

U6 CURRICULUM

WEEK 3
CHANGE OF DIRECTION

Change of speed | Sell the move



Week:3

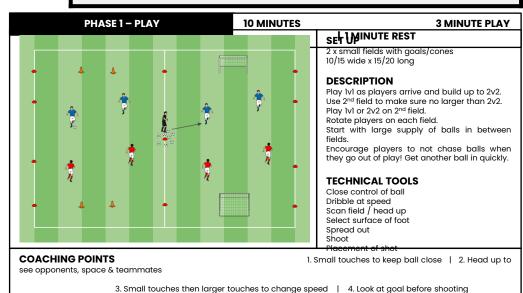
Age:U6 Moment: Attacking

> Tech Toolkit: Dribbling/Creativity

Area of the field: All field

Action: Dribble or pass forward / Finish / Spread out

Objective: To teach change of direction moves to turn away from pressure



PHASE 2 - BODY PARTS & TURNS **12 MINUTES** PLAYUP I MINUTE REST

1.5 MINUTE

20 x 15 yard area with cones, 2 x goals 2 yard gates with cones.

DESCRIPTION

Players with a ball each in area dribbling. Coach calls out a body part, players must stop ball and place body part on ball. Head, knee, elbow, butt, foot, chin.....have fun with it and be silly! "Put your hand on the ball" tell the players to say "No coach, we don't use our hands

Demonstrate a change of direction move.

Continue with body parts but now add a point for every gate a player dribbles in and out of using a pull back or step on turn. Try to trick players by calling body part randomly OR point to body part to get players to look up and scan.

PROGRESSIONS

Add a defender in pinnie who tries to kick as many balls out of the gird. Players out must do a ball mastery skill (sole taps) to get back in.

TECHNICAL TOOLS

COACHING POINTS 1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates 3. Slow down, tight turn, accelerate after move 4. Use different surfaces of foot to dribble and stop ball

GUIDED QUESTIONS

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1. How do you know where the open gate is when dribbling?

2. What do you do if you see a defender coming



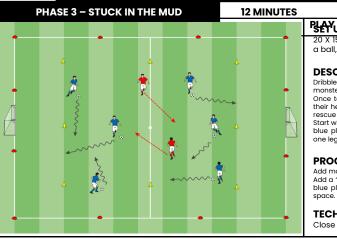
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PLAYUP 1 MINUTE REST

20 X 15 Yard area with cones. Blue players with a ball, Red players without a ball

DESCRIPTION

Dribblers in blue must dribble away from the mud monsters (red players) who can tag with their hands. Once tagged a blue player must put their ball above their head and open feet apart so another player can rescue them by dribbling the ball through their legs. Start with red players dribbling too to make it easier for blue players to avoid tag or red players hopping on one leg.

PROGRESSIONS

Add more taggers

Add a "safe area" by putting a square of cones in grid, blue players can hide in this area and look for open space

TECHNICAL TOOLS

Close control of ball

Dribble at speed

COACHING POINTS 1. Small touches to keep ball close | 2. Head up to see appointents, space & teammates of the space of the

GUIDED QUESTIONS

1. How can you keep ball away from opponent?

2. How can move the

PHASE 4 - PLAY 20 MINUTES

PLAY UP3 MINUTE REST

20 wide x 30 long field with two goals

DESCRIPTION

Play 3v3 to 4v4 full field game
Play 2x10 minute halves with half time
Supply of balls at halfway line
Start with pass to different player each time
Encourage players to SPREAD OUT by giving
player with ball room to dribble/pass/shoot.

TECHNICAL TOOLS Dribbling

Close control of ball
Dribble at speed
Scan field / head up
Select surface of foot

Shooting

Placement of finish Select surface of foot

COACHING POINTS 1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Small touches for control then larger touches to change speed 4. Place non-kicking foot alongside ball pointing at target

5. Lock ankle of striking foot toe down 6. Look at goal before shooting

GUIDED QUESTIONS

When should your dribble, when should you shoot

2. How can you help your teammate when the