

Age: U5/U6

Level: Warm Up with Ball

Objective: Ball familiarity, dribbling and quick turns



Scan the code to see the practice:



Organization:

Make a circle about 20 yards in diameter.

Players spread around the edge with a ball each.

The coach stands in the middle and is 'Mr. Wolf'.

Every child is a sheep and must ask the question very loudly, What time is it Mr. Wolf?

The Wolf must then say a time e.g. 2 o'clock. Each player must then dribble the ball forward, e.g. two steps for 2 o'clock and six steps for 6 o'clock. When the players get close enough to the center the coach may announce, Dinner Time.

The coach then attempts to tackle and steal the soccer balls from the sheep.

The players must turn and get outside the circle before being captured.

When a sheep is caught they become an assistant wolf in the middle.

The winner is the last remaining sheep.

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

Foxes and Rabbits

Age: U5/U6

Level: Technique with Passive Pressure

Objective: Dribbling and ball manipulation skills



Scan the code to see the practice:



Organization:

Set out an area approximately 30 x 20. Each player has a ball. Split the group into two teams. 8 rabbits that have a bib tucked into their shorts and 4 foxes that do not. The foxes have to catch all the rabbits tails by pulling the bib out of their shorts, whilst still dribbling their own ball. When this happens the rabbits have to leave the woods. Time how long it takes the group of foxes to catch all the rabbits and then switch the foxes. Progress the difficulty of the game by letting the foxes chase the rabbits without having to dribble a ball. Players aim is to get everyone's bib in the quickest time possible.

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)



1v1 with numerous goals

Age: U5/U6

Level: Technique with Full Pressure

Objective: Tracking and challenging for the ball.



Scan the code to see the practice:



Organization:

Set up a 30x30 playing area. Place numerous sets of small goals around the area. Each goal should be about 1 meter wide. Divide players into pairs with one ball per pair. One player plays as the attacker the other as the defender. The attacker attempts to keep possession of the ball and score a goal in any of the sets of goals within a 1 minute. To score the attacker must dribble through a goal and maintain possession. When possession is lost the players change roles. Scores should be kept to develop a competitive edge.

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

No Pass Back

Age: U5/U6

Level: Small Sided Game

Objective: Attacking play in a small sided game



Scan the code to see the practice:



Organization:

Set up a 60x40 playing area with 2 goals. Play a normal game with the field divided into two halves. Players must only pass the ball forwards from their defensive half. Progress by not allowing backwards or sideways passing in the attacking half to force players to use dribbling skills to create a forward passing opportunity.

Coaching Points:

- 1: Create space as a team by spreading out
- 2: Shift the ball across the field and expose opportunities to dribble 1v1
- 3: Attitude and confidence of players to beat defenders on the dribble
- 4: Commit the defender, change direction with a move and then accelerate past them
- 5: Positive: Run at the defenders diagonally to open up space.