

## BartlesvilleSoccer.Org



## Training Session (1)

Age Group Leader: J. Marshall

**Topic:** Listening (1)

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

## **Team:** U6 Group (2012's)

**Duration:** 1 hr.

	Station 3: Red Light Green Light (2 coaches)		
8 Mins.	<ul> <li>All players with a soccer ball.</li> <li>Players dribble from one end of the rectangle to the other.</li> <li>When coach calls out "Red Light", all player must stop with their foot on top of the ball.</li> <li>If coach turns around and the player has not stopped, that player must go back to the starting point.</li> <li>Progress to: <ul> <li>Add a Disc Cone in the center of the grid with 1 coach on each end of the grid.</li> <li>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.</li> <li>Make sure the coaches do not just take turns back and forth, but mix it up in a random order.</li> </ul> </li> </ul>	<ul> <li>Keep the Soccer ball close.</li> <li>Eyes up "Sneak a Peak" so not to hit anyone</li> <li>Listening Skills</li> </ul>	Rectangular Grid Coach Cone Coach
8 Mins.	<ul> <li>Station 4: Fun House (Dribbling Game) <ul> <li>All players with a ball</li> <li>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</li> <li>When coach says "Fly Home" they race to the "Fun House" (5x5 grid) with their ball and stop.</li> <li>Every player gets a point if they can beat the coach into the "Fun House".</li> </ul> </li> <li>*** 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.</li> </ul>	<ul> <li>Keep the ball close</li> <li>Eyes up (so they don't run into anyone)</li> <li>Push the ball with your foot (don't just kick it away)</li> </ul>	л л л Fun House л л Full Field л л
8 Mins.	<ul> <li>Station 5: Team Numbers Game (2 pugg goals) <ul> <li>Split kids into 2 groups (one with training vest, one team without).</li> <li>Players get numbered 1-5</li> <li>Coach will play a ball out onto the field then call out a number.</li> <li>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.</li> <li>*** Coaches Tip – Call out time limits if it last too long or have multiple groups going at the same time.</li> </ul> </li> </ul>	<ul> <li>Keep the ball close</li> <li>Eyes up</li> <li>Dribble away from the crowd to get to the goal.</li> </ul>	X O X O Goal X Coach O Goal Full Field
8 Mins.	<ul> <li>Station 6: 3v3 w/pugg goals <ul> <li>Teams play 3v3.</li> <li>If the ball goes out a coach or volunteer plays a new ball in.</li> <li>*** Coaches Tip – Play the ball into the player who touches it least OR into a space on the field without any players.</li> </ul> </li> </ul>	<ul> <li>Keep the ball close</li> <li>Eyes up</li> <li>Dribble away from the crowd to get to the goal.</li> </ul>	Full Field
	If the activity is not working, CHANGE IT! Play OUCH!	<ul><li>Keep the Soccer ball close.</li><li>Eyes up</li></ul>	Circle or Grid

	<ul> <li>Pass the ball into the coach's legs while walking. Coach yells "OUCH!" when he/she got hit.</li> <li>Play Head Catch <ul> <li>All players stand arm's length apart with in a semi-circle around the coach.</li> <li>Coach uses a soft or flat soccer ball and tells the player to either "head" or "catch" the ball.</li> <li>Then coach tosses the ball to the player who must complete that task.</li> <li>***** 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.</li> </ul> </li> </ul>	<ul> <li>Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot</li> <li></li></ul>	
5 Mins.	<ul> <li>Cool Down: <ul> <li>Players end by picking up as many cones as possible. "Who can get the most cones?" Players sort them by size and color.</li> <li>Split into 2 large groups and have all players put their hands in the middle and yell "1,2,3, I Love Soccer!"</li> </ul> </li> </ul>	Coaches: All	

## **1,2,3** *"I LOVE SOCCER!"*