

Peep Behind The Curtain

Age: U5/U6

Level: Warm Up with Ball

Objective: Dribbling the ball with head held up



Scan the code to see the practice:



Organization:

Set up a grid 20x30 yards. Have the players stand on the 20 yard line with a ball each. The coach stands at the opposite end of the grid from the players. The object for the players is to dribble to line the coach is stood on at the opposite end, but they can only move when the coach is not looking. If the coach sees a player move, they are sent back to the start line. The coach faces away from the players and peeps around his shoulder slowly to give players a chance to stop their ball. When a player reaches the line with the coach, send all players back and play again.

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

Sharks and Surfers

Age: U5/U6

Level: Technique with Passive Pressure

Objective: Dribbling the ball to a target



Scan the code to see the practice:



Organization:

Set up a grid 30x20 yards.

Players have a ball each, along one side of the grid. Coach stands in the middle of the grid.

The object is for the players (SURFERS) to dribble the ball (SURF BOARD) across the grid (THE OCEAN) to the other side.

The coach starts as the only shark in the ocean but, if the coach kicks a players ball out of the grid, then the player becomes a shark with the coach.

The Surfers only go from one side to the other on the coaches call.

Players stop when they arrive at one end and wait for all sharks to line up and then coach calls surfers to go back the other way.

The winner surfers are the last to have there ball kicked out of the grid.

Play until one or two surfers are left then play again with all players starting as surfers again.

Coaching Points:

- 1: Close control and ball familiarity - Keep the soccer ball close to you as you dribble across
- 2: Head up as often as possible so you can see where the sharks are
- 3: Encourage players to try different dribbling moves to go around the sharks
- 4: Keep body in between defender and ball to protect it

Age: U5/U6

Level: Technique with Full Pressure

Objective: Close control and dribbling



Scan the code to see the practice:



Organization:

Set up a grid 20x25 yards. All players have a ball inside the grid with a bib hanging outside their shorts they are the monkeys with a tail. 2 players without balls act as Rangers trying to catch the monkeys inside the grid by pulling the bibs (monkeys tail) from the players with balls. Object for rangers to catch all the monkeys as fast as they can, play again by changing the Rangers over each 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



Conditioned Scrimmage

Age: U5/U6

Level: Small Sided Game

Objective: Dribbling in a small sided game



Scan the code to see the practice:



Organization:

Set up a 60x40 playing area. Split the field into equal thirds. Normal rules apply but in the attacking third, player must beat a defender before passing or shooting. They can shoot at any 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.