



Recreation Coaching Sessions

U5 – U6: Week 8

Dedicated to the Development of Our Youth, Through Soccer
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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.

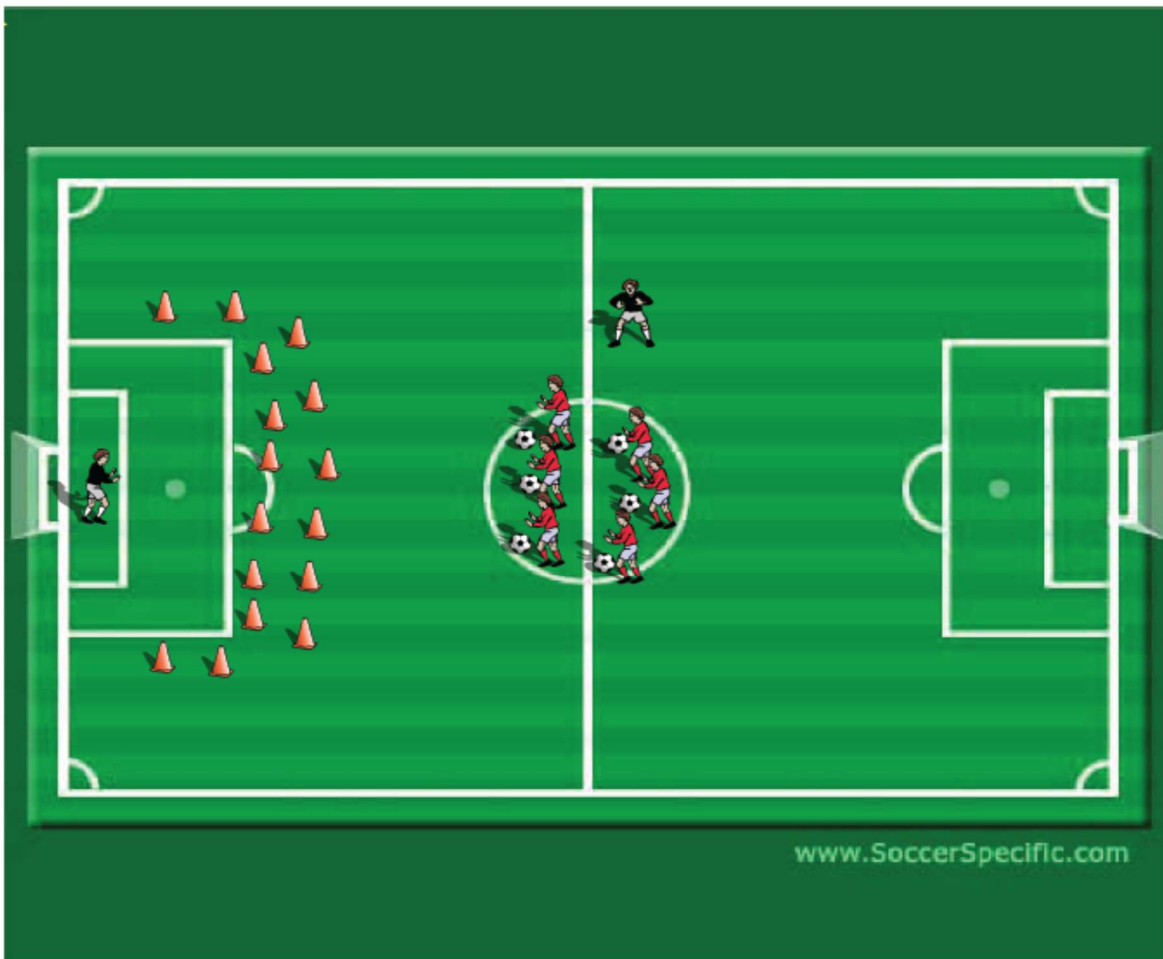
Play for 90 seconds and see if you can pull everyones tail.

