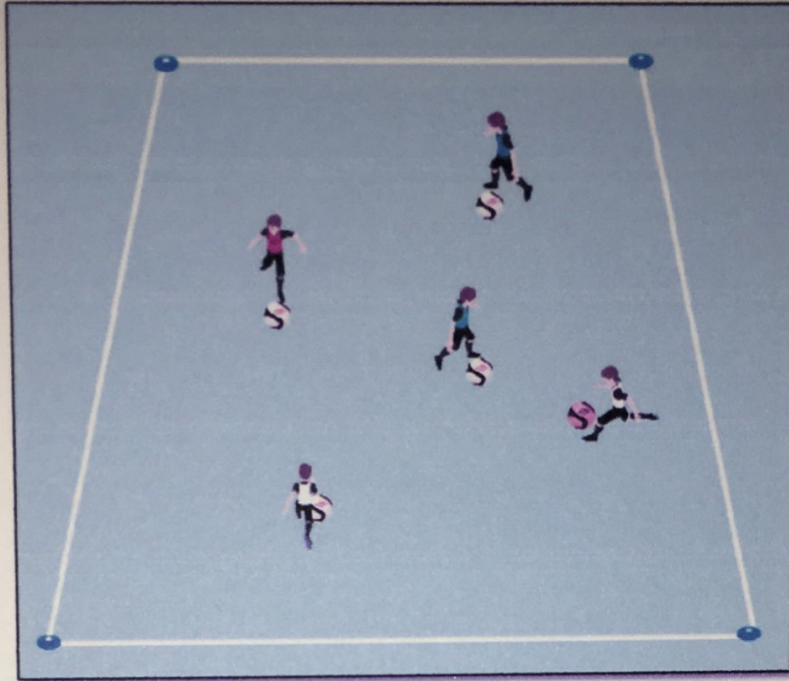



Week Two – Warm Up

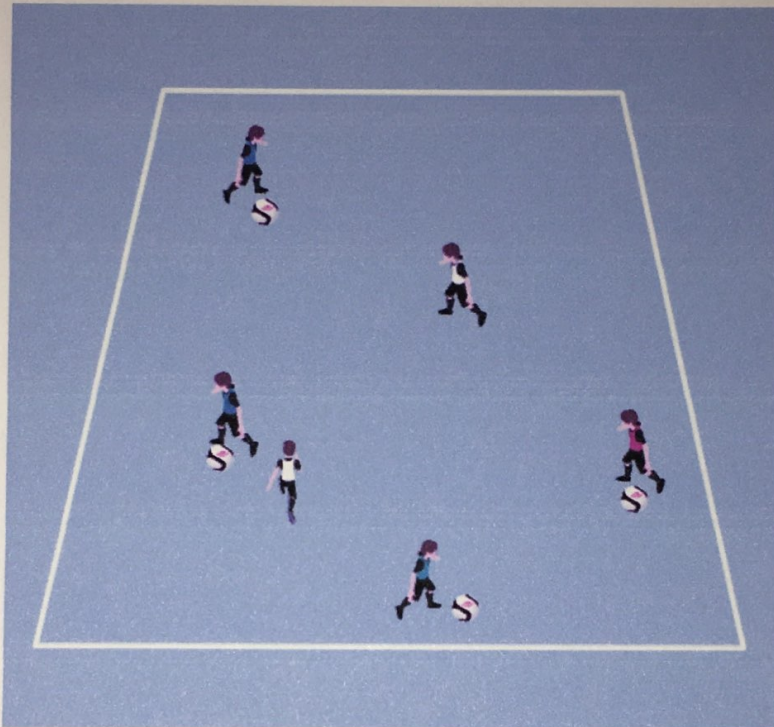
Dribbling Marbles



- 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 (pretend they are the enemy)
- ACTIONS:**  
U5-U6 Dribbling Moves  
• Review 1 and 2  
• #3 Sole Roll  
U7-U8 Dribbling Moves  
• Review 1 - 3  
• # 4 Psych  
• # 5 Spin Away
- COACHING POINTS:** Teach  Dribbling Sequence
- VARIATIONS** Players must use right foot only, left foot only, must perform specific moves or combination of moves

