



Minis Weenight Session 4

Category: Technical: Coerver/Individual Skills
Skill: U6

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

Who Let the Dogs Out? (10 mins)

Objective: ignition activity to energize or exhaust players to start practice

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

2-3 players designated as "dog catchers" who must start in designated area ("the dog pound")

All other players are "dogs"

When coach asks "Who let the dogs out?" the dogs must run from one side of the field to the other without getting caught by the dog catcher.

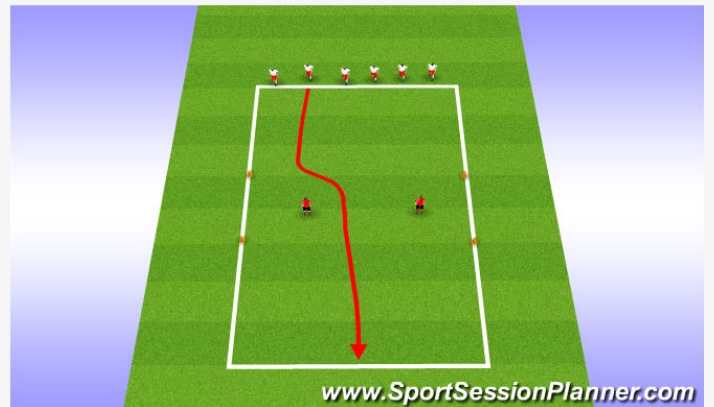
Dog Catchers "catch" the dog by tagging them.

Dogs who are caught - have them become additional dog catchers, or have them switch roles with the dog catcher.

Progression: dogs must dribble their ball from one end of the field through the dog pound. Dog catchers try to steal their ball.

Key Points:

- * head up to find space
- * burst of speed to get away from the dog catcher



Ball Blast (10 mins)

Objective: emphasize dribbling and passing techniques

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

* Each player has a ball, and attempts to use their ball to pass or dribble into another player's ball.

* Each ball blasted = 1 pt

* Any ball over the knee = all points lost.

Key Points:

- * Head up to find space, targets, and players to dribble away from
- * Turn ball away from pressure
- * Use of inside foot to "push" the ball as a pass (avoid using toe) - open foot, toe up/heel down, lock ankle



Bingo! (10 mins)

Objective: use dribbling skills against pressure

Score points by returning ball to coach

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

* Coach plays ball into space and calls a number ("One" means 1v1, "Two" means 2v2)

* Objective: teams compete to return ball back to coach for a point

* Play until ball is returned or ball is out of play (behind the teams)

* If coach says "Bingo" - everybody enters field

* Progression: Coach moves from original position - forces players to get head up

Key Points:

Head up to find or create "windows" - dribble or pass through quickly

Burst of speed to dribble around players



Boss of the Balls (15 mins)

Objective: introduce game/scrimmage format

Duration: 15 mins

Description (rules, number of players, grid size, etc.):

- * One or two small sided fields of 2v2, 3v3, or 4v4 game play. OK to be numbers up or down - balance teams by ability accordingly.
- * If you only have one coach and more than 8 players - rotate players in and out of play every 2-3 minutes. You can have the players sitting out collect balls out of bounds to keep the game going.
- * When the ball exits the field or goal is scored - coach plays a new ball in.
- * When all balls are out - collect them and return them to coach to play a new round.

Key Points:

- * Coaches: play new ball into open space to spread out players, and play new ball into a different player to give them opportunities.
- * Not much coaching is needed - be positive and encouraging is more important than any coaching point you can provide them (the game is already complicated enough!)





Minis Saturday Session 4

Category: Technical: Coerver/Individual Skills
Skill: U6

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

Gates - No Ball (5 mins)

Objective: emphasize movement and coordination without the ball

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

using cones, bags, water bottles, etc. arrange multiple "gates" within field.

line up soccer balls in middle of field - creates a Soccer Ball River
Players earn "points" for every gate they run through. Players must jump over the "river" to get to the gates on the other side

30-45 second rounds - players keep track of their points. Play multiple rounds. Each round has a variation:

Rd 1: no conditions

Rd 2: players must skip around field while going through gates

Rd 3: players may run but after running through one gate on one side, they must jump over the "river" and go through a gate on the other side.

Key Points:

Head up to find open gates - avoid the crowds

Burst of speed to open gates



Gates - With Ball (10 mins)

Objective: emphasize basic dribbling concepts

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

Same set-up as previous activity except now each player has a ball to dribble through

using cones, bags, water bottles, etc. arrange multiple "gates" within field.

Players earn "points" for every gate they dribble through.

30-45 second rounds - players keep track of their points. Play multiple rounds. Goal is to break your record each round.

Variations: players must perform a specific move or attempt at each gate (toe taps, soccer box, pull back, etc.)

Key Points:

Head up to find open gates - avoid the crowds

Burst of speed to open gates

small, quick touches to keep ball under control



Get Out of There! (10 mins)

Objective: apply basic dribbling concepts against pressure

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

* Coach plays ball into space and calls a number ("Two" means 2v2) and players enter field. Add obstacles before entry if desired.

* Objective: teams attempt to score goal.

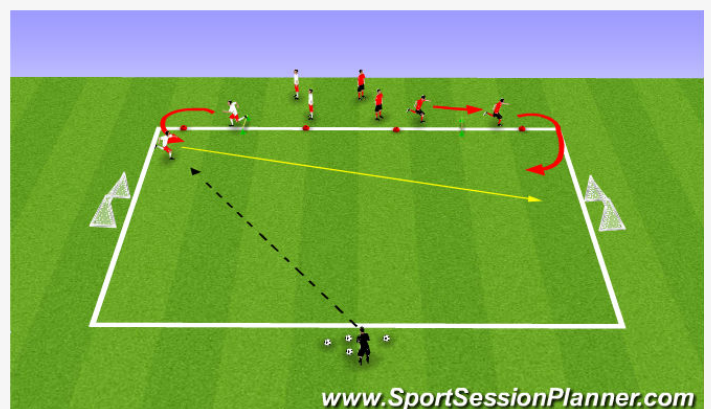
* Play until ball is out of bounds, goal is scored, or coach yells "Get Outta There!"

* Players return to lines for next play.

Key Points:

* Dribble fast (cheetah with a jetpack on!) past your opponent.

* Attack through windows - burst thru them to goal.



3v3 games (25 mins)

Objective: experience game/playing format

Duration: 20-25 mins

Description (rules, number of players, grid size, etc.):

- * Each Mini team organized as two separate "squads"
- * Each team's "squads" play against another team's "squads" (Team 1 A vs. Team 2 A, Team 1 B vs. Team 2 B)
- * Play 3v3
- * Coaches manage restarts (roll new ball onto field after goal is scored or ball out of play), and rotate players sitting out.

Key Points:

- * Not much coaching is needed - be positive and encouraging is more important than any coaching point you can provide them (the game is already complicated enough!)
- * take a brief half-time if needed.
- * rotate players every 2-3 minutes to keep them focused. When players sit out, have them rehydrate so they can reenter the game.

