

Age: U5/U6

Level: Warm Up with Ball

Objective: Dribbling and close control



Scan the code to see the practice:



Organization:

Set out an area 30 x 30 yards, with a cone on each corner. As the coach you will need to be ready to sing a variety of songs. Or instead you use a boom box. When you begin singing the players dribble their ball around the grid quickly. Once you stop singing, each player must stop their ball immediately, leave it and then run around one of the outside cones as of the area quickly as possible, before they return inside the area. As the players are running around a cone, the coach kicks out one of the player's balls into a collection zone. When the players return into the area they can get any ball available. The player who doesn't have a ball must retrieve his ball from the collection zone and re-enters the area. The coach should remove one ball at a time. Progress the game so that if a player cannot find a ball they are out. The winner is the last remaining player with a ball.

Coaching Points:

- 1: Let the game be the teacher
- 2: Encourage the players to keep the ball close to them and change directions quickly
- 3: Keep head up as often as possible
- 4: Encourage players to use both feet and different parts of their feet
- 5: Practice practice practice

Stuck In the Mud

Age: U5/U6

Level: Technique with Passive Pressure

Objective: Dribbling and changing direction



Scan the code to see the practice:



Organization:

Set out a 20 x 20 grid. Split the group into 2 teams with one group wearing pinnies. All the players have a ball. One team are designated the taggers and should stand waiting on the outside of the grid, while the other group of players position themselves in a space within the grid. The taggers must attempt to tag all the players inside the grid while maintaining control of their own balls. When a player is caught they must pick up their ball and shout for help. They can be freed by another player if a ball is passed between their legs. Put a time limit on the game. The winning team are the taggers who can freeze everyone in the quickest time. Rotate the inside players every 2-3 minutes.

Coaching Points:

- 1: Close control and ball familiarity - Keep the soccer ball close to you
- 2: Head up as often as possible - Know where the defenders are and where the goals are
- 3: Avoid and beat defenders with quick turns or skills
- 4: Keep body in between defender and ball to protect it
- 5: Encourage players to try specific turns and skills for themselves (drag-back or scissors)



Ultimate Knockout

Age: U5/U6

Level: Technique with Full Pressure

Objective: Dribbling and shielding skills



Scan the code to see the practice:



Organization:

Set out a 20x20 playing area. Split the group into 3 teams. Begin with two teams inside the area, with each player having a ball. The other group are located around the outside of the area. On command of the coach, the players on the outside enter the area and try to kick all the soccer balls out of the area as quickly as possible. The team who kicks out all the soccer balls in the fastest time, wins the game.

Coaching Points:

- 1: Dribbling fundamentals: Head-up to see where the defender is, close ball control
- 2: Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.
- 3: Run at the defender to commit them and then change direction with a skill or turn
- 4: Positive attitude to beat the defenders with a move
- 5: Make the most of any space and team mates you may have
- 6: Protect the ball from defender either during the move or after you have beaten them



Focus and Alert

Age: U5/U6

Level: Small Sided Game

Objective: Transitioning quickly to create scoring chances



Scan the code to see the practice:



Organization:

Set out a 40 x 30 area, play 5 v 5 including two keepers.

Balls are placed around the area so that as soon as the ball goes out of play the coach will point to a specific ball on the sideline for them to play in.

The first player to that ball can play it in (play kick-ins).

Coaching Points:

- 1: Accuracy before power: Build up power of strikes
- 2: Create space: Width and depth, interchanging position, combination play ideas.
- 3: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 4: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.
- 5: Positive: Run at the defenders diagonally to open up space.
- 6: Anticipate: Look for rebounds off the keeper.