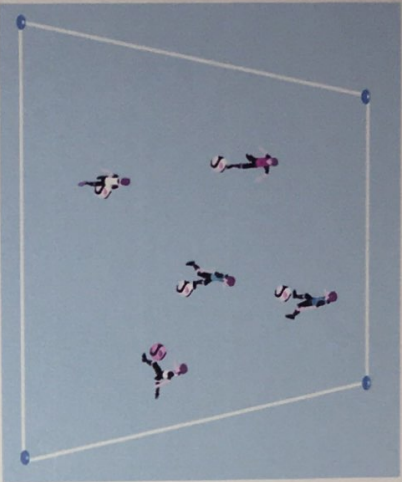


Week Four – Warm Up

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 - 4

5 Spin Away

U7-U8 Dribbling Moves (in addition to 1 & 2 above)

Review 1 - 6

7 Spin Away

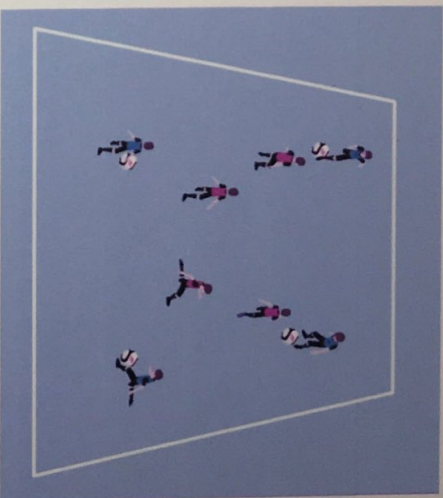
Team Dribbling Sequence

COACHING POINTS: Players must use right foot only, left foot only, must perform specific moves or combination of moves

VARIATIONS

Week Four – Tech Game

Obstacle Game



OBJECTIVE: Learning to dribble, cut and turn

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, supply of balls, 1/2 of team with pinnies

ORGANIZATION: Half the team with balls, other half obstacles

RULES: Dribbling ball inside of grid, avoiding obstacles (other players) positioned randomly throughout the field. Rotate after 45-60 seconds

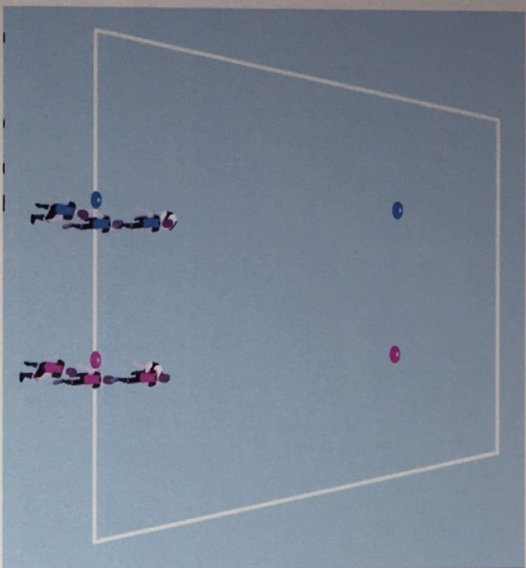
ACTIONS: Using specific moves Using right/left foot only

COACHING POINTS: Obstacles with:
legs open (tunnel)
laying on stomach (arms and legs tucked in)
make a bridge
Add a defender

VARIATIONS

Week Four - 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.

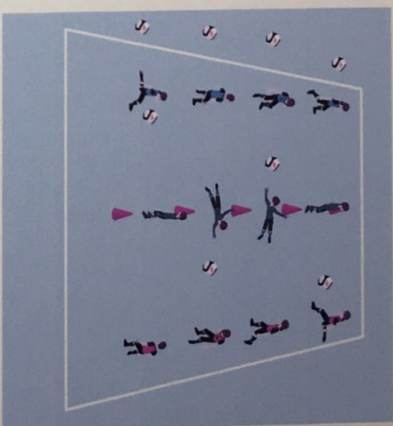
COACHING POINTS: Strong Effort

VARIATIONS

- Run backwards
- Skip
- Jump over ball twice
- Somersault
- Start on stomach
- Start sitting

Week Four – Technical/Tactical Game

Man (GK) in the middle



OBJECTIVE: Learning to shoot with instep

TIME: U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE: Distance between shooters and goals (5-10 yds.) Goals 5 yards wide (side by side)

EQUIPMENT: 4 large cones, supply of balls

ORGANIZATION: 2 players with two balls (outside), 1 in the middle (GK)

RULES: Player on outside shoots (instep), other outside retrieves and shoots from opposite side. If GK makes a save, then roll ball out to other shooter. Rotate GK every 90-120 seconds

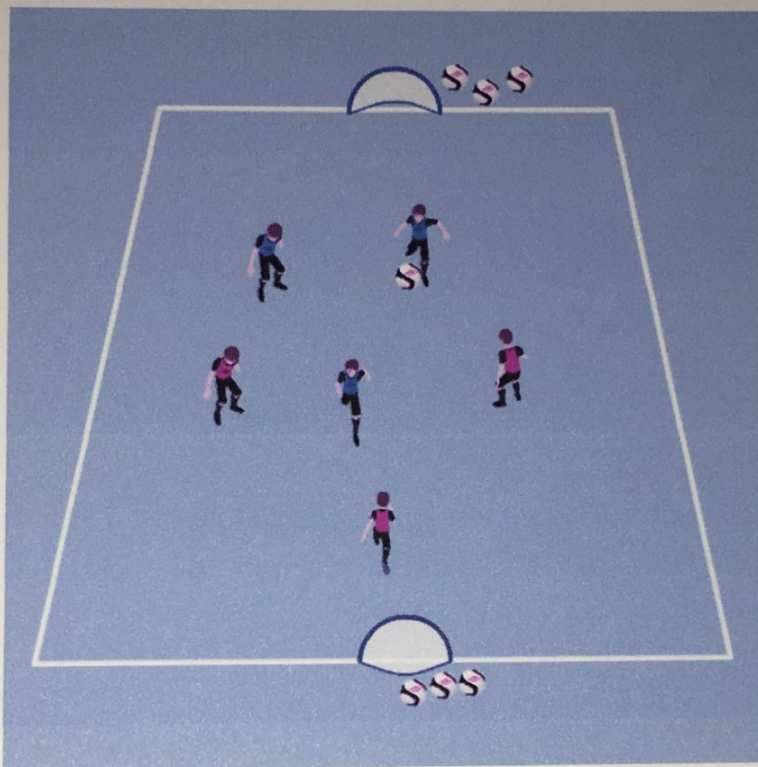
COACHING POINTS: Instep passing technique

VARIATIONS

- Shoot with right or left foot only
- Self-pass then shoot
- Who can score the most goals in allotted time?

Week Four – 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.