

# Simon Says

**Age: U5/U6**

**Level: Warm Up with Ball**

**Objective: Listening to a coach and ball skills**



Scan the code to see the practice:



## Organization:

Set up a grid 20x20 yards. Every player stands inside the grid with a ball. Coach stands outside the grid and shouts commands to the players. For example: Coach says, "Simon says dribble " then the players must dribble around the grid. Coach can use many different commands. Examples are; dribble, stand still, turn, twist or hold ball in hands. The coach must Sometimes say Simon says then other times just say the command, any player that does a command without the coach first saying Simon says loses a life. Every player starts with 10 lives. Player with most lives at the end wins.

## 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

# Gladiators

**Age: U5/U6**

**Level: Technique with Passive Pressure**

**Objective: Dribbling and shielding the ball under pressure.**



Scan the code to see the practice:



## Organization:

Set out an area 20 x 20 yards. Each player has a ball and dribbles around the grid. Each player attempts to kick another player's ball out of the grid whilst maintaining control of their own. If a player's ball is kicked out of the grid, they retrieve the ball and wait on the side line until the game has finished. The winner is the last remaining gladiator.

## Coaching Points:

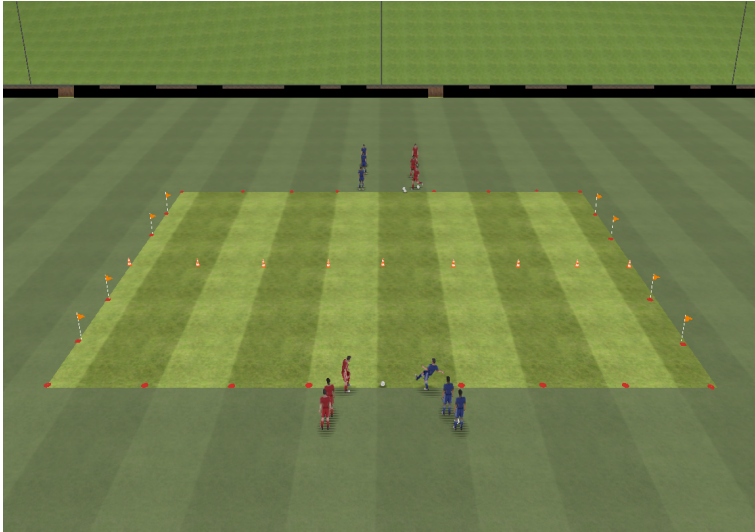
- 1: Close control and ball familiarity - Keep the soccer ball close to you
- 2: Head up as often as possible - Know where the defenders are and where the goals are
- 3: Avoid and beat defenders with quick turns or skills
- 4: Keep body in between defender and ball to protect it
- 5: Encourage players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

# 1v1 to Goals

**Age: U5/U6**

**Level: Technique with Full Pressure**

**Objective: Beating a defender with turns and skills**



Scan the code to see the practice:



## Organization:

Set up a grid 10x40 yards with two goals at each end. Players stand 10 yards apart near to the halfway line of the area. The designated defenders stand together on one side with the soccer balls. With the designated attackers the other side with no soccer balls. The defending player passes the ball across to the attacker and then closes the ball down attempting to tackle them. The attacker on receiving the ball, looks to dribble the ball through any of the goals at either end. Encourage the attacking players to use turns to get away from the defender and create space to dribble through a goal. If the defender wins the ball the roles reverse and the defender becomes the attacker and tries to score in any of the goals. The players change roles after each go.

## 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.