



Recreation Coaching Sessions

U5 – U6: Week 2

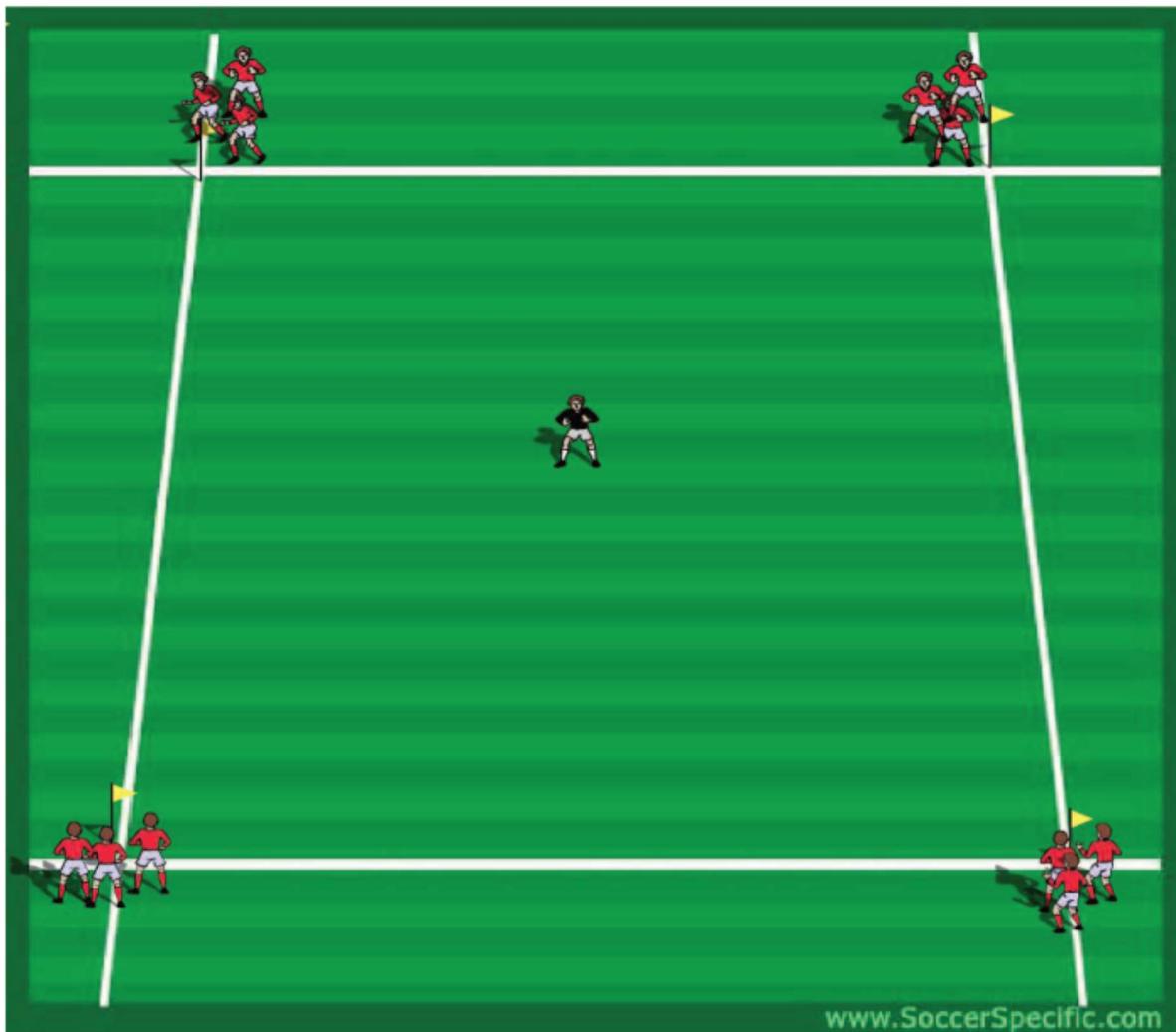
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Warm Up 3 Coach Points



Warm Up 3 Coach Points

Purpose Encorporate soccer related movements into the warm up

Organization

Set up an area 20x20 and place four cones or corner flags on each corner

Players then take a position on each corner

Coach stands in the middle closes his eyes and shouts go. On the coaches command of go all players run to a different corner

