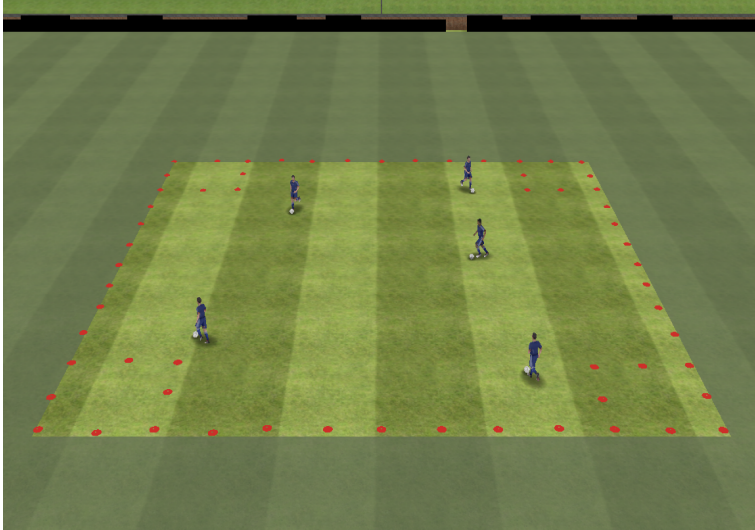


Driving a Soccer Car

Age: U5/U6

Level: Warm Up with Ball

Objective: Basic ball control and dribbling



Scan the code to see the practice:



Organization:

Set out 40x30 playing area. 4 mini grids 5 x 5 yards in each of the four corners that are called different city names. All players have a ball and dribble around the main grid. The ball is their car and the area is the freeway.

Coach shouts commands to the group that correspond to an action. 'Turn A Corner' - players change direction using a specific turn. 'Empty freeway' - the players go faster with their ball. 'Police' - players dribble the ball slower. Coach shouts 'Everyone to New York' - the players dribble their ball to the designated city. If the coach shouts 'Traffic' - the players stop the ball as quickly as possible. On the command 'Wash your car' - players begin making toe taps. 'Polish your car' - players roll the ball forwards and backwards with the soul of their feet. 'Open your Sunroof' - have the players throw their ball in the air before controlling it.

Progression:

Insert time restrictions on the session. Coach can act as a runaway truck!

Coaching Points:

- 1: Use of controlling surfaces (foot, thigh, chest) do not just use any part of the body
- 2: Move into line with the ball in time to receive it - Soft control
- 3: Read the speed and trajectory of service, be willing to move forward or back to receive
- 4: Prepare the ball to space or away from defenders



ONLINE CURRICULUM
(U5/U6 Season 1 / Week 04)

Driving a Soccer Car

5: Let the ball come across the body to open out

Inside the Circle

Age: U5/U6

Level: Warm Up with Ball

Objective: Controlling surfaces and passing



Scan the code to see the practice:



Organization:

Set out a circle of discs in a 30 x 30 area. Station 6 players around the circle and six players inside the circle. All outer players have a ball and are designated as the servers. The players inside the circle move to any player on the outside. The serving player throws the ball into the air and calls out any body part that he wants the oncoming player to control the ball with. The player should try and get it back to the outside server within two touches.

Progression:

Place a passive defender in the circle also.

Coaching Points:

- 1: Approach to the ball - Line up with where the ball is going
- 2: Type of pass: Inside push pass, driven pass or lofted pass
- 3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through as an "œL"•
- 4: Follow through on pass and use body to generate power
- 5: Focus on weight and accuracy of pass, both are very important

Inside the Circle with Defenders

Age: U5/U6

Level: Technique with Full Pressure

Objective: Aerial control under pressure



Scan the code to see the practice:



Organization:

Set up a 30x20 playing area.

Players are paired up and have to mark man-for-man the player they are assigned.

Only half the servers on the outside have a ball.

If the attackers control the ball and give it back to the same server they receive one point, if they control the ball in a direction away from the defender and get it two an open server they score two points.

If the defender touches the ball the attacker gets nothing and the defender gets one point.

Coaching Points:

- 1: Read the service and move into line with the ball
- 2: Select controlling surface early and adjust body accordingly
- 3: Check in or check out to lose any defenders by creating passing angles or options
- 4: Control into space or towards the goal if that is an option (Prepare the ball)
- 5: If defender is tight control and protect the ball
- 6: Attitude to beat the defender with 1st touch or on the turn

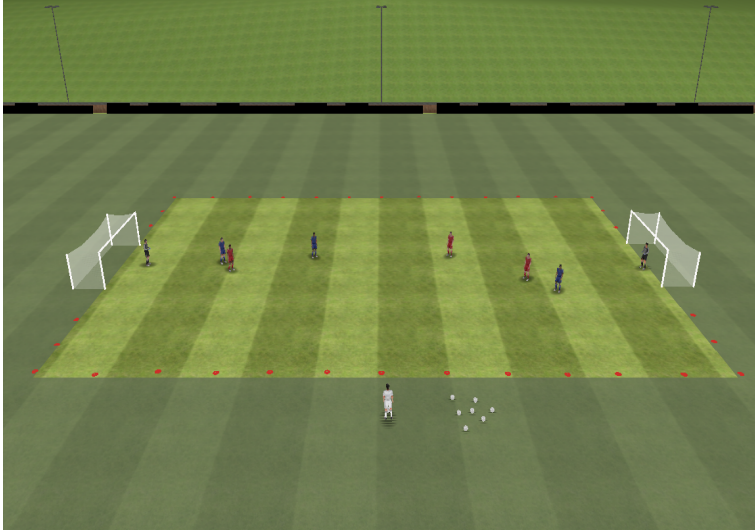


3v3 score in both goals

Age: U5/U6

Level: Small Sided Game

Objective: Changing point of attack to score



Scan the code to see the practice:



Organization:

Set out an area approximately 50 x 30 yards, with a goal at either end. Make two teams of 3 to 4 players, plus two neutral keepers. Teams play as in a normal game but they can score in either goal. If the keepers make a save they then kick the ball out into the center of the field area to no specific team.

Progression:

Limit touches

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.