



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>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
8 Mins.	<p>Station 1: 3 Silly Soccer Simon Says (Listening & following directions Game)</p> <ul style="list-style-type: none"> - All players with a ball. - Coach instructs players using the term "Simon Say to ____" - Start out with - If coach says "do ____" without saying "Simon Says" first they must do 3 toe touches as a consequence. <p>Simon Says to: 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"> • Listening skills • <p>Coaches:</p>	Rectangular Grid
8 Mins.	<p>Station 2: Freeze Tag (Tag Game)</p> <ul style="list-style-type: none"> - All soccer balls touching each other on the sideline - All players start playing Freeze Tag without soccer balls - When a player is frozen they must stand with their legs spread apart and become unfroze when a teammate crawls through their legs. - Players then get their soccer balls and Coach plays tag against players using his/her soccer ball to freeze players. - Players are froze with the tagger's soccer ball strikes the players soccer ball. - Frozen players stand with legs spread apart and teammates must pass their soccer ball through their legs to unfreeze them. 	<ul style="list-style-type: none"> • Eyes Up • Keep the ball close • Passing accuracy. <p>Coaches:</p>	Rectangular Gird

8 Mins.	<p>Station 3: Red Light Green Light (2 coaches)</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. <p>Progress to:</p> <ul style="list-style-type: none"> - Add a Disc Cone in the center of the grid with 1 coach on each end of the grid. - 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. - Make sure the coaches do not just take turns back and forth, but mix it up in a random order. 	<ul style="list-style-type: none"> • Keep the Soccer ball close. • Eyes up “Sneak a Peak” so not to hit anyone • Listening Skills <p>Coaches: 2 coaches</p>	<p>Rectangular Grid</p> <p>Coach</p> <p>Cone</p> <p>Coach</p>
20 Mins.	<p>Station 4: 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. 	<p>Full Field</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"> • 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. 	<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>	

1,2,3 “I LOVE SOCCER!”