

# Thru the Legs

**Age: U5/U6**

**Level: Warm Up with Ball**

**Objective: Passing technique and accuracy.**



Scan the code to see the practice:



## Organization:

Set out a 30x20 playing area in teams of 3 players.

Each team has 1 ball.

Players stand 5 yards away from each other in a straight line. Use cones to mark out where each person should stand.

Players try to pass the ball through the middle players legs to the players at the other end.

Each time they are successful they receive a goal.

After 3 minutes switch the person in the middle and repeat the exercise so that each player has a turn in the middle.

## Progression:

Progress by increasing the distance between players.

Add a competition by the first team to make 10 passes through the middle players legs wins.

## Coaching Points:

1: Approach to the ball - Line up with where the ball is going.

2: Inside push pass.

3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through.

4: Follow through on pass and use body to generate power.



**ONLINE CURRICULUM**  
(U5/U6 Season 1 / Week 03)

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5: Focus on weight and accuracy of pass, both are very important.

# Robin Hood

**Age: U5/U6**

**Level: Technique with Passive Pressure**

**Objective: Basic technique of passing and dribbling.**



Scan the code to see the practice:



## Organization:

Set up a grid 10x20 yards. Make two groups. One group is designated the Sheriff of Nottingham's men, who stand along both sides of the 20 yard area with a ball each. The other group of players is designated Robin Hood's men and start at one end of the grid with a ball. Robin Hood's men try to dribble their ball to the opposite end of the grid, while all the SHERIFF OF NOTTINGHAM'S MEN try to pass their ball and to hit the soccer ball of the player dribbling through. \*\*\*SAFETY point - Ensure players pass the ball on the ground and only aim for Robin Hood's men's soccer ball, not the player. \*\*\* Allow all players a chance to be Robin Hood.

## Coaching Points:

- 1: Close control and ball familiarity - Keep the soccer ball close to you
- 2: Encourage the players to look around as much as possible while dribbling

# Sideline Soccer

**Age: U5/U6**

**Level: Technique with Full Pressure**

**Objective: 1v1 attacking skills against a defender and goalkeeper.**



Scan the code to see the practice:



## Organization:

Set out a field approximately 30 x 30 yards with 2 goals. Split the players into 2 teams and designate each player with a number except the goal keepers. Each team is spread out along the sidelines facing each other. The coach calls out a number and feeds a soccer ball in to the area. The corresponding players from each team run into the area to compete against each other and try to score a goal. Progress the exercise by allowing the players to use their team mates on the sideline to play wall passes.

## Coaching Points:

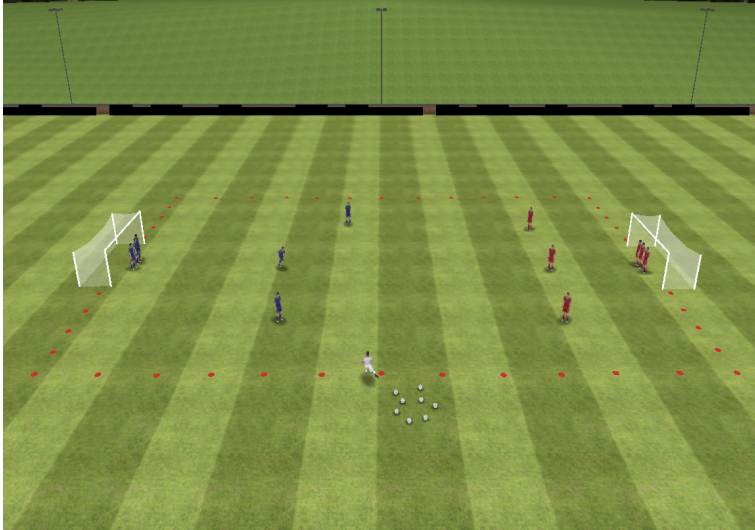
- 1: Dribbling fundamentals: Head-up to see where the defender is, close ball control
- 2: Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.
- 3: Run at the defender to commit them and then change direction with a skill or turn
- 4: Positive attitude to beat 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

# Change Soccer

**Age: U5/U6**

**Level: Small Sided Game**

**Objective: Small sided game to reinforce topic of the day**



Scan the code to see the practice:



## Organization:

Set up a grid that is large enough for your players to play 3v3 or 4v4. Create two teams, then split each team into two groups. One group plays a 3v3 within the area, the other group link arms and stand on the goal line. The group positioned in the goal cannot break their linked arms to make a save, they must move together along the goal line only. The group playing on the field try to score a goal. When the coach shouts change the field players change roles with players within the goal. Coach should shout change every few minutes. The coach should look to reinforce his topic for that day in a game environment.

## Progression:

With the younger players you may need parents help organize the players. It is a great game for playing small sided games without separating the players into 2 fields

## Coaching Points:

- 1: Let the game be the teacher
- 2: Make sure the players are going to the correct goal to score
- 3: Encourage the topic you have been attempting to teach that day