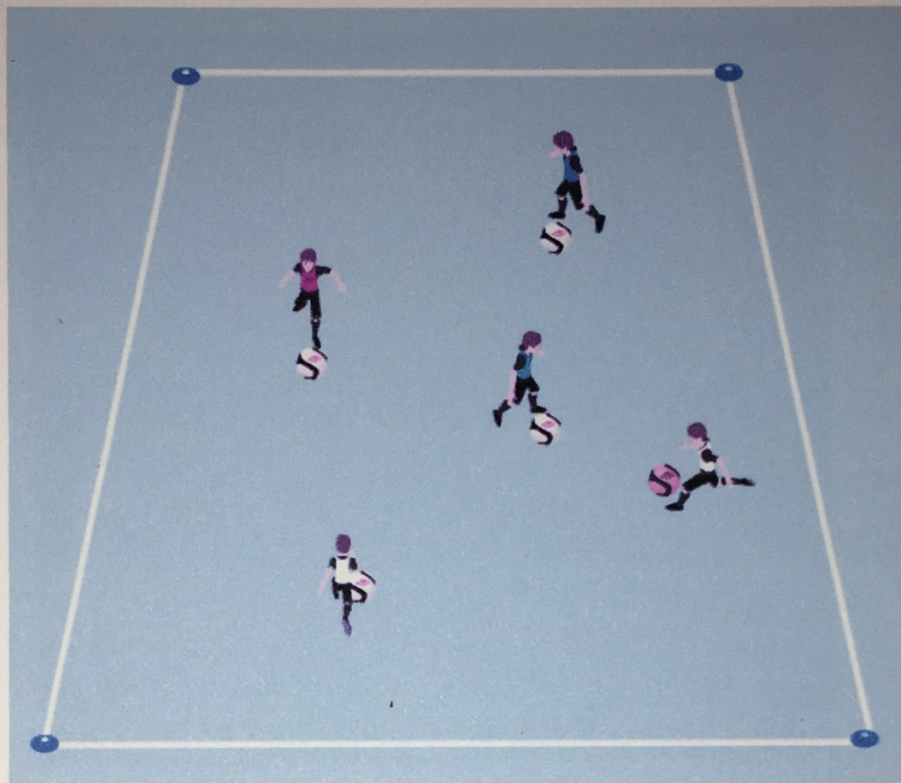



Week Five – Warm Up

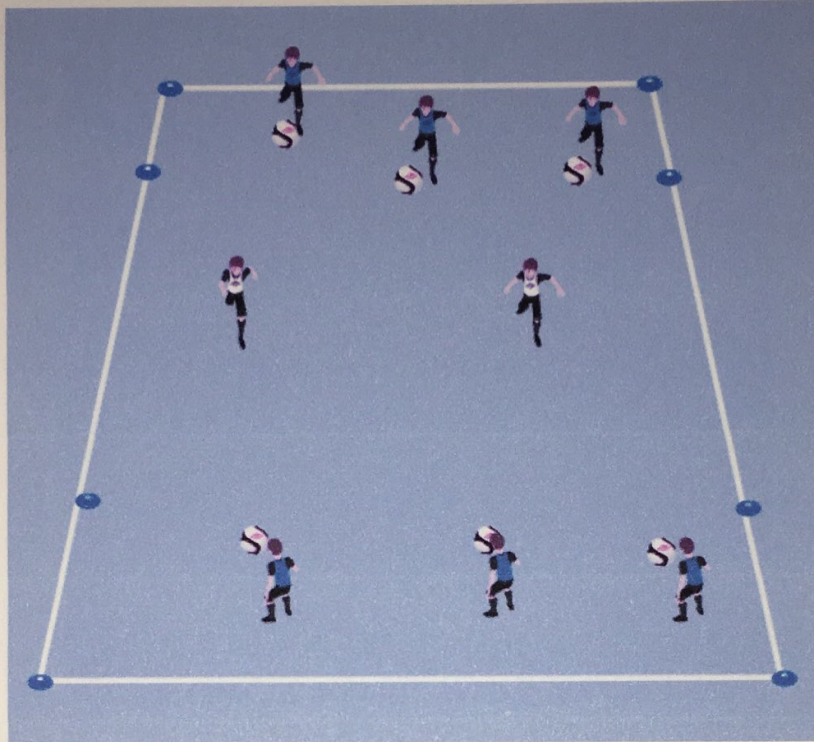
Dribbling Vitamins



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 <ul style="list-style-type: none">• Review 1 - 3• # 4 Psych U7-U8 Dribbling Moves <ul style="list-style-type: none">• Review 1 - 5• # 6 Pull Back
COACHING POINTS:	Teach  Dribbling Sequence
VARIATIONS	Players must use right foot only, left foot only, must perform specific moves or combination of moves

Week Five – Tech Game

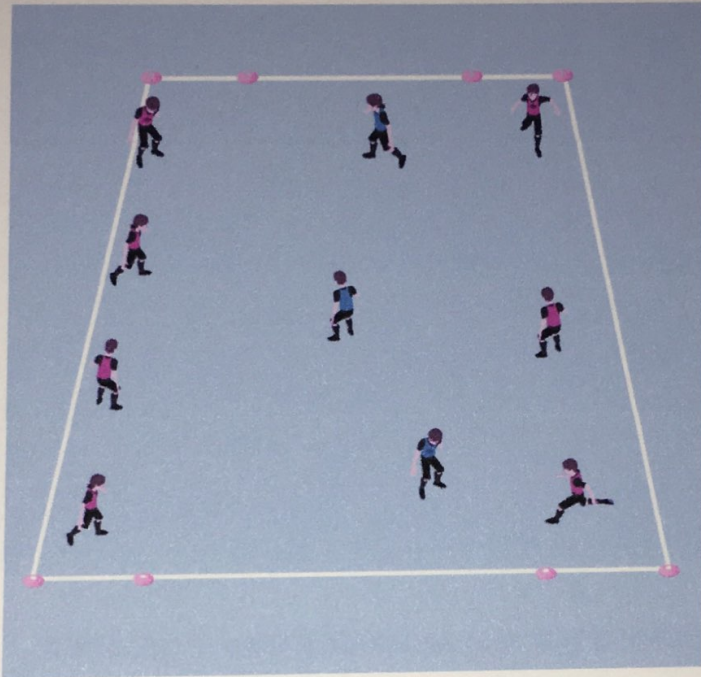
Street Dribble



- OBJECTIVE:** Learning to dribble in tight spaces, Improving coordination, speed and agility, taking on a defender
- TIME:** U5-U6 10 minutes, U7-U8 12 minutes
- GRID SIZE:** 30 yards (length) x 15 yards (width); vary size by age and ability
- EQUIPMENT:** 8 Cones, 2 pinnies, supply of balls
- ORGANIZATION:** Two players in the street (Street Sweepers) all other players in the sidewalk.
- RULES:** Coach gives command and players attempt to dribble across without Sweeper(s) tagging them. Change Street Sweepers every 4-6 crossings. How many times can the players cross the street without being tagged by the sweeper(s)?
- COACHING POINTS:** Take on defender with speed
Change direction and change speed
- VARIATIONS** Players must use right foot only, left foot only, must perform specific moves or combination of moves

Week Five - Fitness

Street Tag



OBJECTIVE:

Improving coordination, speed and agility

TIME:

U5-U6 10 minutes, U7-U8 12 minutes

GRID SIZE:

30 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT:

8 Cones, 2 pinnies

ORGANIZATION:

Two players in the street (Street Sweepers) all other players in the sidewalk.

RULES:

Coach gives command and players attempt to cross street, without Sweeper(s) tagging them. Change Street Sweepers every 4-6 crossings. How many times can the players cross the street without being tagged by the sweeper(s)?

