## BartlesvilleSoccer.Org

Training Session (1)
Team: U6 Group (2012's)
Duration: 1 hr .
Age Group Leader: J. Marshall
Topic: Listening (1)

| Time | Activity \& Description | Coaching Points | Field Layout |
| :---: | :---: | :---: | :---: |
| 5 mins | Whole Group Ball Mastery: (Warm-up) <br> - All players with a ball, arms length apart, where they can see instructor <br> - On coach's command, players try to touch the ball as many times as possible while doing a specific ball mastery skill. <br> Ball Mastery Skills: Toe Touches, Foundation (inside/inside), Drag/Drag, Pull/Push, V's, etc... | - Coaches walk around teaching and correcting technique. <br> - During this time players get split into groups <br> Coaches: All | Open space |
| 8 Mins. | Station 1: 3 Silly Soccer Simon Says (Listening \& following directions Game) <br> - All players with a ball. <br> - Coach instructs players using the term "Simon Say to $\qquad$ <br> - Start out with <br> - If coach says "do $\qquad$ " without saying "Simon Says" first they must do 3 toe touches as a consequence. <br> 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 | - Listening skills <br> Coaches: | Rectangular Grid |
| 8 Mins. | Station 2: Freeze Tag (Tag Game) <br> - All soccer balls touching each other on the sideline <br> - All players start playing Freeze Tag without soccer balls <br> - When a player is frozen they must stand with their legs spread apart and become unfroze when a teammate crawls through their legs. <br> - Players then get their soccer balls and Coach plays tag against players using his/her soccer ball to freeze players. <br> - Players are froze with the tagger's soccer ball strikes the players soccer ball. <br> - Frozen players stand with legs spread apart and teammates must pass their soccer ball through their legs to unfreeze them. | - Eyes Up <br> - Keep the ball close <br> - Passing accuracy. <br> Coaches: | Rectangular Gird |


| 8 Mins. | Station 3: Red Light Green Light (2 coaches) <br> - All players with a soccer ball. <br> - Players dribble from one end of the rectangle to the other. <br> - When coach calls out "Red Light", all player must stop with their foot on top of the ball. <br> - If coach turns around and the player has not stopped, that player must go back to the starting point. <br> Progress to: <br> - Add a Disc Cone in the center of the grid with 1 coach on each end of the grid. <br> - 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. <br> - Make sure the coaches do not just take turns back and forth, but mix it up in a random order. | - Keep the Soccer ball close. <br> - Eyes up "Sneak a Peak" so not to hit anyone <br> - Listening Skills <br> Coaches: 2 coaches | Rectangular Grid <br> Coach <br> Cone <br> Coach |
| :---: | :---: | :---: | :---: |
| 8 Mins. | Station 4: Fun House (Dribbling Game) <br> - All players with a ball <br> - Players dribble the ball around the space according to coach's instructions. Example: Dribble with the outside of foot, bottom of foot, laces, heels, ball mastery skills, etc.... <br> - When coach says "Fly Home" they race to the "Fun House" ( $5 \times 5$ grid) with their ball and stop. <br> - Every player gets a point if they can beat the coach into the "Fun House". <br> Coaches Tip - Let the players decide how they want to dribble. Make each skill a number and then yell out the number and see if they can make the correlation between the number and the skill. | - Keep the ball close <br> - Eyes up (so they don't run into anyone) <br> - Push the ball with your foot (don't just kick it away) | Fun House <br> $\wedge$ <br> $\wedge$ <br> Full Field |
| 8 Mins. | Station 5: Team Numbers Game (2 pugg goals) <br> - $\quad$ Split kids into 2 groups (one with training vest, one team without). <br> - Players get numbered 1-5 <br> - Coach will play a ball out onto the field then call out a number. <br> - The players with the corresponding numbers will race out to collect the ball and then try to score on one of the two goals to receive a point. <br> *** Coaches Tip - Call out time limits if it last too long or have multiple groups going at the same time. | - Keep the ball close <br> - Eyes up <br> - Dribble away from the crowd to get to the goal. |  X O <br> X O  <br> Goal X Coach O Goal <br> Full Field |
| 8 Mins. | Station 6: 3v3 w/pugg goals <br> - Teams play 3 v 3 . <br> - If the ball goes out a coach or volunteer plays a new ball in. *** Coaches Tip - Play the ball into the player who touches it least OR into a space on the field without any players. | - Keep the ball close <br> - Eyes up <br> - Dribble away from the crowd to get to the goal. | Full Field |
|  | If the activity is not working, CHANGE IT! Play OUCH! | - Keep the Soccer ball close. <br> - Eyes up | Circle or Grid |


|  | - Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she got hit. <br> Play Head Catch <br> - All players stand arm's length apart with in a semi-circle around the coach. <br> - Coach uses a soft or flat soccer ball and tells the player to either "head" or "catch" the ball. <br> - Then coach tosses the ball to the player who must complete that task. ***** 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. | - Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot <br> - ——_ <br> - Eyes open to see the ball <br> - Strong neck to head it back <br> - Make sure to move towards the ball, don't let it just hit you in the head <br> - Ball should hit the forehead NO WHERE ELSE! |  |
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| 5 Mins. | Cool Down: <br> - Players end by picking up as many cones as possible. "Who can get the most cones?" Players sort them by size and color. <br> - 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!"

