



BartlesvilleSoccer.Org



Training Session (5)

Team: U5 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Dribbling

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 : Cops & Robbers (Technical)</p> <ul style="list-style-type: none"> - All players (except 2) with a soccer ball around the outside of the defined space. - One coach's command, players with soccer ball (robbers) try to knock down as many soccer balls off the disc cones as possible by passing or dribbling the ball into the soccer ball on the cone. - Players with out soccer balls (Cops) try to put the soccer balls back on the cones. (if using non disc cones, players just set cones back up) - Game is over when all soccer balls are knocked off the disc cones. - Once game is over, new Cops are selected. <p>Progress to: (1) players must pass the soccer ball from a distance to knock down the cones.</p>	<ul style="list-style-type: none"> • Passing technique (inside of the foot) • "turn your toe out and strike the ball with the inside of the foot. • Eyes Up • Keep the ball close <p>Coaches:</p>	Defined Space (grid/circle). Inside the space, disc cones with soccer balls on top are space out or large non disc cones can be used.
10 Mins.	<p>Station 2: Driving School (Technical & Following Direction)</p> <ul style="list-style-type: none"> - All players with a soccer ball. - Players dribble the soccer ball in a defined space. - Coach says "Red Light" and players must stop. "Yellow Light" means to dribble slow. - Cones indicate parking spots. Coach says "park your car" and players must park at a cone. Only one player per parking spot <p>Progress to: Coach says "fill with gas" – players do toe touches. Use colored Training tops instead of speaking commands.</p>	<ul style="list-style-type: none"> • Keep the ball close • Listen to verbal cues • Eyes up to see what is around you <p>Coaches:</p>	Grid or Circle

10 Mins.	<p>Station 3: 1v1 race to goal (Competition Game)</p> <ul style="list-style-type: none"> - Players form 2 single file lines that will compete against each other. - All players with a soccer ball - On coach's command, the first player in line 1 dribbles as fast as he/she can towards the goal and tries to score on either of the 2 goals. - After line 1 scores, then the players on line 2 get to go. <p>Progress To: (1) line 1 competes against line 2 to see which line scores the most goals. (2) Players compete starting on the ground (chris cross apple sauce, legs straight out, on their knees, on their stomachs (can't use arms or hands to get up). (3) Coach stands in front of 1 of the 2 goals. Players must find the open goal to score on. (4) After a player from line 1 scores or shoots on one goal, he/she then tries to stop a player from line 2 from scoring.</p>	<ul style="list-style-type: none"> • Keep the ball close • Use your laces to push the ball forward when dribbling. • Hit the ball hard with your laces when they are close to the goal. • Toe down • Eyes up "sneak a peek to see what is around you" <p>Coaches:</p>	<p>Line 1 Line 2</p> <p>-----</p> <p>Goal Goal</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 the 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 gets 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>	

"The Ball is your Buddy, Keep your Buddy close"