When the coach shouts stop he has his eyes still closed and points to a corner

All players who are at the corner that the coach points are out of the game

Last player standing is the winner

Coaching Points

Forces a quick change of direction and speed

Soccer related movements up,down, forwards and backwards

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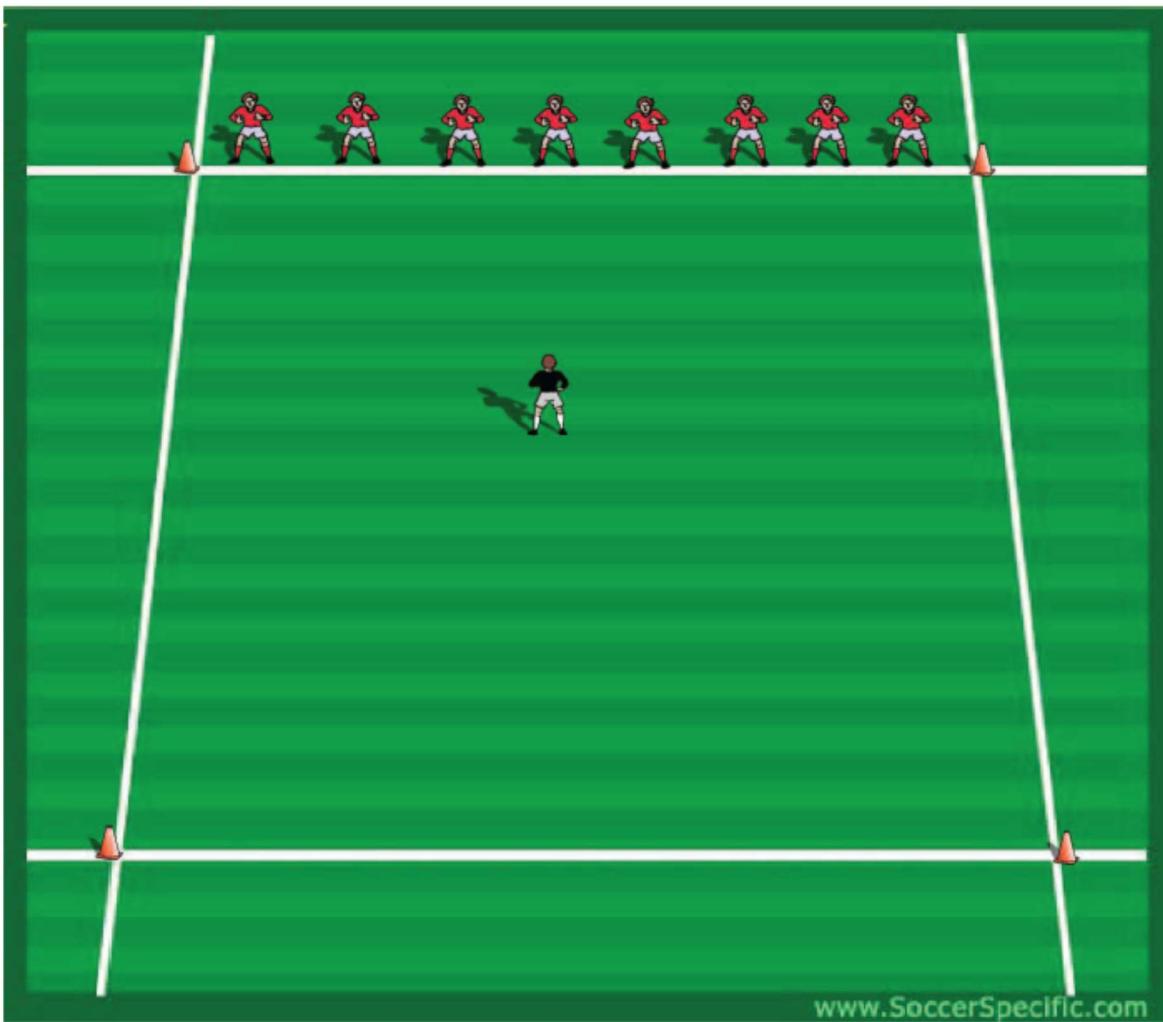
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Mr. Freeze



Mr Freeze

Purpose To improve dribbling skills and encourage players to look up.

Organization

Players need to get to the other side.

The players can only move when the coach looks away

When the coach turns back and looks at the players, they must balance on one leg and freeze.

If players move when the coach looks at them, they must take five steps backwards.

Progression

Play the game with a soccer ball

Coaching Points

Players need to keep their head up to see what the coach is doing.

Players are working on co-ordination and balance

When game is played with a soccer ball, keep the ball close.

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Turns, Turns, Turns



Turns, Turns, Turns

Purpose-To learn and develop new moves

Organization

Mark out a 20x20 area

Players enter the grid with their soccer ball

Coach selects turns for players to perform (see index for turns)

Progression

Each player moves to an outside cone and performs a turn

The player then runs back through the middle grid and to another cone on the outside and performs a different turn

How many turns can a player perform in 60 seconds?

Go over coaching points and challenge players to beat their scores

Coaching Points

Go into turn slow

Bend the knees, turn the hips

Cut the ball out of your feet so you are dribbling away with the ball in front of you

Come out fast as you would in a game, to get away from the defender.

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Small Sided Scrimmage



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Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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