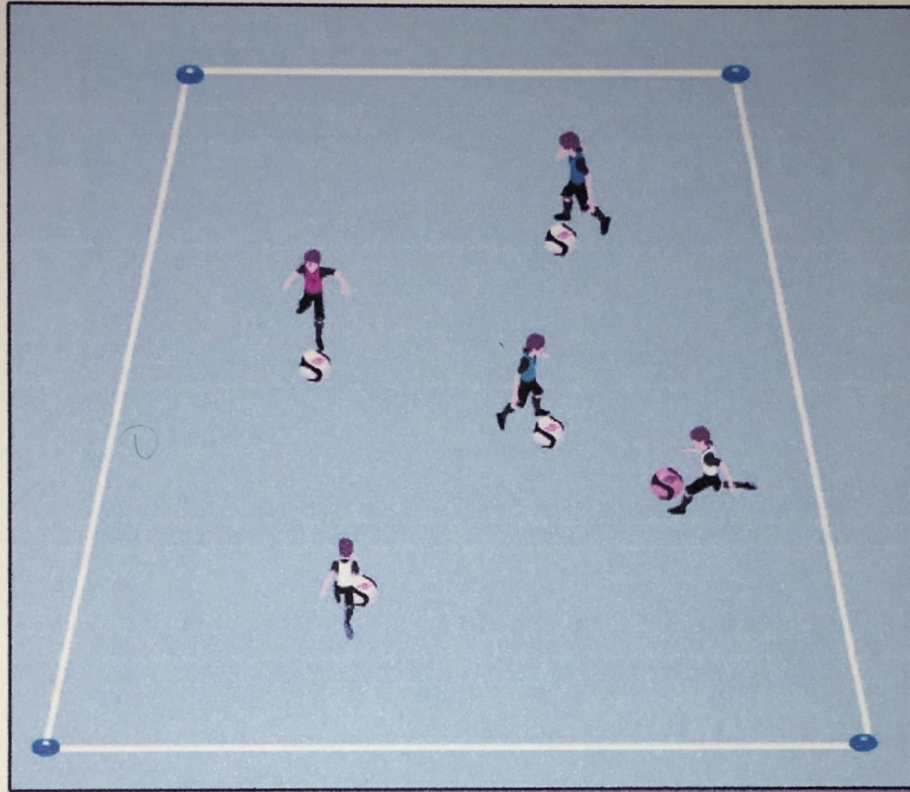



Week One – Warm Up

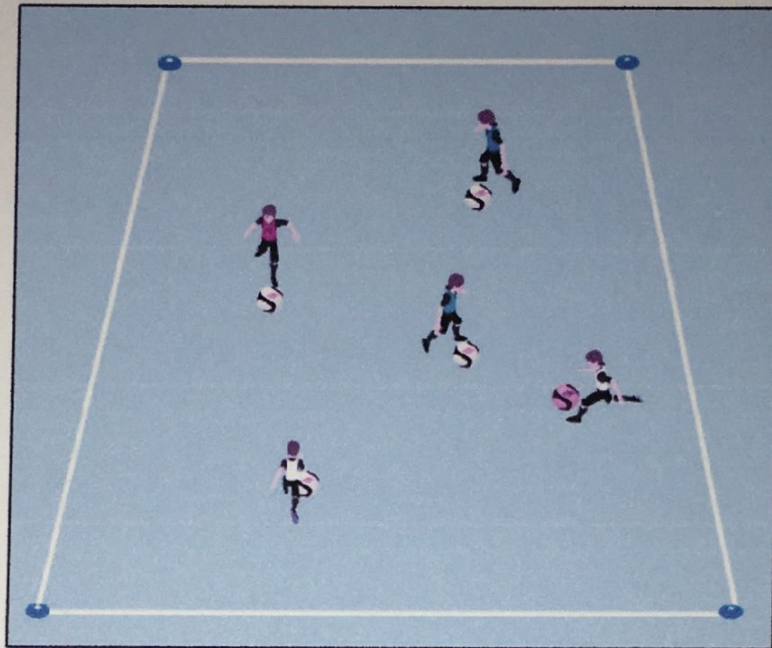
Dribbling Marbles:



- OBJECTIVE:** Learning to dribble in tight spaces
- TIME:** U5-U6 10 minutes, U7-U8 12 minutes
- GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability
- EQUIPMENT:** 4 cones, one ball for each player
- ORGANIZATION:** Every player with a ball
- RULES:** Dribbling ball inside grid, maintain control of ball, do not run into other players (they are the enemy)
- ACTIONS:** U5-U6 Dribbling Moves
 #1 In Between the Feet (Basic Foundation)
 #2 Inside-Inside-Outside-Outside (Zig-Zag)
 U7-U8 Dribbling Moves (in addition to 1 & 2 above)
 #3 Sole Roll
- COACHING POINTS:** Teach  Dribbling Sequence
- VARIATIONS** Players must use right foot only, left foot only, must perform specific moves or combination of moves

