



BartlesvilleSoccer.Org



Training Session (4)

Team: U5 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Passing & 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 : Monster Marbles (Technical)</p> <ul style="list-style-type: none"> - All players with a soccer ball around the outside of the grid. - One coach's command, players try to knock down as many soccer balls off the disc cones as possible. <p>Progress to: (1) Add 2 or 3 defenders to protect the soccer balls from being knocked off the cone. (2) Players learn other change of direction moves (inside of foot cut, outside of foot cut, whip)</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. • No toe balls • Straight line <p>Coaches:</p>	Grid with disc cones with Soccer balls on top throughout the grid.
10 Mins.	<p>Station 2: "I can do this" (Body Awareness Exercise)</p> <ul style="list-style-type: none"> - All players put their soccer balls in one spot. - Coach says "I can do _____, can you do that?" Players perform what the coach does. - Ask a player "What can you do?" then everyone does that. - Let all players have a chance to show what they can do. <p>Examples: Stand on 1 foot. Jump on 1 foot. Jumping Jack. Run in Place. Fly like an airplane. Sit down and jump back up. Bear crawl. Anything else you can think of.</p> <p>BE CREATIVE!</p> <p>Progress to: Using the ball: Perform ball mastery skills (toe touches, Foundation, Throw the ball up and catch it.</p>	<ul style="list-style-type: none"> • Balance • Focus • Creativity <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. - After line 1 scores, then line 2 goes. <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>	

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