



U5/U6 Pregame Training 2

Category: Technical: Ball Control
Difficulty: Beginner

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

Description

I can do this... (10 mins)

Game: I can do this, can you do this?

Organization: Every player has a ball. Play within your half of the field. Coach dribbles the ball around the area with right foot (laces only) in the area and says, "I can do this can you do this?" Coach then uses his left foot (laces only) and says, "I can do this can you do this?"

Coaching Points: Player attempt to emulate the coach.

Progressions/Game Concept: Coach uses different surfaces of the foot to dribble the ball (sole roll, inside/outside touch, pull back, toss the ball in the air and receive it). Make it fun.



Red light, green light (10 mins)

Game: Red light, green light

Organization: Every player has a ball. Play within your half of the field. Players react to coaches command of red light (stop the ball), yellow light (dribble under control at medium pace), green light (Dribble as fast as possible while remaining under control).

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

Progressions/Game Concept: Coach uses visual signals instead of vocal signals to direct players. Coach can use a red, yellow, and green cone to signal what the player should do.



Stuck In The Mud (10 mins)

Game: Stuck In The Mud (Boys)/Frozen (Girls)

Organization: Every player has a ball. Play within your half of the field. Coach begins as the mud monster/Princess Elsa. When a player is tagged by the mud monster/Princess Elsa the player must pick up their ball and hold it above their head with their legs in an open stance. Other players who have not been stuck/frozen can UN-stick/unfreeze player by playing their ball through the legs of the stuck/frozen player. Once they have been unstuck/unfrozen player plays ball on the ground and begins dribbling. Game ends when mud monster/princess Elsa has all players stuck in the mud/frozen.

Coaching Points: Keep the ball within an leg's length away. Pick head up while dribbling. Use different surfaces of the foot to get away from the pressure.

Progressions/Game Concept: Coach begins as mud monster/princess Elsa to apply light pressure on players. Have a player become the mud monster/Princess Elsa. Have 2 players become mud monster/Princess Elsa to apply 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.