Week One – Tech Game

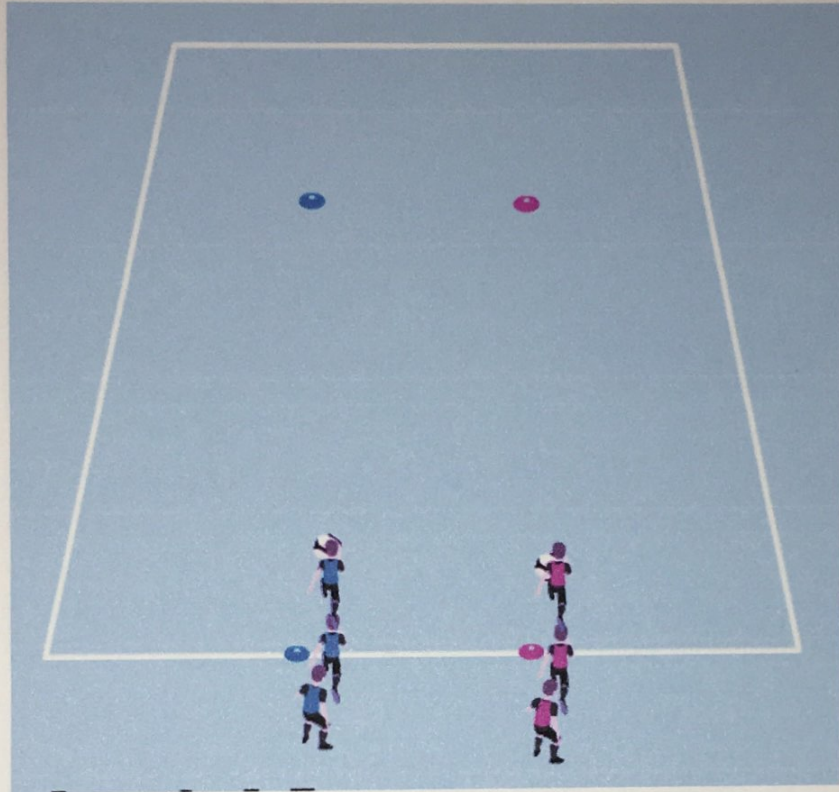
Body Parts Game:



OBJECTIVE:	Ball Coordination
TIME:	U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE:	20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	4 cones, one ball for each player
ORGANIZATION:	Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
ACTIONS:	Actions = Dribbling with different surfaces of the foot, inside, instep, outside and sole. Coach calls out different body parts (head, right foot, left knee etc.,) and players immediately place indicated body part on the ball.
RULES:	Last player to perform task does a physical task (i.e., two jumping jacks , two jumps over the ball, two pushups or two situps)
COACHING POINTS:	Perform task as quick as possible
VARIATIONS	Coach calls out multiple body parts (i.e., right knee and head)

