



BartlesvilleSoccer.Org



Training Session (2)

Team: U5 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Dribbling (2)

Time	Activity & Description	Coaching Points	Field Layout
5 mins	<p>Whole Group Ball Mastery: (Warm-up)</p> <ul style="list-style-type: none"> - All players with a ball, arms length apart, where they can see instructor - On coach's command, players try to touch the ball as many times as possible while doing a specific ball mastery skill. <p>Ball Mastery Skills: Toe Touches, Foundation (inside/inside), Drag/Drag, Pull/Push, V's, etc...</p>	<ul style="list-style-type: none"> • Coaches walk around teaching and correcting technique. • During this time players get split into groups <p>Coaches: All</p>	Open space
10 Mins.	<p>Station 1 : Eggs in the Nest (Technical Activity)</p> <ul style="list-style-type: none"> - Soccer balls "eggs" are all in the center of the grid "nest". Players are spaced out evenly around the center "nest" with their own "nest". - On coach's command, players race to the center "nest" and steal as many "eggs" as possible by bring them back to their personal "nest". - Progress to: (1) Players must only use their feet (2) only 1 egg at a time (3) Use only the top of the foot "Laces" (4) Use only the bottom of the foot "Sole" to bring ball back (5) Use only R or L foot 	<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> ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ Center Nest ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ </pre>
10 Mins.	<p>Station 2: 3 Lightning Fast (Body Awareness Exercise)</p> <ul style="list-style-type: none"> - All players with a ball. - On coaches command players start dribbling in the space. - Coach then calls out a number (1-2-3-4-5-ect..) - Players then stop the ball and try to touch the ball with as many different body parts as the number that was called out. <p>Progress to: Foot (top, bottom), Knee, Stomach, Head, Ear, Bottom, Shin, Toe, Elbow, Eye, Nose, Heel, 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

10 Mins.	<p>Station 3: Knock Out (Competition Game)</p> <ul style="list-style-type: none"> - All players with a soccer ball - On coach's command, players dribble around the circle trying to "knock" the other player's soccer balls "out" of the circle/grid. - If a player can catch their soccer ball before it stops rolling, that player jumps back in the circle with their ball to continue the game. - If the ball stops before the player catches it, they must perform an exercise before returning to the game <p>Consequence Exercises: 3-5 Toe Taps, Foundations, I'm A Stars, Donkey kicks, Jumping Jacks, etc...</p>	<ul style="list-style-type: none"> • Keep the ball close • Protect your ball by keeping your body between the ball and the opposition. • Eyes up <p>Coaches:</p>	<p>Circle or Grid</p> <p>(adjust circle throughout the game if needed: larger to smaller)</p>
10 Mins.	<p>Station 4: 3v3 w/pugg goals (Directional Game)</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 Tips</p> <ul style="list-style-type: none"> - 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 they go out of bounds to pass to the Coach. - Coach always plays the ball in to avoid confusion. 	<ul style="list-style-type: none"> • 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 <p>Coaches:</p>	<p>Full Field w/Pugg Goals</p>
	<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"> • 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. 	<p>Circle or Grid</p>
5 Mins.	<p>Cool Down:</p> <ul style="list-style-type: none"> - 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!" 	<p>Coaches: All</p>	

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