

Scooby Doo

Age: U5/U6

Level: Warm Up with Ball

Objective: Quick passing under pressure



Scan the code to see the practice:



Organization:

Set up a 40x40 playing area. Divide the area into two equal halves with a center dividing line with one team in each half. Each player starts with a ball. The object of the game is for each team to finish with as few balls as possible in their half. When the game starts the coach whistles, hums or sings the theme tune to Scooby Doo. The players pass the balls in their side across into the opponents half, without it going out of the area. When the tune stops all the players stop passing and the team with the least amount of balls on their side wins. Any balls outside the area do not count.

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

1v1 to Goal

Age: U5/U6

Level: Technique with Passive Pressure

Objective: Beating a player to shoot on goal.



Scan the code to see the practice:



Organization:

Set out a 30 x 20 yard area. Player 1 is an attacker and designated as the crocodile hunter who starts on a safari with the ball attempting to score in the goal. Player 2 is the defender and designated as an alligator who is in the middle of the Everglades attempting to stop the shot and force the ball and player away from the goal. Player 3 the goalkeeper starts as the swamp dweller protecting the goal. Player 1 must dribble towards the goal using skills to beat the defender. Ask the defender to start at half speed to allow the attacker to get success to begin.

Coaching Points:

- 1: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 2: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.
- 3: Accuracy before power: Build up power of strikes.
- 4: Positive: Run at the defender at pace and use a move to create a shooting opportunity.
- 5: Anticipate: Look for rebounds off the GK.

Run the Gauntlet

Age: U5/U6

Level: Technique with Full Pressure

Objective: Beating defenders in a 1v1 situation.



Scan the code to see the practice:



Organization:

Set out an area 10 x 30 yards, divided into 3 sections, with a goal at the end. The attackers attempt to dribble around 2 defenders and then score in the goal past a keeper. The defenders are positioned along the back line of the squares. The defenders are only allowed to move sideways along their line and cannot move forwards. The attackers receive points depending on how successful they are. Keeping the score will increase the level of competition and improve the players attitude towards being positive towards goal. Remember to rotate the defenders.

Coaching Points:

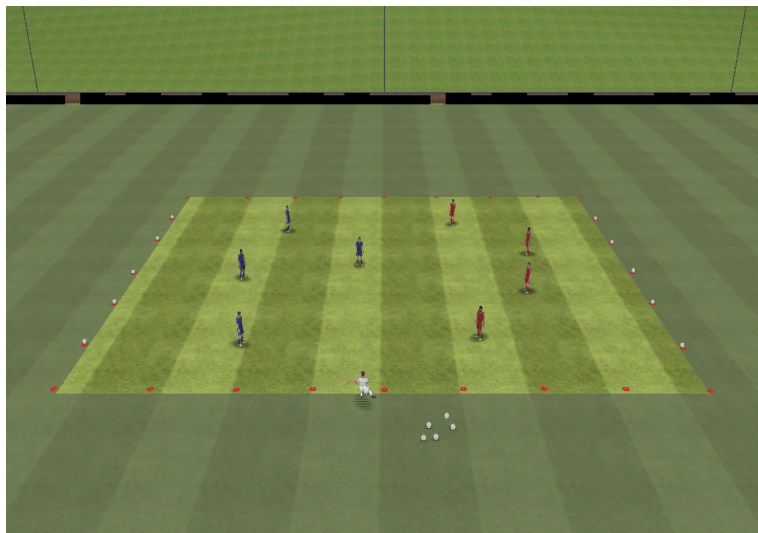
- 1: Dribbling fundamentals: Head-up to see where the defender is, close ball control
- 2: Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.
- 3: Run at the defender to commit them and then change direction with a skill or turn
- 4: Positive attitude to beat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

Soccer Quiditch

Age: U5/U6

Level: Small Sided Game

Objective: Striking the ball in a small sided game.



Scan the code to see the practice:



Organization:

Set out an area of approximately 40 x 30. Place 5 balls on discs spread out across each end line. Play a normal game but the object is to score by knocking the balls off their cones. Game is over once one team has knocked all their target balls off the cones.

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.