

COACHING CLINIC U-6 → U-10

1.) WARMUPS:

- A.) EVERYONE WITH A BALL ^{SINGLE} DRIBBLE ON WHISTLE LEAVE BALL FIND ANOTHER. ON WHISTLES TOSS BALL UP FIND ANOTHER BALL. ON COMMAND DO A SKILL, ROLL, ETC.
- B.) STARBURST. FORM A CIRCLE JOG IN PLACE ON COMMAND TURN ON COMMAND SPRINT OUT COACH CALLS BACK CAN DO SIDE STEPS, GO BACKWARDS SUMMER SAULT ETC.
- C.) IN PAIRS JOG THE FIELD
- D.) SETUP CONES AT 10 - 20 + 30 YRDS START AT 0 GO TO 10 BACK TO 0 UP TO 20 BACK TO 0 UP TO 30 + HOME. CAN BE DONE WITH
- E.) PLAY THE # GAME. PLAYERS JOG AROUND A CONFINED AREA COACH CALL A NUMBER PLAYERS GET IN GROUPS OF THE NUMBER CALLED AS QUICKLY AS POSSIBLE.

2.) PASSING AND RELIEVING:

- A.) PAIRS APPROX 6-10 FT APART DEPENDING ON AGE PASS VOLLEY AND HEAD, ONE PLAYER DOES THE PASSING PARTNER DOES FIRST PASS BACK, THEN HEAD, AND LAST VOLLEY.
- B.) FORM TWO LINES FACING EACH OTHER APPROX 6-10 FT APART. FIRST PERSON IN ONE LINE PASS TO OPPOSITE LINE AND GO TO THE END OF SAME LINE. NEXT PASS AND GO TO THE OPPOSITE LINE ETC.
- C.) SETUP A 10 FT SQUARE PLAYERS ON ALL 4 CORNERS ONE PLAYER HAS A BALL. PASS AROUND SQUARE. NEXT PASS AND FOLLOW THE BALL AROUND THE SQUARE.
- D.) USE PLAYERS AS CONES EVERY ONE WITH A BALL IN A STRAIGHT LINE OR IN A CIRCLE ABOUT 6 FT APART, LAST PLAYER DRIBBLES IN AND OUT OF LINE TO THE END AND STOP NEXT PLAYER ETC.
- E.) FORM TWO LINES ABOUT 10-20 FT APART FACING EACH OTHER EVERY ONE HAS A BALL. FIRST ONE LINE PASSES BALL TO COACH WHO TOUCHES IT AWAY PASSER THEN GETS BALL AND GOES TO OPPOSITE LINE, ALTERNATE LINES.

3.) TEAM TRAIN + THEN FREE SCRIMMAGE:

- A.) SET UP TEAM SHAPE: STANDING IN FRONT OF TEAM DIRECT THEM SIDE BACK + FORWARD WHILE STAYING IN SHAPE. NEXT PASS THE BALL FROM PLAYER TO PLAYER KEEPING SHAPE. CAN ADD A DEFENDER TO TRY + GET THE BALL.
- B.) FREE SCRIMMAGE. LAST FEW MIN OF SA PRACTICE SHOULD BE FREE SCRIMMAGE.