



Recreation Coaching Sessions

U5 – U6: Week 4

Dedicated to the Development of Our Youth, Through Soccer
www.millvillesoccer.com



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Pull the Pinny



Pull the Pinny

Purpose- Fun warm up game before soccer exercises. To get body ready for exercise.

Organization 20x20

One red player stands alone in a corner, all other players find space in the grid.

Before finding space the yellow players get a scrimmage vest and place it in their shorts like a tail.

On coaches command the red player attempts to pull the tails from the yellow players.

When the tail of a yellow player is pulled, they then help the red player by attempting to pull all other yellow players tails.

Play for 90 seconds and see if you can pull everyones tail.

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Follow the Leader



Follow the leader

Purpose- To Improve dribbling skills and concentration.

Organization

Players are divided into pairs and enter a 20x20 grid

Players are numbered one and two. Player number one starts as the leader and dribbles the ball anywhere in the grid. Player number two must follow player number one and copy all the moves skills that are shown.

Play for one minute and then change roles. After a couple of runs, change with a different partner in the grid.

Coaching Points

Keep the ball close

Ask players to use both feet and all parts of the foot

Encourage players to use lots of different moves

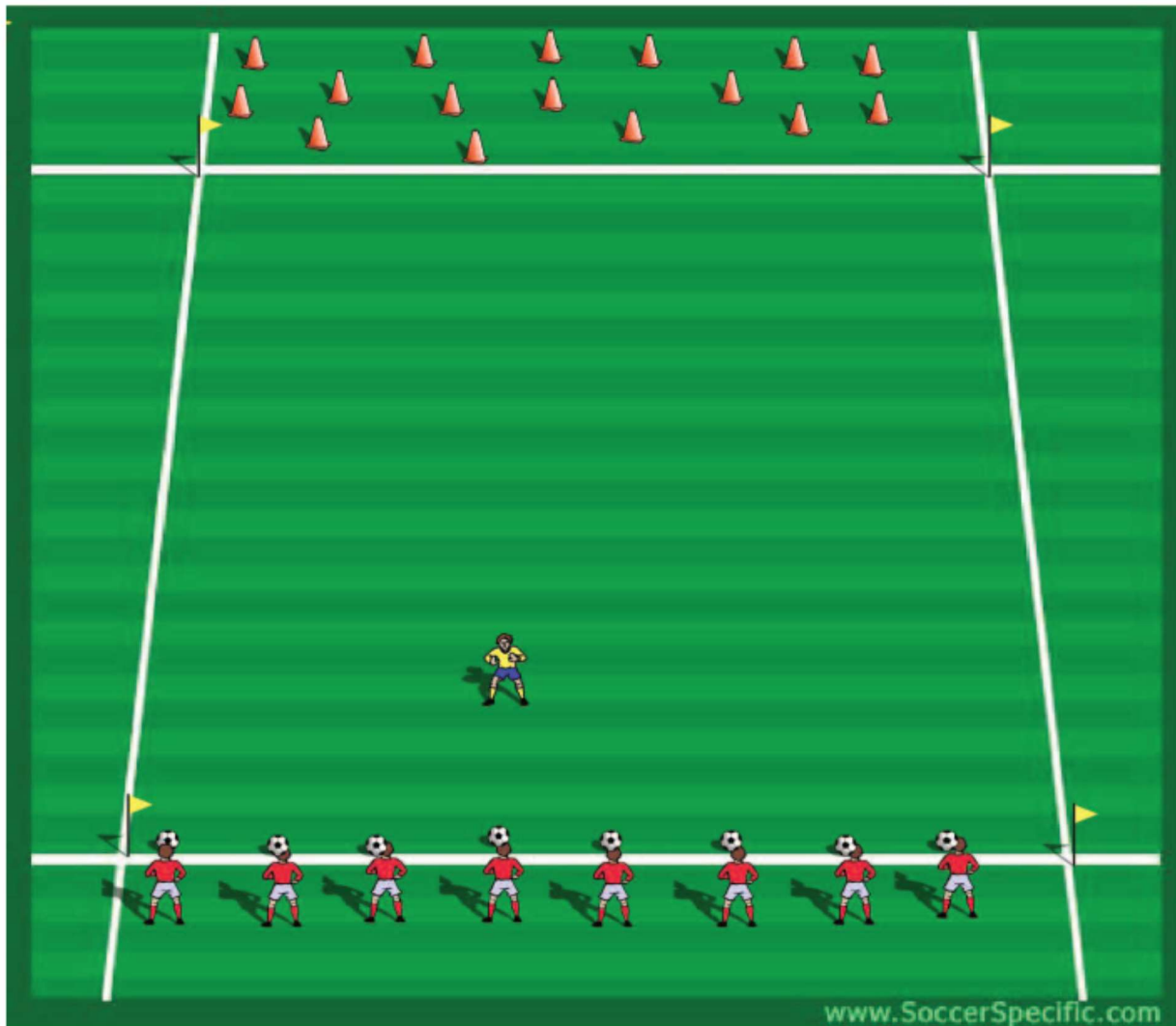
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Pirates



Pirates

Purpose- To improve dribbling skills in crowded areas.

Organization 20x20 area

All the players with a soccer ball try to dribble past the pirate who is guarding the treasure. When the player gets past the pirate he/she can pick up one piece of treasure and bring it back. If the pirate tags you on the way up, you have to go back to the start and try again. When you have the treasure, the pirate cannot tag you. You have two minutes to get all the treasure back.

Coaching Points

Use inside and outside of foot, creating space and unbalancing the pirate.

Use a change of pace to explode past the pirate.

Keep nose in front of the ball so you always know where the pirate and treasure are.

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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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