



Objective

Improve the techniques of dribbling, passing, and shooting

Age Group

U6

Moment

Attacking

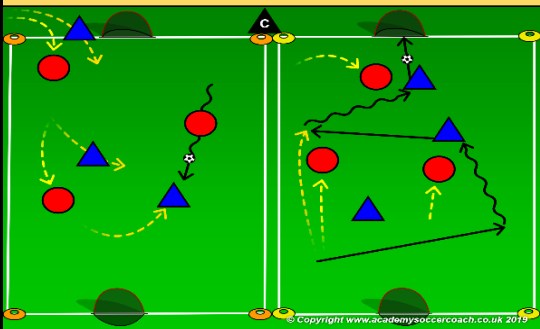
Duration

45 Minutes

4v4

Play Phase #1 - Free Play (Up to 4v4)

10 Minutes



Objective: To pass or dribble past an opponent then score goals

Organization: Set up a 15Wx20L field (One Half of a game field) with a small cone goal at each end. As soon as 2 players arrive, start playing a game as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 4v4.

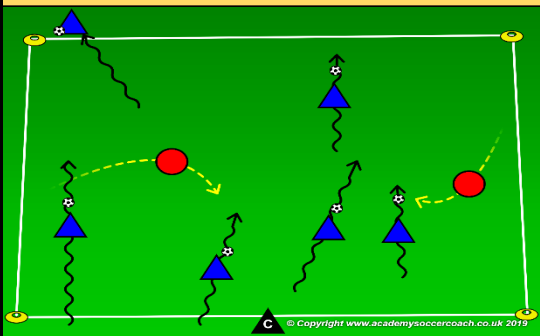
Key Words: Turn to goal, take big touches into space

Guided Questions: When can you go straight to goal?

Answers: If no one is between you and the goal, attack the goal.

Practice Phase #1 - Sharks & Minnows

10 Minutes



Objective: To dribble your soccer ball past an opponent and stop it once on the opposite side of the field

Organization: In a 15Wx20L field, select 1-3 players to be Sharks without a ball (coaches can start as sharks too). The rest are Minnows who have a ball & start at one end of the grid. They have to dribble their ball to the other side without losing it to a Shark. Play several games, change who starts as sharks.

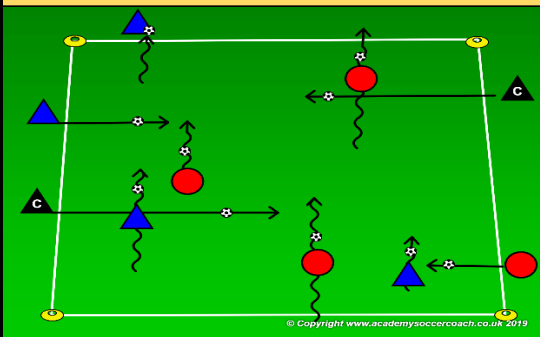
Key Words: Head Up, See the Sharks

Guided Questions: How do you know where to cross the ocean?

Answers: Play with your head up, look for the empty space.

Practice Phase #2 - Pirates of the Caribbean

10 Minutes



Objective: To improve the players ability to pass the ball toward a moving target

Organization: In a 15Wx20L field, place all the players one end line without a soccer ball. All soccer balls (cannon balls) are lined up on either side of the grid. The players (Captain Jacks) will try to run to the other side without getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. Pirates who get hit become Barbosas too. Play several games.

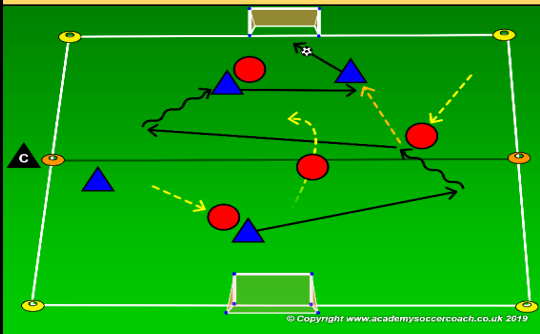
Key Words: Strike the middle of the ball

Guided Questions: Where should you kick the ball to keep it on the ground?

Answers: Kick the middle of the ball with the middle of your foot to keep it on the ground.

Play Phase #2 - The Game

15 Minutes



Objective: To pass or dribble past an opponent then score goals

Organization: Sharing a 20Wx30L game field with another team, scrimmage 4v4 against that team. Use all normal rules for division. If the ball leaves the field, coach can roll another ball onto the field and let play continue to keep play moving. Rotate players to keep fresh and allow rest time.

Key Words: Turn, Get the ball, Beat Them!

Guided Questions: When can we dribble? When can we shoot?

Answers: Try to let players make their own decisions. Don't "joystick" coach by over-telling players what to do.

Self Reflection Questions

How did you do in achieving the goal of the training session?

What did you do well?

What could you do better?