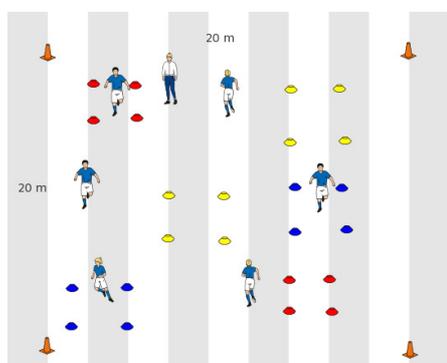


## TRAINING SESSION: U6 WEEK 5 DISCOVER PLAY LEARN, DRIBBLING WITH THE HEAD UP

## Objectives

To develop agility coordination and balance through locomotor movements with and without the ball. To develop the ability to dribble with the head up. To develop spatial awareness.

### Empty Cages



 **8 Players**

 **24 cones**

 **Intensity: 3**

 **10:00 min**  
( x 00:00 min, 00:00 min rest)

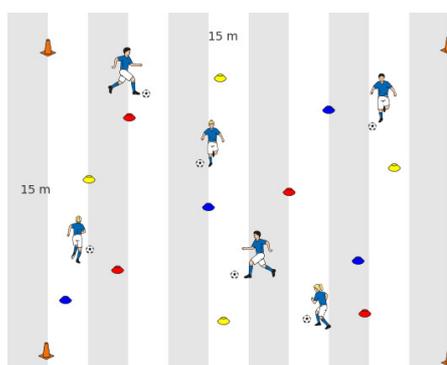
#### Coaching Points

Head up so you can see all the cages/Locomotor movement technique/Plant foot and push off to change directions/Have them perform different movements at different speeds in different directions.

#### Description

20x20 m grid. 6 boxes 1x1m within field. 2-3 zookeepers (BB/BS). Players pretend to be different animals in the cage making different moves. (skip, hop, shuffle, walk, jump, run gallop). On coach's call, players must find an empty cage and move into it. 1 animal per cage. If a zookeeper tags an animal they become a zookeeper. Add ball.

### Birds in the Tree



 **8 Players**

 **Cones and Balls**

 **Intensity: 5**

 **10:00 min**  
( x 00:00 min, 00:00 min rest)

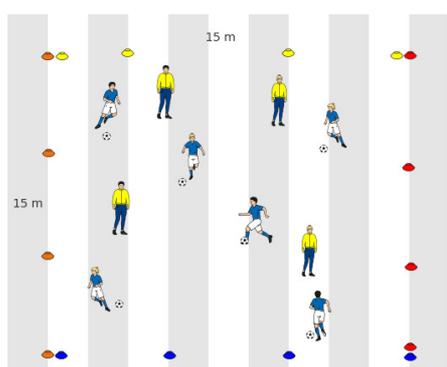
#### Coaching Points

Head up when dribbling/moving around grid/Use different surfaces of foot to dribble ball (inside, outside, laces, sole, heel, toe)/Use both feet to dribble the ball/Avoid other birds and the BB/BS/

#### Description

15x15 grid with 10-15 cones spread out all over. The birds (players) move through trees. The BB/BS move around outside to prepare to catch the birds. As soon as (BB/BS) runs into forest the birds save themselves by flying/moving to a tree. If they are touching a cone they are safe in the tree. Only 2 birds per tree. If BB/BS

### 1v1 to a line



 **8 Players**

 **Cones Balls**

 **Intensity: 6**

 **10:00 min**  
( x 00:00 min, 00:00 min rest)

#### Coaching Points

Head up when dribbling/Use different surfaces and feet to dribble ball/Take first dribble forward into open space/Accelerate towards endline (shore)/Avoid other players

#### Description

15x15 field. 1 BB/BS vs 1-2 players. Create fun team name ie. dolphin vs. penguins. The four lines of the field represent the shore. Have everyone dribble freely around the ocean (field). Then call out a color or number of cones. Players race to dribble ball past line before the BB/BS can get there. Whoever crosses the shore (line) first wins

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



 **8 Players**

 **Small goals, cones, balls**

 **Intensity: 7**

 **00:16 min**  
(4 x 00:03 min, 00:01 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.