

# Treasure Hunt

**Age: U5/U6**

**Level: Warm Up with Ball**

**Objective: Dribbling the soccer ball**



Scan the code to see the practice:



## Organization:

Set up a grid 30 x 20 yards and place as many disc cones and pinnies on the floor inside the grid as possible.

On the command of the coach, all the players go into the grid.

While keeping control of their soccer ball, they pick up as many 'pieces of treasure' as possible.

When all cones and pinnies are collected, each player counts to see how many 'pieces of treasure' they have.

The winning player is the one with the most.

Replace the cones all over the grid and play again.

## Progression:

The players must dribble around (inside foot / outside foot) the treasure to 'dig it up' before they can take it.

## 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

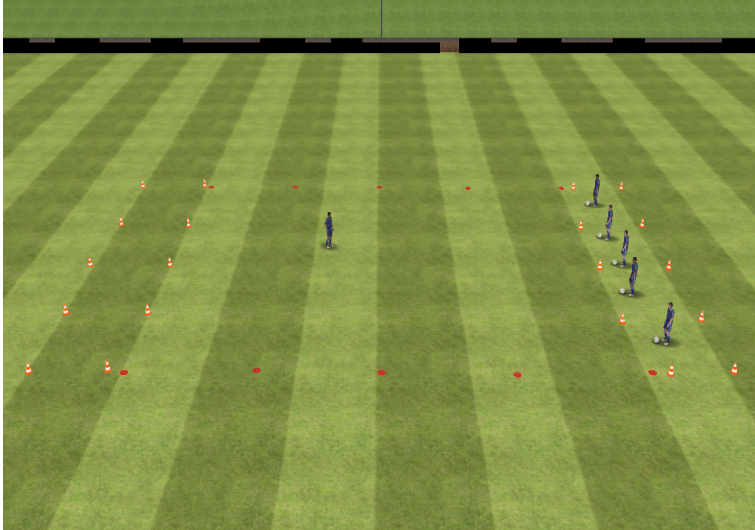


# British Bulldogs

**Age: U5/U6**

**Level: Technique with Passive Pressure**

**Objective: Dribbling and running with the ball.**



Scan the code to see the practice:



## Organization:

Set out a 40 x 30 yard area. Players should spread out on the 30-yard line facing the coach in the center with a ball each. The players are British Bulldogs. The coach is the dogcatcher. The coach calls out 'British Bulldogs Charge!'. Upon the command of the coach, the bulldogs must attempt to dribble their ball from one end of the grid to the other avoiding the coach who will attempt to kick their ball out of the grid. If a player's ball goes out of the grid they become a dogcatcher with the coach. When there are more catchers than dogs, ask the catchers to link arms with a partner to allow the dogs more dribbling space.

## 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)

# Dribble to Shoot

**Age: U5/U6**

**Level: Technique with Full Pressure**

**Objective: 1v1 to a goal**



Scan the code to see the practice:



## Organization:

Set up a 35x20 yard area with a goal. Split the group into attackers and defenders.

The aim of the drill is for the attackers to score. Begin with the attacker dribbling the ball through the cones towards the goal. On the attacker's first touch, the defender enters the area and attempts to defend the goal and win the ball. If the defender wins the ball they should look to dribble the ball through the cones. Players rotate their roles.

## 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

# No Pass Back

**Age: U5/U6**

**Level: Small Sided Game**

**Objective: Attacking play in a small sided game**



Scan the code to see the practice:



## Organization:

Set up a 60x40 playing area with 2 goals. Play a normal game with the field divided into two halves. Players must only pass the ball forwards from their defensive half. Progress by not allowing backwards or sideways passing in the attacking half to force players to use dribbling skills to create a forward passing 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.