BartlesvilleSoccer.**Org**

Training Session (7)

Team: U5 Group (2012's)　　　**Duration:** 1 hr.　　　**Age Group Leader:** J. Marshall　　　**Topic:** Shooting

Time	Activity & Description	Coaching Points	Field Layout
5 mins	**Whole Group Ball Mastery: (Warm-up)** - 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. ***Ball Mastery Skills:*** Toe Touches, Foundation (inside/inside), Drag/Drag, Pull/Push, V's, etc…	• Coaches walk around teaching and correcting technique. • During this time players get split into groups **Coaches:** All	Open space
10 Mins.	**Station 1 : 3,2,1 Blast Off (Technical)** - All players in the center square - Soccer ball spread out around the playing area - Coach says "3,2,1 Blast Off!" and players run to their soccer ball then dribble to the nearest goal and shoot using their laces. ***Progress to***: (1) players must return to the grid after shooting "get back to the middle before time runs out" (2) players must shoot the ball from wherever the ball is located (3) Players must take the ball to the opposite side goal. (4) add a coach defender (force players to look up and go around the coach)	• Eyes Up (locate their ball and the goal) • Keep the ball close • Using the laces **Coaches**:	Grid with a small square in the center of the grid
10 Mins.	**Station 2: 1v1 Race to the Goal (Directional Game)** - All players with a soccer ball. - Player form 2 single file line facing each other on either end of the playing area - On coach's command, players race to meet each other in the middle of the field, give 2 handed high fives, then race back to their soccer ball. - Once they have retrieved their soccer ball they can score on either goal. **Progress to:** (1) have players back peddle after the high five.	• Keep the ball close • Use your laces to shoot • Eyes up to see what is around you • Eyes up to find the open goal **Coaches:**	^　　Goal　　^ Line A　　　Line B ^　　Goal　　^

10 Mins.	**Station 3: 1v1 Shoot then Defend (Competition Game)** - 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. *Progress To*: (1) line 1 competes against line 2 to see which line scores the most goals. (2)Coach stands in front of 1 of the 2 goals. Players must find the open goal to score on. (3) 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.	• 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 "Find the open goal" **Coaches:**	Line 1 Line 2 ------------------------ Goal Goal
10 Mins.	**Station 4: 3v3 w/pugg goals (Directional Game)** - Teams play 3v3. - If the ball goes out a coach or volunteer plays a new ball in. *** *Coaches Tips* - 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.	• 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 **Coaches:**	Full Field w/Pugg Goals
	IF ALL ELSE FAILS, Play OUCH! Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she gets hit.	• 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.	Circle or Grid
5 Mins.	**Cool Down:** - 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!"**	**Coaches:** All	

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