## Week Two – Tech Game

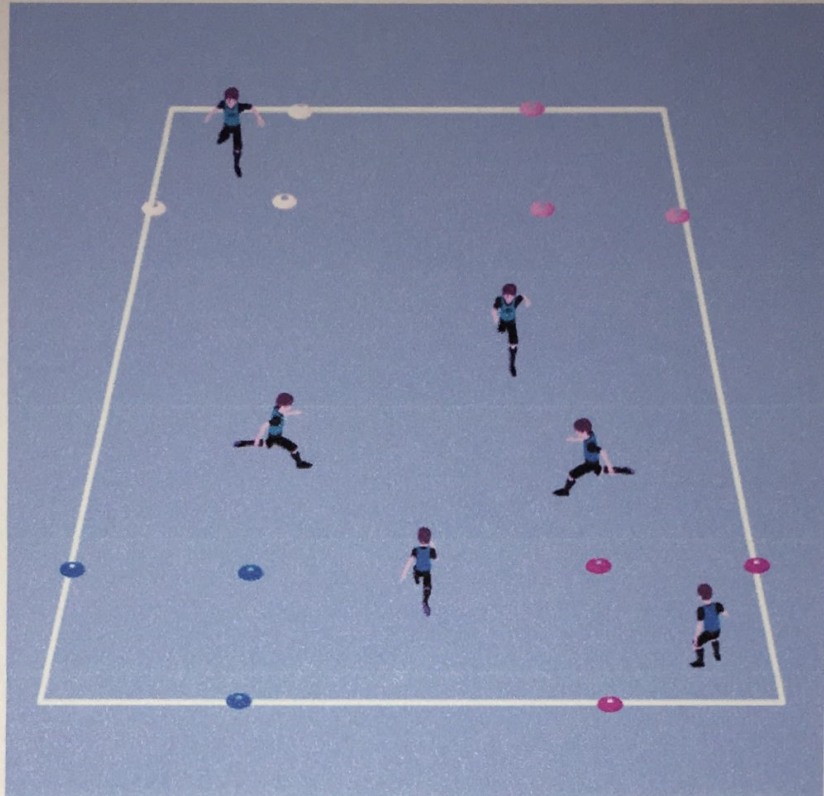
### Dribbling Tag



<b>OBJECTIVE:</b>	Dribbling under pressure, Shielding
<b>TIME:</b>	U5-U6 10 minutes, U7-U8 12 minutes
<b>GRID SIZE:</b>	20 yards (length) x 15 yards (width); vary size by age and ability
<b>EQUIPMENT:</b>	4 cones, ball for each attacking players, two pinnies
<b>ORGANIZATION:</b>	Two taggers (defenders), all other players (dribblers with a ball)
<b>RULES:</b>	Maintain control of ball inside grid. Tagger is attempting to touch dribblers ball. If touched, dribbler picks up ball and raises over head and creates tunnel through legs. Dribbler returns to game, when another dribbler, dribbles ball between legs (Tunnel) Rotate taggers every 90-120 seconds.
<b>COACHING POINTS:</b>	Dribbling with head up (vision) Maintaining possession of the ball (shielding) Changing direction and changing speed Defenders working as a team
<b>VARIATIONS</b>	How many players can taggers tag in allotted time? Can taggers tag all dribblers before end of allotted time?

