

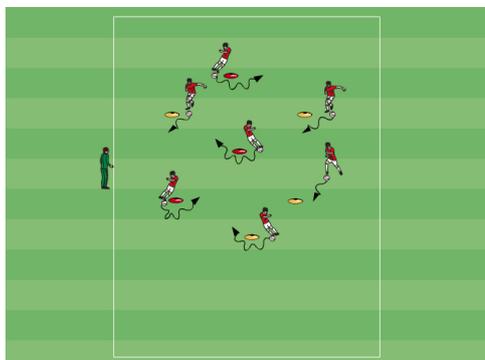
TRAINING SESSION: WEEK 2 FOR U6-DRIBBLING WITH THE HEAD UP



Objectives

To develop how players can dribble with their head up. To develop how players can turn the ball to keep possession.

The Network



8 Players

balls/cones

Intensity: 3

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

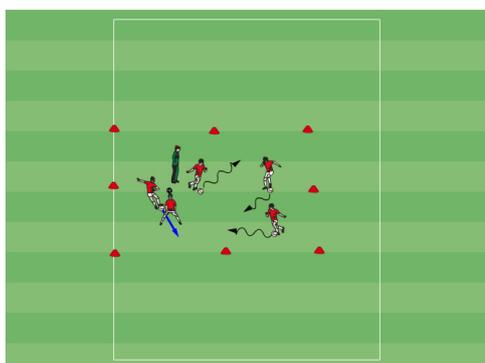
Coaching Points

Running with the ball using pinky toe or laces. Turning the ball with the inside or outside of the foot.

Description

Place different colored cones if available. Each player starts at a cone. Starting cone is called "home". Ask players to move from cone to cone in a variety of ways. At first try the activity without the ball. Consider the following movement actions: A) Run and touch a cone. See how many they can touch before "home" is called. B) Run and hop over a cone with two feet. C) Run and touch a cone with their hand. Then add a ball.

Freeze Tag



12 Players

Cones and a ball for each player.

Intensity: 5

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

Coaching Points

Keep the head up while dribbling. Turn the ball with the inside or outside of the foot. Note: U6's will primarily use the inside. Introduce teamwork

Description

Make a playing area with cones. Each player has a ball. The coach is "it". Players dribble their soccer ball and try to stay away from being tagged. If tagged, they are frozen. Frozen player has to stand and hold their ball above their head and spreads their legs apart. To get unfrozen, someone has to pass the ball under a frozen player's legs. Variations: A) Coach and the first

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.