



U5/U6 Pregame Training 1

Category: Technical: Ball Control
Difficulty: Beginner

Am-Club: Real Colorado
Dave Roberts, Arvada, United States of America

Description

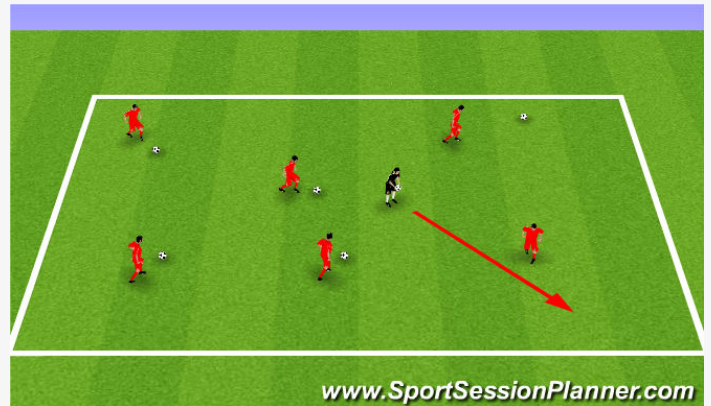
Fetch (10 mins)

Game: Fetch

Organization: Every player has a ball. Play within your half of the field. Coach passes the ball out to an open space. Players retrieve their ball dribble back to the coach. Coach then plays the ball back out into space for player to again retrieve. The game simulates playing fetch with a dog.

Coaching Points: Keep the ball within an leg's length away. Pick head up while dribbling.

Progressions/Game Concept: Take touches with only one foot. Take touches with weaker foot. Perform a pull back as player gets to their ball and then dribble to coach.



Body Stop (10 mins)

Game: Body Stop

Organization: Every player has a ball. Players dribble within your half of the field. Upon coaches command players attempt to stop the ball with a body part. For example: sole of the foot, knee, chest, head, etc. Be silly and have fun with the players.

Coaching Points: Keep the ball within an leg's length away while dribbling. Pick head up while dribbling.

Progression/Game Concept: Add a move prior to stopping the ball with body part. Example: Feint, step over, pull back. or sole roll. Develops agility, balance, and coordination.



Sharks & Minnows (10 mins)

Game: Sharks & Minnows

Organization: Every player has a ball. Coach begins as the shark and players are the minnows. The coach applies light pressure to the players as they attempt to dribble away from the pressure. If coach/player wins the ball have them drive to goal with it and strike it into the goal. Player who lost possession of the ball now becomes a shark with coach/other player.

Coaching Points: Keep the ball within an leg's length away. Pick head up while dribbling to get away.

Progression/Game Concept: Have the coach begin as the shark so pressure on players is minimal. Begin the game with a player as the shark. Begin the game with 2 sharks to add more pressure.



Game (40 mins)

Game: 2-20 minutes halves

Have fun!

One coach per team on the field to act as a facilitator. Organize your team, keep from interfering with the play, and help players to understand the game.

