



TRAINING SESSION: WEEK 1 FOR U6 AGE GROUP-DRIBBLING WITH THE HEAD UP

Objectives

To develop dribbling with the head up for the individual player. To develop dribbling to turn the ball for the individual player. To develop movement abilities of agility, balance, and coordination for the individual player.

Back To Coach



- 12 Players**

- Ball for each player. Space marked out by cones.**

- Intensity: 3**

- 00:08 min**
(4 x 01:00 min, 01:00 min rest)

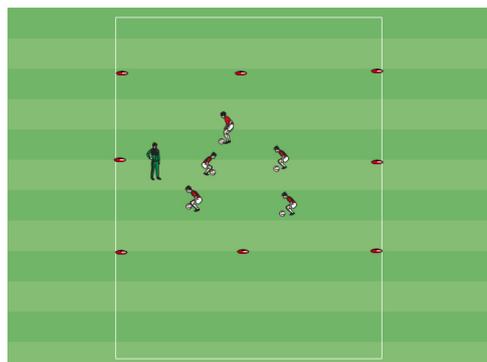
Coaching Points

Head up to find the coach. Being aware of other players. When dribbling back to the coach, can you use your laces or pinky toe when running with the ball.

Description

Each player has a ball. Coach stands in the middle of a playing area. One at a time each player hands their ball to the coach. The coach tosses the ball out and then has the players bring the ball using a variety of ways to move the ball. . Example: Run, pick up the ball and skip back to coach, Run pick up the ball and hop back to coach. Progress to having the players dribbling the ball

Body Parts



- 12 Players**

- Each player needs a ball. Create a playing area with cones for players to stay inside.**

- Intensity: 5**

- 12:00 min**
(6 x 01:00 min, 01:00 min rest)

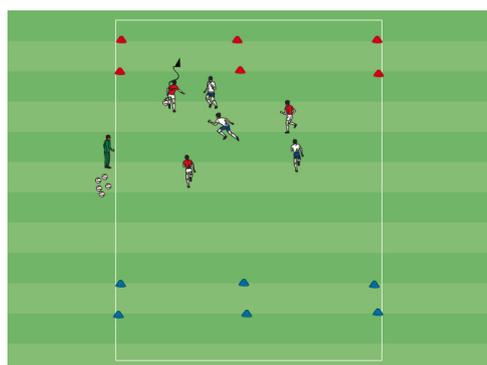
Coaching Points

Keeping the ball within reach while dribbling. Keeping the head up when dribbling. Using the inside or outside of the foot when turning a ball. Using the laces or pinky toe when running with the ball.

Description

Each player has a ball and is inside a playing area. When the coach calls out a body part, they stop the ball with the called part. Example: Coach says "knee", all players try to stop the ball with their knee. Variations: A) Call two body parts they have to use both. Example: knee, foot. They touch the ball with their knee and then

Small-sided game to an endzone (2v2-4v4)



- 12 Players**

- balls/bibs/cones**

- Intensity: 7**

- 12:00 min**
(6 x 01:00 min, 01:00 min rest)

Coaching Points

Keeping the ball close but also away from an opponent. If going forward with the ball is not an option then pass the ball to a teammate.

Description

Create a playing area in a rectangular shape. Each team attacks a zone on opposite ends of the playing area. Dimensions: For 2v2 approximately 15 yards long by 10 yards wide. For 3v3 approximately 25 yards long by 15 yards wide. For 4v4 approximately 35 yards long by 25 yards wide. Dimensions can vary. Create an end zone for both teams. A point is scored when a member from a team

Small-Sided Game to two goals (3v3-4v4)



- 8 Players**

- Small goals, cones, balls**

- Intensity: 7**

- 00:16 min**
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Principles of attack Principles of defense Techniques of dribbling, passing, shooting. Techniques of pressure (closing down), cover (body position), tackling

Description

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.