

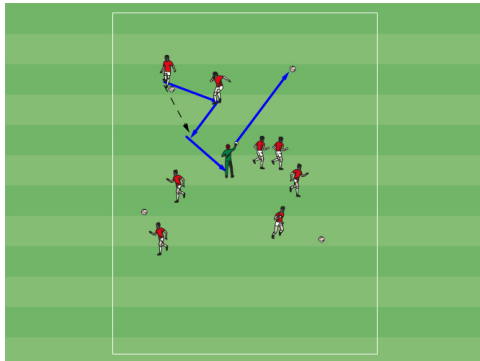


## TRAINING SESSION: WEEK 6 FOR U6-PUSH PASS

### Objectives

To develop how to push pass the ball. To develop how to work with a teammate. To develop how to receive/redirect the ball.

### Back To Coach in Pairs



**12 Players**



**Balls, Cones not necessary but can be used.**



**Intensity: 3**



**00:08 min**

(4 x 00:01 min, 00:37 min rest)

#### Coaching Points

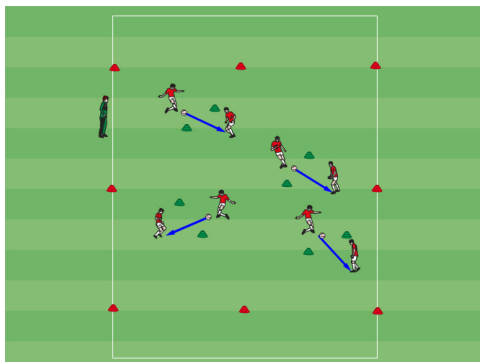
Cooperation with your teammate. Push pass surface: "What part of the foot do you use to pass the ball"? (Inside) Ask how can they get the ball back to coach quicker? (Move away from their teammate)

#### Description

Players pair up and share one ball. They are instructed to hand the ball to the coach one pair at a time. The coach then tosses a ball out and the pair chases the ball down and brings it back to the coach.

Progression: A) Run, pick up the ball and have all four hands on the ball, B) Run pick up the ball but have two hands and two

### Gates



**12 Players**



**Cones, ball for each pair**



**Intensity: 5**



**00:12 min**

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

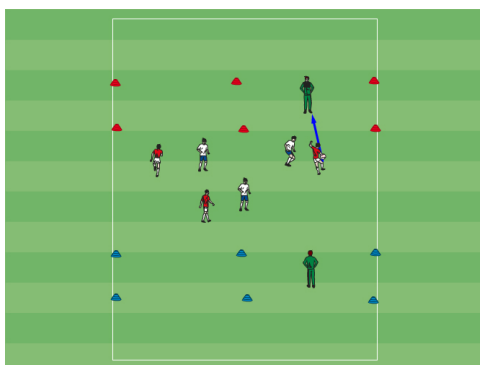
#### Coaching Points

Surface selection for the push pass: Inside or outside. Note: Using the outside of the foot for U6's is challenging. Make eye contact with your partner (teammate) before passing to them. Keep the ball moving. Redirect the ball somewhere new.

#### Description

Create a playing area with cones. Within the playing area, create "gates" with two cones. Put the two cones approximately 3-5 yards apart. Players get in pairs and share one ball. Have each pair go to a "gate". A player from each pair starts on opposite sides of a gate. Progression: A) Pass the

### Small-Sided Game to a target



**12 Players**



**Balls, cones**



**Intensity: 7**



**00:12 min**

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

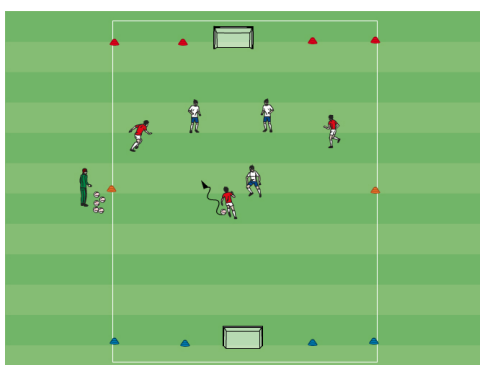
#### Coaching Points

Surface selection of the push pass. "What part of the foot do you use to pass the ball to a teammate"? Surface selection of receiving. "What part of the foot do you use to receive a pass"? If you can't pass forward then what? (Pass to a teammate)

#### Description

Create a playing area with cones. At the end of the playing area, make an end zone. Ask an assistant coach (may need a few) to stand in the end zone. They are a "target". Inside the playing area play 2v2/3v3/4v4. A point is scored when a team can pass the ball to a target.

### 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.