



Curriculum - Tier 1 - Mini Kick - Burger Bar

Category: Technical: Ball Control
Skill: U6

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Description

Build a Burger

Organization:

Players distributed evenly
40 x 30 area or larger if necessary
5 x 5 corner grids

Instructions:

All burgers (balls), buns (cones), lettuce and condiments (pinnies) are centrally located in area 'the grill'.

Players take turns to go to the grill, get an item and run back to their burger bar.

Each team must build as many burgers as they can.

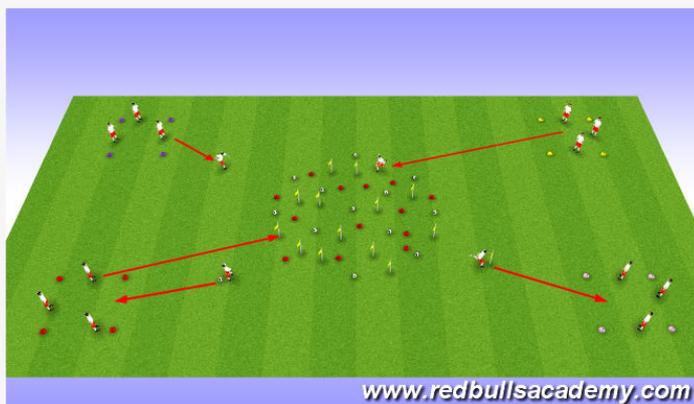
The team with the most complete burgers wins.

Coaching Points:

1. Get to the grill quickly
2. Make sure you build a good burger with everything on it!
3. Awareness and teamwork.

Progressions:

1. P – Players have to cook the burger (sole-rolls, push-pulls etc.) before taking it to the burger bar.



Burger Battle

Organization:

Four even teams
Players numbered
All balls by coach
Pugg goal at each corner

Instructions:

Each team represents a burger chain (McDonalds, Five Guys, Burger King, and Wendys).

Coach throws out a ball and calls a number.

The player with that number becomes active and has to try and score in another team's goal.

Every team has 3 lives and every time they concede a goal, they lose a life.

When all 3 lives are gone, they must flip their pugg goal over as they are out the competition; however they still play when their number is called to help score against other teams.

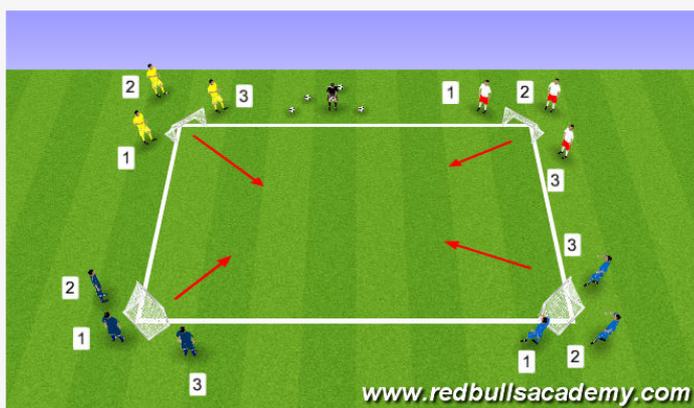
The last team left with lives wins and becomes the number 1 burger chain!

Coaching Points:

1. Awareness
2. Reinforce dribbling techniques (Messi/Ronaldo).
3. Introduce turning techniques.

Progressions:

1. Call multiple numbers at once.



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: