

BartlesvilleSoccer.Org



Training Session (1)

Age Group Leader: J. Marshall

Topic: Listening (1)

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
8 Mins.	 Station 1: 3 Silly Soccer Simon Says (Listening & following directions Game) 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. 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 Coaches: 	Rectangular Grid
8 Mins.	 Station 2: Freeze Tag (Tag Game) 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. 	 Eyes Up Keep the ball close Passing accuracy. 	Rectangular Gird

Team: U6 Group (2012's)

Duration: 1 hr.

	Station 3: Red Light Green Light (2 coaches)		
8 Mins.	 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. Progress to: 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. 	 Keep the Soccer ball close. Eyes up "Sneak a Peak" so not to hit anyone Listening Skills 	Rectangular Grid Coach Cone Coach
8 Mins.	 Station 4: Fun House (Dribbling Game) All players with a ball 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 When coach says "Fly Home" they race to the "Fun House" (5x5 grid) with their ball and stop. Every player gets a point if they can beat the coach into the "Fun House". *** 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 Eyes up (so they don't run into anyone) Push the ball with your foot (don't just kick it away) 	л л л Fun House л л Full Field л л
8 Mins.	 Station 5: Team Numbers Game (2 pugg goals) Split kids into 2 groups (one with training vest, one team without). Players get numbered 1-5 Coach will play a ball out onto the field then call out a number. 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. *** Coaches Tip – Call out time limits if it last too long or have multiple groups going at the same time. 	 Keep the ball close Eyes up Dribble away from the crowd to get to the goal. 	X O X O Goal X Coach O Goal Full Field
8 Mins.	 Station 6: 3v3 w/pugg goals Teams play 3v3. 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 Eyes up 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.Eyes up	Circle or Grid

	 Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she got hit. Play Head Catch 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. ***** 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 	
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. 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!"*