Week One – Fitness

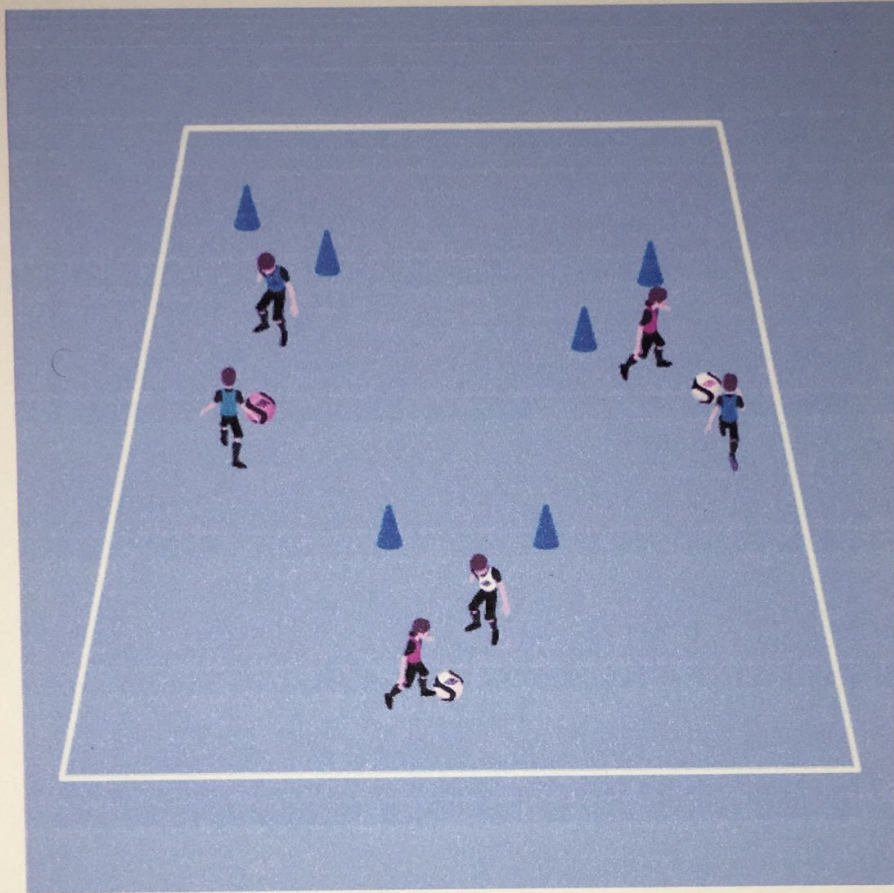
Relay Races



OBJECTIVE:	Improving coordination, speed and agility
TIME:	U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE:	20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	Two cones and two balls for two teams; three cones and three balls for three teams (pinnies can be used to differentiate between the teams)
ORGANIZATION:	Divide into two or three teams
RULES:	1st runner must sprint around ball and back and touch next player to start.
COACHING POINTS:	Strong Effort
VARIATIONS	Run backwards Skip Jump over ball twice Somersault Start on stomach Start sitting

Week One – Technical/Tactical Game

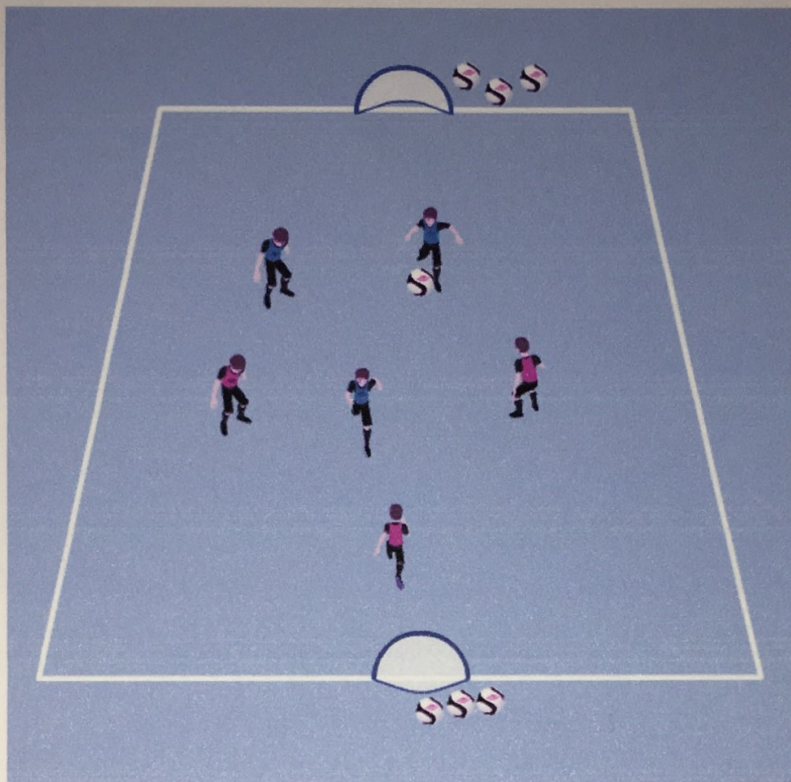
1 v 1 to Goal



OBJECTIVE:	Learning to beat a defender, learning to win the ball
TIME:	U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE:	Open field
EQUIPMENT:	Two cones per pair of players, one ball per pair
ORGANIZATION:	Pair up players. Each player with a cone. Pairs move to their own part of the field, at least 10 yards from other pairs. Players stand back-to-back then take two steps and place cones on ground, creating goal.
RULES:	2 players play 1v1 against each other and try to dribble or pass and hit the cone. Defending player cannot guard the cone. Rotate players every 30-60 seconds
COACHING POINTS:	Take on defender with speed Change direction and change speed When defender wins ball, make quick transition from attack/ defense.
VARIATIONS	Pairs can score on any goal.

Week One – Final Game

Small-Sided Games - to two goals



OBJECTIVE:	Playing the game
TIME:	U5-U6, 10 minutes, U7-U8 12 minutes
GRID SIZE:	U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width) U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side
EQUIPMENT:	4 small cones, 4 large cones, supply of balls, 1 team in pinnies (to differentiate between teams)
RULES:	Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.
COACHING POINTS:	Teach basic rules, otherwise let them play.
VARIATIONS	When ball goes out of play, coach can restart game by playing a new ball.