



U5/U6 Pregame Training 3

Category: Technical: Ball Control
Difficulty: Beginner

Am-Club: Real Colorado
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Description

Marble Kings (10 mins)

Game: Marble Kings

Organization: Every player has a ball. Play within your half of the field. Coach begins as the marble king. The marble king holds their ball in their hands and tries to throw their ball and hit another player's ball. If successful, the player whose ball was tagged becomes the marble king and the player/coach that was the marble king then begins dribbling to get away as not to have their ball tagged by the marble king. All players dribble their ball and look to keep away from the marble king.

Coaching Points: Keep head up while dribbling. Use different surfaces of the foot to get away from pressure/defender.

Progressions/Game Concept: Begin with coach as marble king to apply light pressure. Have player begin as marble king to apply greater pressure. Add a second marble king to make it more difficult.



Gator Crossing (10 mins)

Game: Gator Crossing

Organization: Every player has a ball. Play within your half of the field. Create two end zones that are safe zones. Coach begins as the alligator. Players begin in one end zone and on coach's command dribble from one end zone to the other without having the gator win their ball away from them. If the gator wins the ball away from a player then that player also becomes a gator. The game is played until only one player is left.

Coaching Points: Head up to see where defender (gator) is, so to avoid losing the ball.

Progressions/Game Concept: Begin with coach as the gator (defender). Begin with player as the gator (defender). Begin with two players as the gators (defender).



Gates (10 mins)

Game: Gates

Organization: Every player has a ball. Play within your half of the field. Create small gates with flat field markers. Make more gates than players. Players dribble through as many gates as possible within a 30-60 second. Play a second time and see who can better their score from the first round.

Coaching Points: Keep head up while dribbling. Use different surfaces of the foot to turn and get to another set of gates.

Progressions/Game Concept: Coach acts as a defender and blocks gates, forcing players to find another gate.



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.

