaches</p>	<p><b>Rectangular Grid</b></p> <p>Coach</p> <p>Cone</p> <p>Coach</p>
20 Mins.	<p><b>Station 4: 3v3 w/pugg goals</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>*** Coaches Tip – Play the ball into the player who touches it least OR into a space on the field without any players.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Eyes up</li> <li>• Dribble away from the crowd to get to the goal.</li> </ul>	<p>Full Field</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 got hit.</p>	<ul style="list-style-type: none"> <li>• Keep the Soccer ball close.</li> <li>• Eyes up</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>	

**1,2,3 “I LOVE SOCCER!”**