



BartlesvilleSoccer.Org



Training Session (3)

Team: U6 Group (2012's)
Change of Direction Moves (1)

Duration: 1 hr.

Age Group Leader: J. Marshall

Topic: Dribbling &

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 : Gates</p> <ul style="list-style-type: none"> - All players with a soccer ball - Coach teaches players how to perform a 'Pull Back' (turning 180 degrees with the ball, looking at it and protecting it). - Players then try to get to as many gates as possible. When players get to the gate they perform the new move. <p>Progress to: (1) Players perform the move (2x) at each gate. (2) Players learn other change of direction moves (inside of foot cut, outside of foot cut, whip)</p>	<ul style="list-style-type: none"> • Keep the ball close • Eyes up to see around you • Look for the open gate <p>Coaches:</p>	<pre> ^^ ^ ^ ^ ^ ^^ ^ ^ ^^ ^ ^ </pre>
8 Mins.	<p>Station 2: Ball Retrieval "Fetch" (Body Awareness Exercise)</p> <ul style="list-style-type: none"> - All players with a ball. - Coach instructs all players to bring the ball back with their feet. - Players bring the ball back to the coach who then repeats the process using a different body part. - Coach moves around the grid while the players bring the ball back to his/her feet. <p>Progress to: Foot (top, bottom, side, heel), Knees, Stomach, Head, Ear, Bottom, Shin, Toe, Elbow, Eye, Nose, Heel, ect...</p>	<ul style="list-style-type: none"> • Balance • Focus <p>Coaches:</p>	Grid or Circle

<p>8 Mins.</p>	<p>Station 3: 1v1 Races (Competition Game)</p> <ul style="list-style-type: none"> - Players form 2 single file lines that will compete against each other. - On coach's command players race from the starting line to the coach. - <p>Progress To: (1) Players start race on their Knees with hands up in the air. Players CANNOT use their arms or hands to get up. (2) Players start Chris Cross Apple Sauce (3) With legs straight out (4) on their stomachs.</p> <p>Progress to: If a player uses their hands or arms to get up they must complete a 360 degree turn on the run to the coach. If all is completed start over and add a ball (players must stop the ball at the coach).</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>	<p>Rectangular Grid</p>
<p>8 Mins.</p>	<p>Station 3: 1v1 race to goal (Competition Game)</p> <ul style="list-style-type: none"> - 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. - After line 1 scores, then line 2 goes. <p>Progress To: (1) line 1 competes against line 2 to see which line scores the most goals. (2) Players compete starting on the ground (chris cross apple sauce, legs straight out, on their knees, on their stomachs (can't use arms or hands to get up). (3) Coach stands in front of 1 of the 2 goals. Players must find the open goal to score on. (4) 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.</p>	<ul style="list-style-type: none"> • 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 "sneak a peek to see what is around you" <p>Coaches:</p>	<p>Line 1 Line 2</p> <p>-----</p> <p>Goal Goal</p>
<p>8 Mins.</p>	<p>Station 5: 1v1 Race to the Middle (4 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>
<p>8 Mins.</p>	<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>	<p>Full Field</p>

	<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! 	<p>Circle or Grid</p>
<p>5 Mins.</p>	<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!" 	<p>Coaches: All</p>	

1,2,3 "I LOVE SOCCER!"