



U5/U6 Pregame Training 4

Category: Technical: Ball Control
Difficulty: Beginner

Am-Club: Real Colorado
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Description

Knock Out (10 mins)

Game: Knock Out

Organization: Every player has a ball. Play within your half of the field. Coach begins as the attacking player holding a training vest and dribbling his/her ball. The attacking player/coach tries to strike the ball of another player. If successful, the player who's ball was tagged becomes the attacking player and the player/coach that was the attacking player then begins dribbling to get away as not to have their ball tagged by the attacking player. All players dribble their ball and look to keep away from the attacking player.

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

Progressions/Game Concept: Add a second attacking player to make it more difficult.



Junkyard Soccer (10 mins)

Game: Junkyard Soccer

Organization: Players pair up. Create two teams. Put each team on half of the playing area. The object of the game is to have the fewest number of balls on your side when time is called.

Coaching Points: What part of the foot do they use to strike the ball? Laces!

Progressions/Game Concept:



Potholes (10 mins)

Game: Potholes

Organization: Every player has a ball. Play within your half of the field. Set up cones scattered down the middle of the field to act as potholes. Players one at a time dribble through the potholes. Once the player gets through potholes strike the ball toward goal. Coach can dig the ball out of goal and toss it to the side for player to dribble back to the start.

Coaching Points: Head up while dribbling. Use different surfaces of the foot to maneuver past potholes. Strike the ball with your laces.

Progressions/Game Concept: Start with fewer potholes. As game progresses potholes can be added to increase difficulty.



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.

