

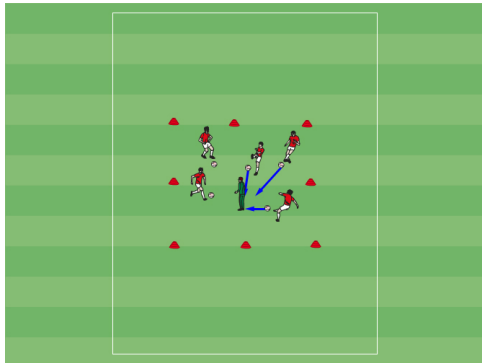


TRAINING SESSION: WEEK 5 FOR U6-STRIKING THE BALL TO SCORE

Objectives

To develop how players strike the ball to score goals. To develop dribbling with the head up. To develop dribbling to strike the ball.

Ouch!



12 Players



Cones, balls for each player



Intensity: 3



08:00 min

(4 x 01:00 min, 01:00 min rest)

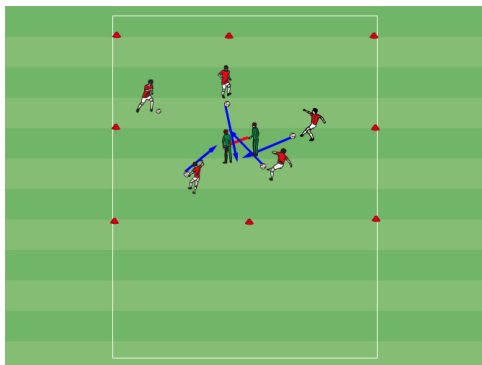
Coaching Points

Dribbling with the head up. "Where should your eyes be"? Surface selection to strike the ball. "What is the biggest part of your foot"? (Inside)

Description

Create a playing area with cones. All players have a ball. The coach walks around the playing area. The players dribble and then try to strike/pass the ball and hit the coach below the knee. When a coach gets hit they yell "ouch"! Variations: A) Have one group at a time strike the ball at the coach while the others dribble. B) Have an assistant coach or two join along to also

The Moving Goal



12 Players



Cones, ball for each player, vests, towels, or pool noodle symbolizing a goal.



Intensity: 5



00:12 min

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

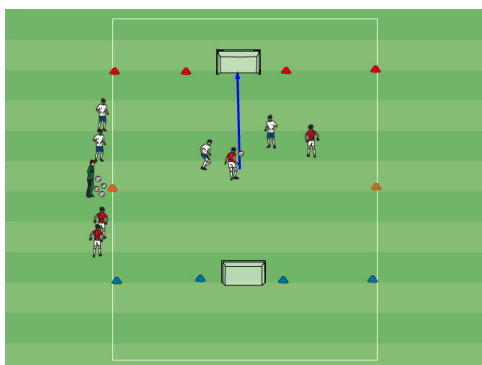
Coaching Points

Surface selection to strike the ball. "What part of the foot can you use to score"? "What if the goal is lower? What part of the foot do you use then? (inside or outside of the foot)"

Description

All players have a ball. The coach and an assistant use vests, towels or pool noodle to make a "goal". The players with the ball are instructed to strike the ball under the "goal" to score. The "goal" will move. The coach and assistant coach walk around and hold the "goal". Players keep track of the number of goals they scored. Variation: Add

Get out of here!



12 Players



Cones, balls, small goals



Intensity: 5



00:12 min

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

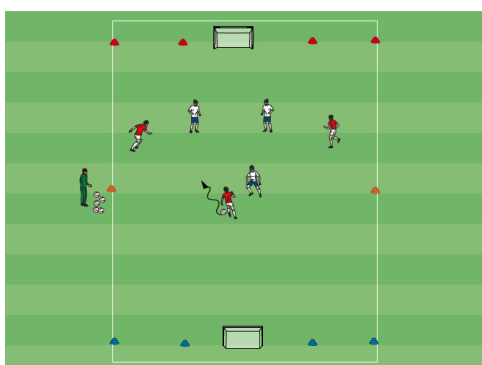
Coaching Points

Working on striking the ball to shoot. "What part of the foot can you use to strike the ball"? "Work on the idea of shooting first but if not then get the ball to a teammate."

Description

Create a small-sided field with small goals on each end. Dimensions: Approximately 20 yards long by 10 yards wide if playing 2v2. Divide into two teams. Play 2v2 on the field. When the ball goes out of bounds or there is a goal, the coach says "Get out of here" and a new pair from each team runs on.

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.