**Week Two - Fitness**

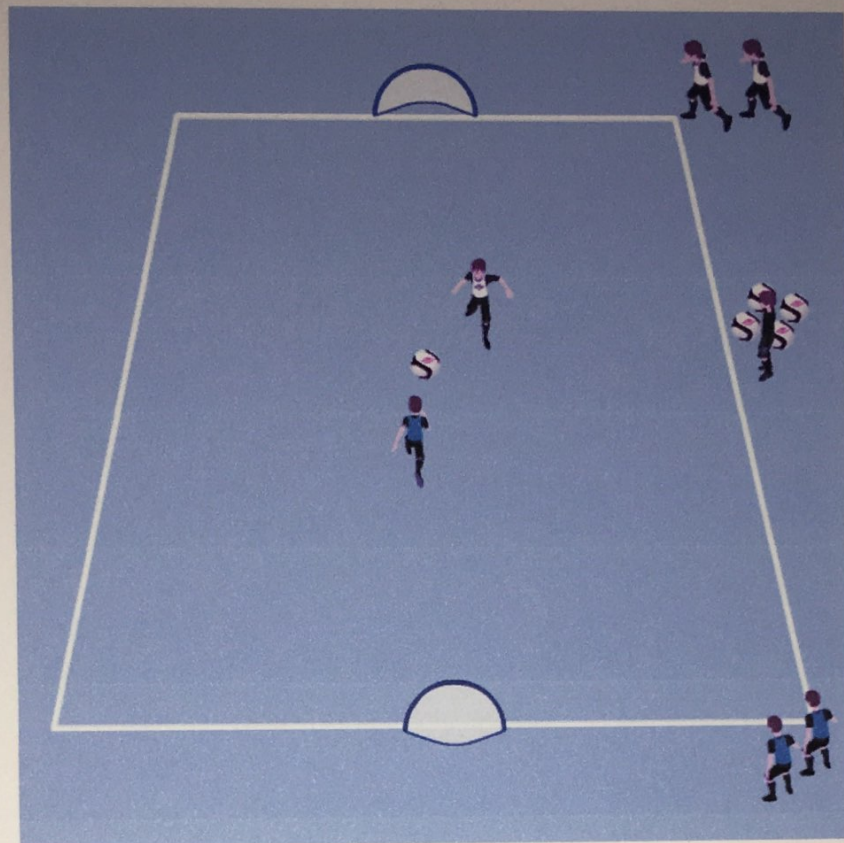
**Four Corners Tag**



- 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:** 16 cones, one pinnies
- ORGANIZATION:** One tagger, all others are runners
- RULES:** Runners can use Safe Zone (corners). Only one runner per Safe Zone at a time. If a second runner arrives in Safe Zone, the first runner must leave. Runner if tagged, crouches down. Rotate tagger every 60-90 seconds.
- COACHING POINTS:** Changing direction Changing speed Reaction Speed Vision
- VARIATIONS** Have runners become dribblers by adding balls.

## Week Two – Technical/Tactical Game

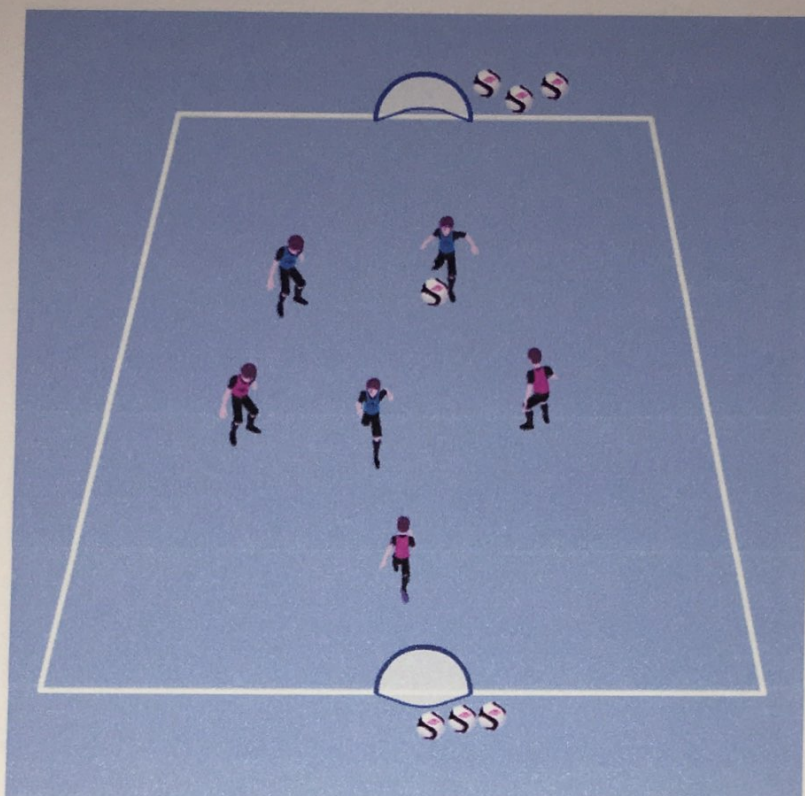
### 1 v 1 Steal the Bacon - to goal



<b>OBJECTIVE:</b>	Learning to play 1 v 1, Attack and Defense
<b>TIME:</b>	U5-U6 10 minutes, U7-U8 12 minutes
<b>GRID SIZE:</b>	20 yards (length) x 15 yards (width); vary size by age and ability
<b>EQUIPMENT:</b>	4 small cones, 4 large cones, supply of balls, pinnies for one team
<b>ORGANIZATION:</b>	Divide teams in two; assign each player on Team 1 a number. repeat with team 2.
<b>RULES:</b>	Coach starts game by rolling ball into field and calling a # corresponding numbered players play 1 v 1 until ball goes out of play or in the goal. Coach then restarts with another ball and another #. Maximum length of 1 game is 30 seconds.
<b>COACHING POINTS:</b>	Take on defender with speed Change direction and change speed When defender wins ball, make quick transition from attack to defense.
<b>VARIATIONS</b>	Coach calls out multiple #'s.

## Week Two – 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.