



# Recreation Coaching Sessions

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**U5 – U6: Week 3**

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## Recreation Coaching Sessions

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### Bridge Tag



#### Bridge Tag

Purpose- Fun warm up for players before soccer exercises

Organization-

20x20 Grid

Two red players stand alone on the side (monsters), ready to tag players waiting in the grid (Yellow Players)

When a player is tagged, they go down on all fours and make a bridge.

To become free a yellow player in the grid a teammate must crawl under the bridge for the player to become free.

Play for 90 seconds. For the monsters to win all the players must be tagged and in a bridge position

For the yellow players in the grid to win, one player must be still standing and not in a bridge

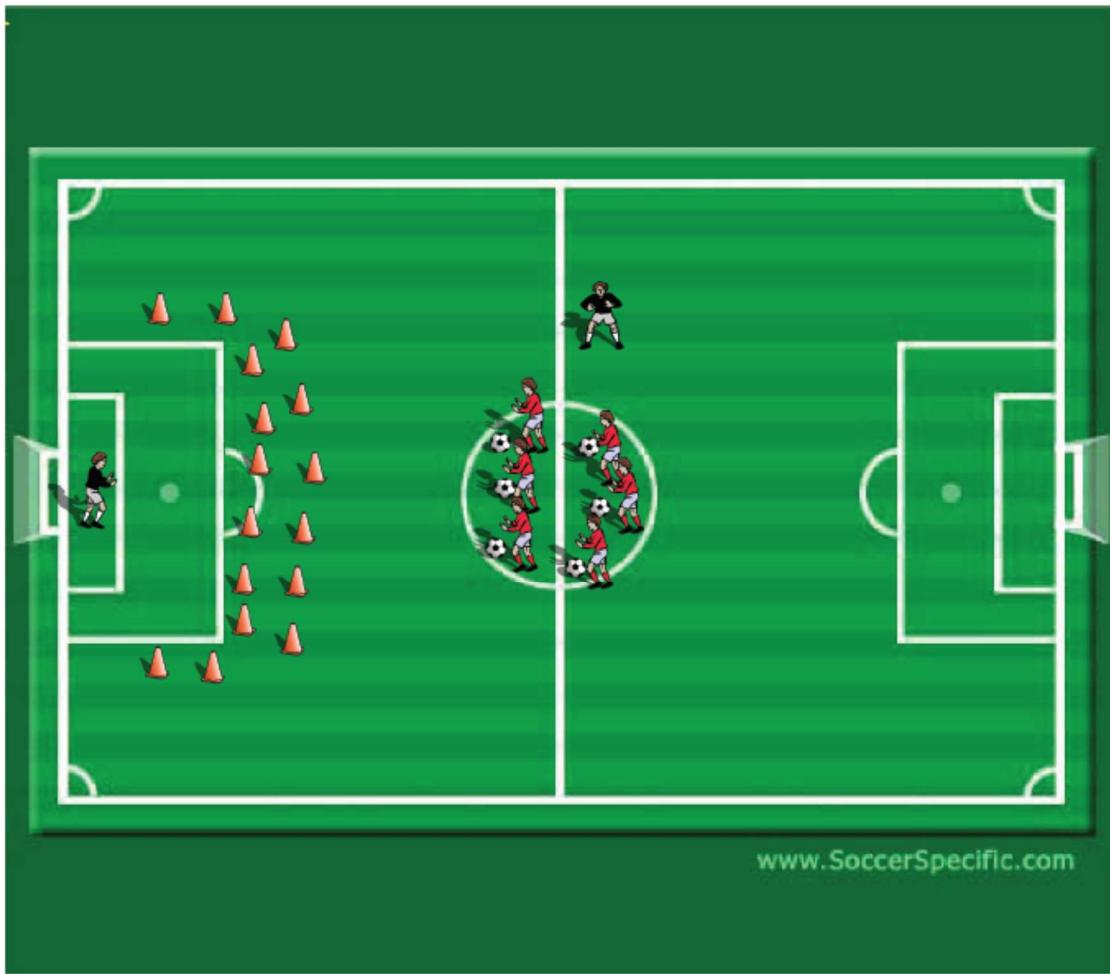
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### Sleeping Dragon



#### Sleeping Dragon

Purpose - To improve dribbling and turning skills.

#### Organization

All players enter center circle which is known as the "circle of safety" where they cannot be tagged.

One coach is positioned outside the centre circle & the other coach lies in the six yard box as the sleeping dragon.

Players leave the circle, get a piece of treasure and bring it back to the circle. As soon as the players reach the treasure, the dragon wakes up and tries to tag the players before they can get the treasure.

If a player is tagged, they must go back to the circle of safety, do five toe taps and go again.

The coach sets a time limit that all the treasure needs to be back in. The coach can then appoint one of the players as the next dragon and play the game again.

#### Coaching Points

Keep the ball close

Encourage use of both feet and use of all parts of foot

Keep nose in front of the ball so you can see where the dragon and the treasure is

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### Bump the Ball



Bump the ball

Purpose- To improve dribbling and shielding

#### Organization

Players partner up into two's. One player picks up a soccer ball and holds it in his/her hands. The second player places the ball at their feet.

On coaches command the player with the ball at their feet dribbles the ball anywhere in the grid. The player behind in red throws their ball and attempts to hit their partners ball. Every time they hit their partners ball, they gain 1pt.

Players dribble for 60 seconds and then swap roles

The player who scores the most points win.

#### Coaching Points

Keep the ball close

Be sideways on and knees bent for a low centre of gravity, to turn and move into space.

Be sideways on so you can see, hear and feel your opponent

As partner is throwing the ball, turn and dribble into space

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### Small Sided Scrimmage



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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