



BartlesvilleSoccer.Org



Training Session (2)

Team: U6 Group (2012's)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Dribbling (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, arm's 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: 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". - May need additional nest to accomidate more players - Set up into teams of 2 - 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 (6) Only 1 player can leave the nest at a time (high difficultly level) 	<ul style="list-style-type: none"> • Keep the ball close • Eyes up to see around you • Look for the open gate <p>Coaches: 1-4 coaches</p>	<pre> ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ Center Nest ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ </pre>
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. 	<ul style="list-style-type: none"> • Eyes Up • Keep the ball close • Passing accuracy. <p>Coaches: 1-2 coaches</p>	Rectangular Gird

	<ul style="list-style-type: none"> - 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. 		
8 Mins.	<p>Station 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, 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>	Rectangular Grid
8 Mins.	<p>Station 4: 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 • Eyes up (so they don't run into anyone) • Push the ball with your foot (don't just kick it away) • 	<p>Circle or Grid</p> <p>(adjust circle throughout the game if needed: larger to smaller)</p>
8 Mins.	<p>Station 5: 1v1 Race to the Middle (2 pugg goals)</p> <ul style="list-style-type: none"> - Split kids into 2 groups (one with training vest, one team without). - Players run around the cone set up between the goals and call for the ball - Coach plays ball to whoever calls for the ball first - Players score on opposing teams goals <p>*** Coaches Tip – Call out time limits if it last too long or have multiple groups going at the same time.</p>	<ul style="list-style-type: none"> • Keep the ball close • Eyes up • Dribble away from the crowd to get to the goal. <p>Coaches: 3 coaches needed</p>	<p>X X Coach X Goal ^ Goal</p> <p>Coach Full Field</p> <p>O Goal ^ Goal O Coach O</p>
8 Mins.	<p>Station 6: 3v3 w/pugg goals (2 Small fields)</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>Coaches: 2 coaches needed</p>	Full Field

	<p><i>If the activity is not working, CHANGE IT!</i></p> <p>Play OUCH!</p> <ul style="list-style-type: none"> - Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she got hit. <p>Play Head Catch</p> <ul style="list-style-type: none"> - All players stand arm's length apart with in a semi-circle around the coach. - Coach uses a soft or flat soccer ball and tells the player to either "head" or "catch" the ball. - Then coach tosses the ball to the player who must complete that task. <p>***** Coaches tip: have players do the opposite for a more challenging game and have a 3-strikes and you're out rule if the player follows the wrong instruction.</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 • _____ • Eyes open to see the ball • Strong neck to head it back • Make sure to move towards the ball, don't let it just hit you in the head • Ball should hit the forehead NO WHERE ELSE! 	Circle or Grid
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. - Split into 2 large groups and have all players put their hands in the middle and yell "1,2,3, I Love Soccer!" 	Coaches: All	

1,2,3 "I LOVE SOCCER!"