



FC TEANECK U6 WEEK 1

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Redz Mor, edgewater, United States of America
Individual-Adult Member

Description

Fun Games to facilitate close control and also to activate motor function balance and co-ordination with a ball through games children of this age relate to.

Ball Retrieval / Warm up

Ball Retrieval Warm .

Each player has a ball and in turn hands ball to coach.

Coach tosses ball out for player to retrieve any way they want

Pick up and Run back,

Pick up and skip back

Pick up and Hop back

Dribble with the inside of foot/outside of foot/ sole of foot/ inside of both.outside and inside of one foot



Gates

Gate Game:

Can you stop the ball in a gate.

How many gates can the players get through.

Players can go through any color to begin.

Coach can then nominate a color.

Coach can have one team go through a specific color and another team can go through a different color.



Crabs on the beach.

Session Area

20x25 grid

Set Up

Players stand on one end of grid and are surfers with a ball(surfboard) and must try and get across the sea to the other side of the bay without getting bitten by crabs on the way across.

If ball is tagged they leave the ball on the side and go and join the crabs.

Key Points

Awareness of ,crabs and surfers.

Changes of directions Feints and fakes.(just like Tag)

Change of pace.

Head up to see the area ahead.

Winners are the last two crabs to be tagged. They can choose to be crabs or nominate.



3v3 Game (20 mins)

Organization:

30 x 25 yard box.

Teams play 3 v 3 inside the box with no goalkeepers.

let players play game and facilitate rather than coach at this stage

Let the kids play and learn to love the game. 4 x 5 minute games with one minute water breaks in between games