COACHING POINTS:

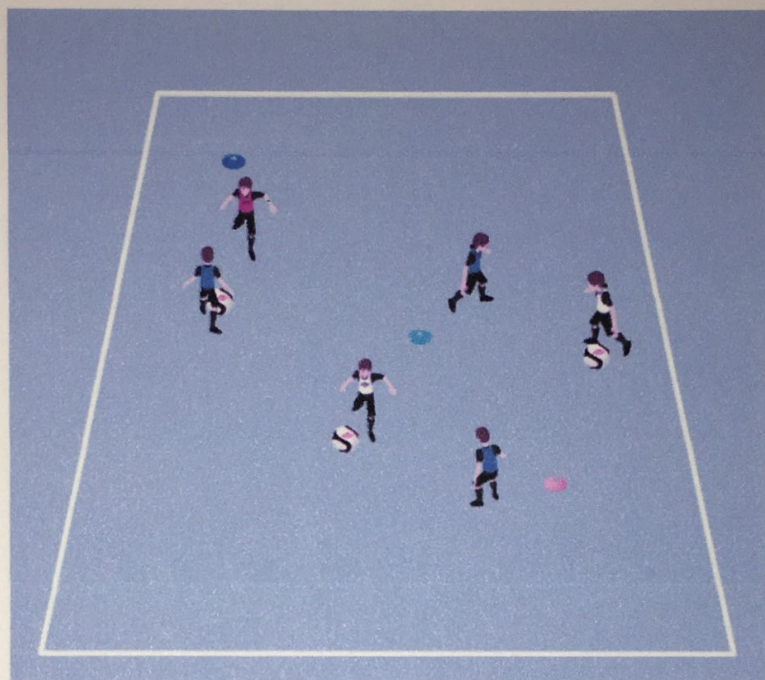
Change direction and speed
Vision, avoid sweepers and other players

VARIATIONS

All must skip
All must start on stomach (get up and run)
All must crab walk

Week Five – Technical/Tactical Game

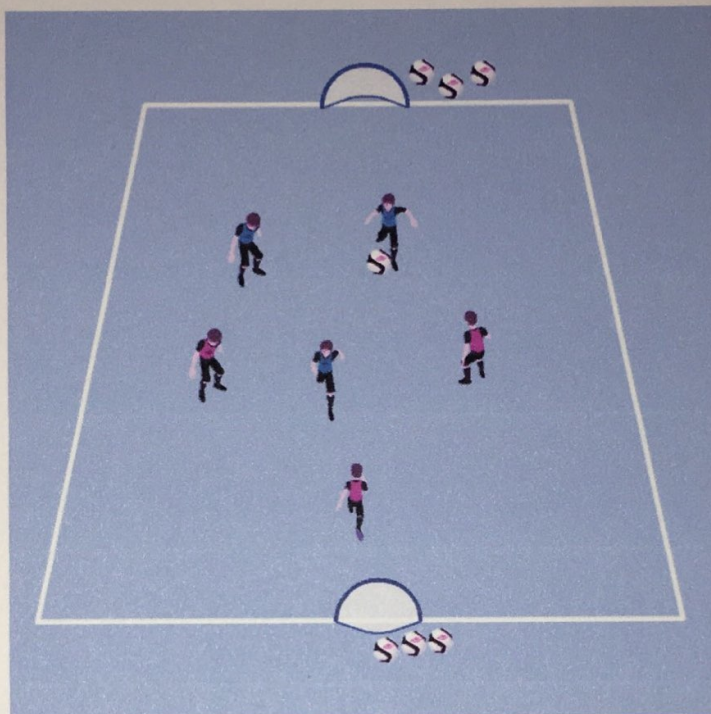
1 v 1 to a Cone



- 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:** One large cone per pair of players, one ball per pair
- ORGANIZATION:** Pair up players. Each pair has a ball and a cone. Pairs move to their own part of the field, at least 10 yards from other pairs. Place cone on ground
- RULES:** 2 players play 1v1 against each other and try to dribble or pass and hit the cone. Defending player cannot guard the cone.
- COACHING POINTS:** Take on defender with speed Change direction and change speed
When defeneder wins ball, make quick transtion from attack/ defense.
- VARIATIONS** Pairs can score on any cone.

Week Five – 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) 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 PICTURED
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.