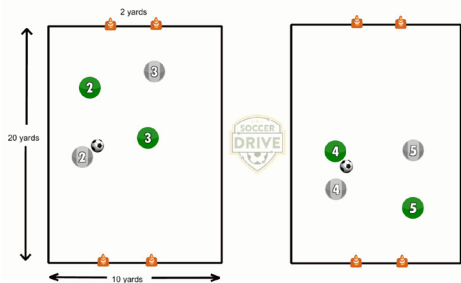




BALL FAMILIARITY

AGE LEVEL: U6 TIME: 60 MINUTES



2 VS. 2 PLAY

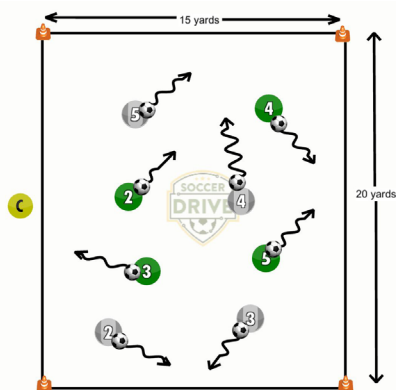
TIME 10 minutes

SETUP

- » Make two fields at 20x10 yards.
- » Place 2 yd goals on each endline.
- » Players play 2v2 on field.
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice).

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



SAILING THE SEAS

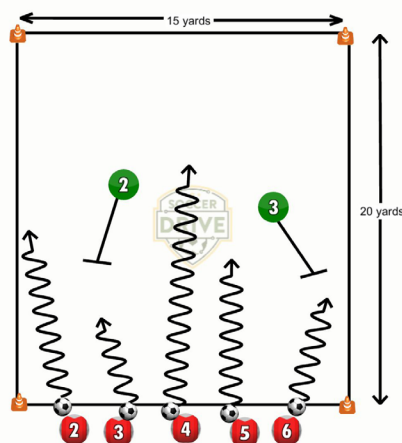
TIME 10 minutes

SETUP

- » Make a 15x20yd grid, and all players have a ball inside it (the ships).
- » The coach (ship's captain) is outside the grid.
- » Players start sailing around the ocean and change their speed based on the weather; high winds = go fast!, No wind = go very slow. Hurricane = dribble in a circle. Rogue wave = go backwards. Each round add a new direction, combine movements, or make up your own!
- » Game starts when coach says "ahoy mates, set sail!"

COACHING POINTS

- » Keep the ball close so you can change speed or turn quickly!
- » Encourage players to use both feet when touching the ball.
- » Show different surfaces of the feet that can be used to change direction, as well as touch the ball with.



BRUCE THE SHARK AND NEMO

TIME 15 minutes

SETUP

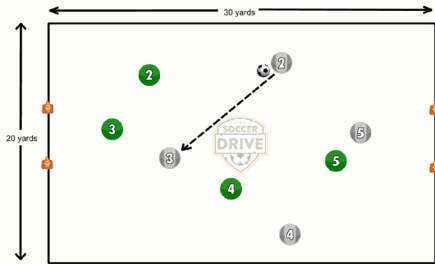
- » In your 15x20yd grid, select 1-3 players to be Bruce the Sharks without soccer balls (coaches can start as sharks too).
- » The rest of the players are Nemo or Dori and start each with a ball on one end of the grid.
- » Nemo/Dori's have to dribble their ball to the other side of the ocean without losing their soccer ball (food) to Bruce the shark.
- » Sharks do not kick balls away, they just need to touch it with their foot to catch the Nemo/Dori.
- » If a Nemo/Dori gets their ball stolen, have them do 4 toe taps (touch top of ball with the bottom of your feet), and then continue to swim the ocean.
- » Nemo/Dori's can start crossing when the sharks yell "Try and cross my ocean little fish!"
- » Switch sharks after two fish crossings.

COACHING POINTS

- » Look for moments to swim into space! If you just swim without a plan, you'll be eaten up!
- » Encourage changes of speed and direction.
- » Look for players who are using both feet to dribble, and make a positive example out of them.
- » Have fun!



BALL FAMILIARITY



4 VS. 4 SCRIMMAGE

TIME 20 minutes

SETUP

- » Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- » Cones for goals are 2yds wide (same as for a game).
- » There are no goalkeepers.

COACHING POINTS

- » None! Just sit back and let them play! Use this as an opportunity to talk about the rules of the game for your league. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart.

END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

- » What are some surfaces of the feet we can use to move our soccer ball with? (inside, outside, laces, heel, bottom, toe).
- » Why is it important to be able to use both feet while dribbling? (so you can turn direction quicker, as well as evade defenders easier!)
- » Why should you look for space to dribble into, instead of just dribbling straight ahead? (it's important to know where defenders are, so you can avoid them and get past them!)
- » Have a team cheer; great job coach!