



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	<p>Whole Group Ball Mastery: (Warm-up)</p> <ul style="list-style-type: none"> - 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. <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: 3 Silly Soccer Simon Says (Listening & following directions Game)</p> <ul style="list-style-type: none"> - 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. <p>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</p>	<ul style="list-style-type: none"> • Listening skills • <p>Coaches:</p>	Rectangular Grid
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. - 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. 	<ul style="list-style-type: none"> • Eyes Up • Keep the ball close • Passing accuracy. <p>Coaches:</p>	Rectangular Gird

	<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"> • 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! 	
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!"