



Curriculum - Tier 1 - Mini Kick - Cars

Category: Technical: Ball Control
Skill: U6

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Description

Game 1

Organization:

Orange cones = George Washington Bridge

Blue Cones = Hudson River

Red Cones = Holland Tunnel

Shaded Area = Garage

1 ball per player

Instructions:

Players drive their car (soccer ball) around either NJ or NY.

Coach has cones in hand

Red cone = Stop (foot on ball)

Orange cone = Get ready (rev engines)

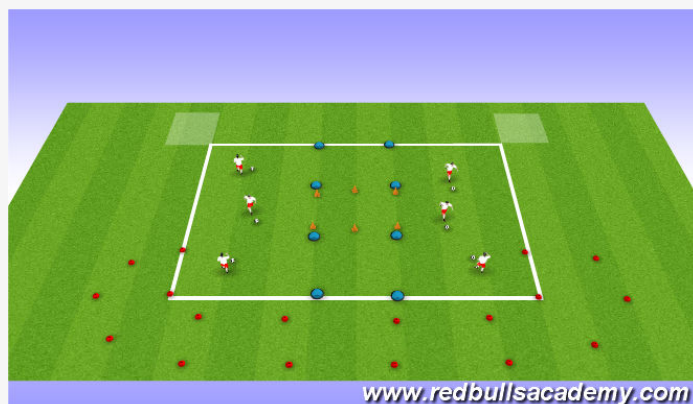
Green cone = Go

Coaching Points:

1. Awareness
2. Ball control
3. Ball mastery

Progressions:

Players can now cross either the bridge or tunnel by paying the toll (5 toe taps)



Game 2

Organization:

Orange cones = George Washington Bridge

Blue Cones = Hudson River

Red Cones = Holland Tunnel

Shaded Area = Garage

1 ball per player

Instructions:

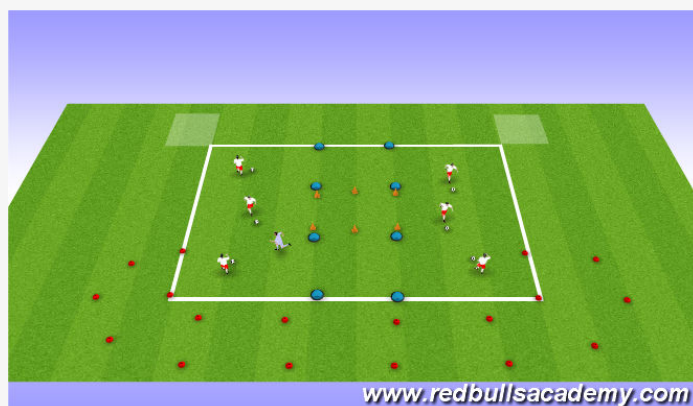
A police officer (the coach) drives around and looks for drivers breaking the law (running a red light, having a crash, not paying toll) and sends them to jail (shaded area) where they have to pay the fine (10 toe taps) to get out.

Coaching Points:

1. Awareness
2. Dribbling technique

Progressions:

Players become police officers.



SSG

Organization:

Two puggs per field

One ball per field

Pinnies

Instructions:

3v3 (min) or 4v4 (max)

No corners

Restart with dribble in or kick-in

Coaching Points:

1. Awareness
2. Application of techniques

Progressions:

