



BartlesvilleSoccer.Org



Training Session (1)

Team: U5 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Dribbling (1)

Time	Activity & Description	Coaching Points	Field Layout
8 Mins.	<p>Station 1 : Gates</p> <ul style="list-style-type: none"> - All players with a soccer ball - On coaches command, players try to get through as many gates as possible without a soccer ball. "how many gates did you get through"? - Players repeat going through the gates while dribbling the soccer ball. "How many gates did you get through?" - Challenge them to beat their old score - Progress to: (1) Players cannot go through the same gate back to back. (2) Players must perform a task once in the age (toe touches, foundation, pull backs, etc...) 	<ul style="list-style-type: none"> • Keep the ball close • Eyes up to see around you • Look for the open gate <p>Coaches:</p>	<pre> ^^ ^ ^ ^ ^ ^^ ^ ^ ^^ ^ ^ </pre>
8 Mins.	<p>Station 2: 3 Coach Says</p> <ul style="list-style-type: none"> - All players with a ball. - On coaches command players start dribbling in the space. - Players stop the ball using whatever body part the coach calls out. <p>Progress to: Foot, Knee, Stomach, Head, Ear, Bottom, Shin, Toe, Elbow, Eye, Nose, ect...</p>	<ul style="list-style-type: none"> • Keep the ball close so you can be ready to stop the ball • Eyes up so you don't run into anyone <p>Coaches:</p>	Grid or Circle
8 Mins.	<p>Station 3: Sharks & Minnows</p> <ul style="list-style-type: none"> - All players with a soccer ball - Players try to dribble from one end of the rectangle to the other. - (2) Sharks try to steal their soccer balls and pass them out of the grid. - If a player gets their soccer ball knocked out, they become a shark. - Players try to score by dribbling though the goal with their 	<ul style="list-style-type: none"> • Good Shooting Technique • Toe Balls do not count <p>Coaches:</p>	Rectangular Gird

8 Mins.	<p>Station 4: Red Light Green Light</p> <ul style="list-style-type: none"> - All players with a soccer ball. - Players dribble from one end of the rectangle to the other. - When coach calls out “Red Light”, all player must stop with their foot on top of the ball. - If coach turns around and the player has not stopped, that player must go back to the starting point. 	<ul style="list-style-type: none"> • Keep the Soccer ball close. • Eyes up “Sneak a Peak” so not to hit anyone <p>Coaches:</p>	Rectangular Grid
	<p>IF ALL ELSE FAILS, Play OUCH!</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"> • Keep the Soccer ball close. • Eyes up • 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
20 Mins.	<p>End Game: 3v3 w/pugg goals</p> <ul style="list-style-type: none"> - Teams play 3v3. - If the ball goes out a coach or volunteer plays a new ball in. <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"> • Keep the ball close • Eyes up • Dribble away from the crowd to get to the goal. 	Full Field

Encourage “ball manipulation” and Discourage just “kicking the ball”