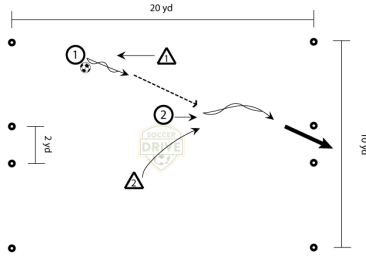




TURNING WITH THE BALL

AGE LEVEL: U6 TIME: 60 MINUTES

20 X 10 2VS. 2 SMALL SIDED GAME



TIME 10 minutes

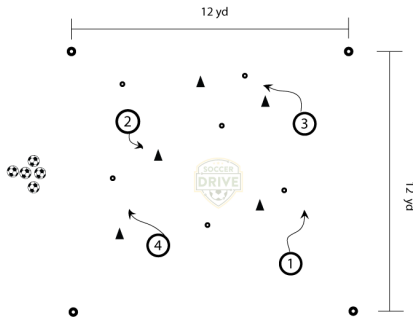
SETUP

- » 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)
- » After goal is scored, play is restarted with a goal kick

COACHING POINTS

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

THE NETWORK



TIME 10 minutes

SETUP

- » Place 5 cones, and 5 pennies on ground spread out around grid.
- » Start without a ball. Coach gives the players a task to complete which they try to get as many points as they can:
 - * touch hand to cones/pennies.
 - * touch foot to cones/pennies
 - * two-footed jump over cones/pennies
- * Make up new combinations. Think of gross motor movements, and make more complicated with each progression.

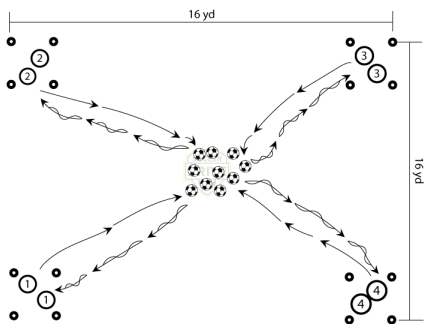
COACHING POINTS

- » - Introduce different types of turns using different surfaces of the feet: Inside/outside/bottom
- » - Encourage little touches when dribbling up to a cone, and then larger touches after they pass it to get quickly to the next one.
- » - Use peripheral vision while dribbling to see where you want to go next

PROGRESSION

Every player has a ball. Players have to dribble to a cone/pennie, touch with their foot, and then turn to go the other way for a point. Demonstrate different turns and have players perform one type at a cone, and then another type around the pennies etc. Players get points for each cone/pennie they turn at around. Make up different variations to get points.

ROBIN HOOD



TIME 15 minutes

SETUP

- » Divide players into four teams, with each team in a separate smaller 2x2yd "hideout"
- » All balls are in the center of the larger 16x16yd grid
- » When the coach says go, one player runs to the center and dribbles a ball back to their "hideout"
- » Once that player returns, their partner goes and gets a ball. Repeat.
- » Once all the balls are gone from the center, players can begin taking a ball from other "hideouts"
- » Players cannot defend their balls and can't tackle other people.
- » When coach ends game, count to see which team has the most and return to center. Repeat.

COACHING POINTS

- » Encourage different turns to get ball back to hideout quickly. Praise players who attempt turns.
- » Players need to take little touches in tight spaces, and longer touches when they are sprinting with speed back to their hideout.

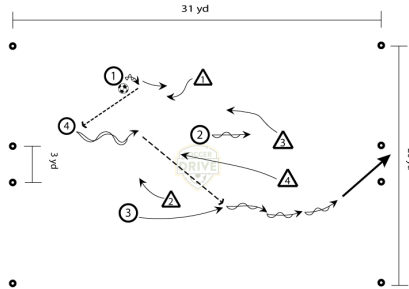
PROGRESSION

- » Let both partners go at the same time to collect balls and steal from other teams!



TURNING WITH THE BALL

31 X 20 4 VS 4 GAME



TIME 15 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. For kindergarten, we play continuous restarts, meaning when a ball goes out, a coach just kicks another one in. Feel free to grab the parents to use as 'bumpers' around the field to keep the game moving. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart. Have fun and get excited!

END OF PRACTICE QUESTIONS

- » Bring your players in for the last five minutes of practice and recap your session using open-ended questions:
- » Can someone show me the different surfaces of the feet that we can use to turn the ball with (bottom, outside, inside). - Does anyone know a cool move that would help them turn? (show an example).
- » What should we do when we turn away from someone? (Increase speed and take bigger touches!)
- » Have a team cheer, and see everyone at the game!