



Follow the Leader

Age: U5/U6

Level: Warm Up with Ball

Objective: Dribbling, ball familiarity and close ball control.



Scan the code to see the practice:



Organization:

Set out a 40 x 40 yards playing area.

All players have a ball each and are organized in single file behind the coach.

The object of the game is to follow the coach around the area, repeating his/her movements, such as using different parts of the feet, and making turns.

Progression:

Give the players a range of moves, turns or skills to follow

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

Jurassic Park 2

Age: U5/U6

Level: Technique with Passive Pressure

Objective: Dribbling the ball under pressure from a defender



Scan the code to see the practice:



Organization:

Set out a grid 20 x 20 yards. Each player has a ball and finds space within the grid. Each player is a dinosaur and the coach is the dinosaur catcher. The coach moves around with his own ball chasing the players and trying to catch a dinosaur by passing his ball at the players. If the coaches ball touches a players ball, the player is caught, and must take their ball outside the grid and perform a move, e.g., Cruyff turn, or step over before they can go back inside the grid. The winner is the last remaining dinosaur to be caught.

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 with active defender

Age: U5/U6

Level: Technique with Full Pressure

Objective: Dribbling past defenders.



Scan the code to see the practice:



Organization:

Organize players in groups of 4 within a 20x10 yard area with a half way line. One of the players is a designated defender positioned on the halfway line and can only move along the line. The attackers stand on the sidelines. The 1st attacking player attempts to dribble the ball around the defender to get to the opposite sideline. The defender attempts to tackle them and win the ball. If the player gets past the defender the next attacking player then attempts to go back across. If the defender wins the ball they should rotate their roles, so the defender becomes the attacker and the attacker takes the place of the defender. Rotate the defender frequently.

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

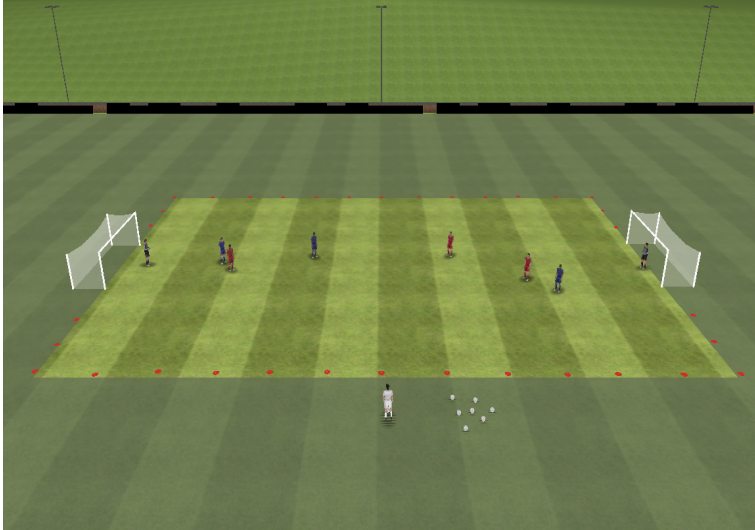


3v3 score in both goals

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.