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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

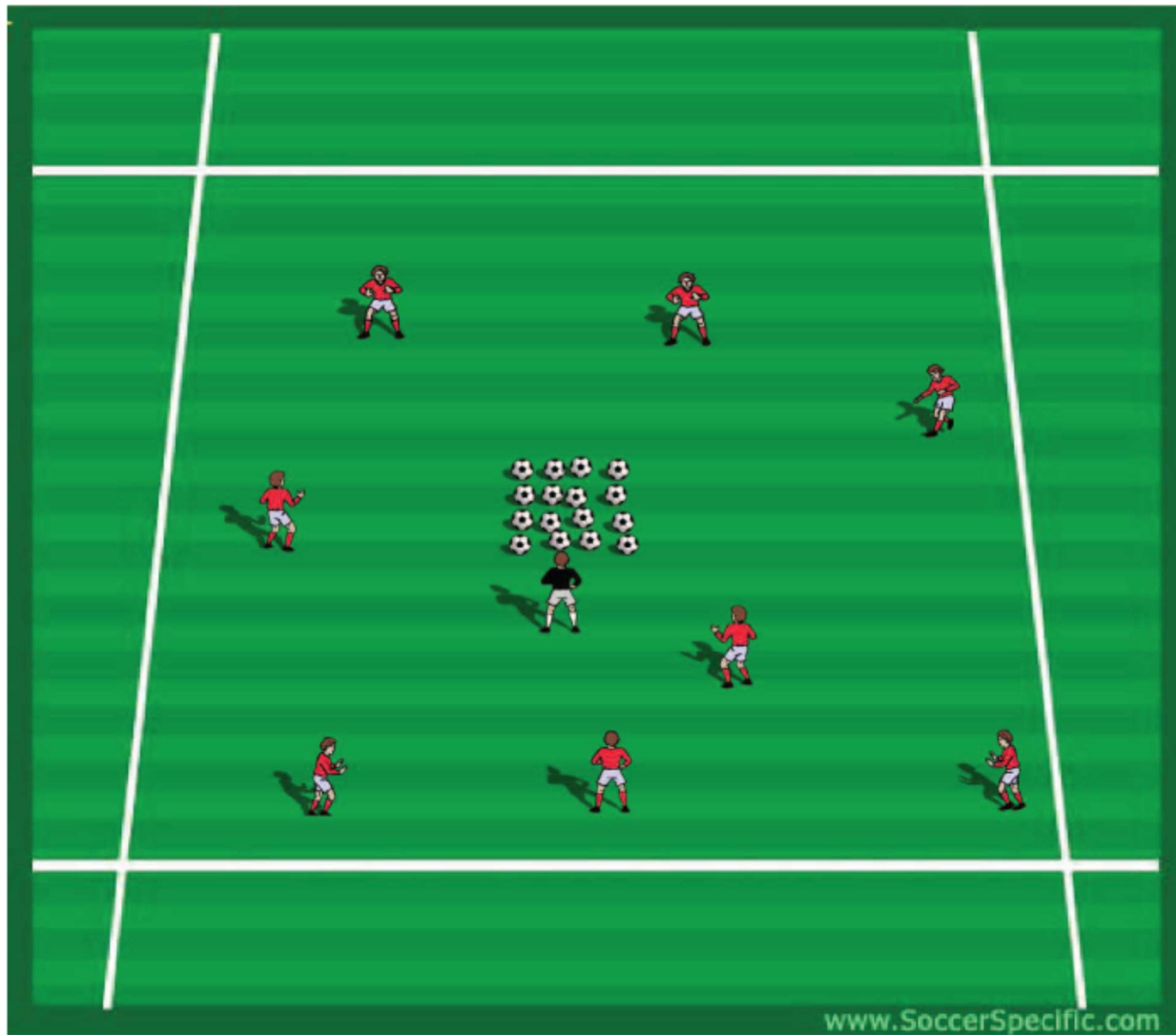
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Space Invaders



Space Invaders.

Purpose- Introduction to passing and the timing of the pass

Organization

On Coaches command of "GO" players run around the grid trying to avoid being hit by a soccer ball that is aimed at you by the coach.

The ball must remain on the floor and hit the player under the knee

When the player is hit, they go and get a soccer ball and help the coach until all players are hit.

Coaching Points

Keep your head up so you can see the players you need to hit

Pass the ball in front of the player

Pass the ball with the inside of foot for accuracy

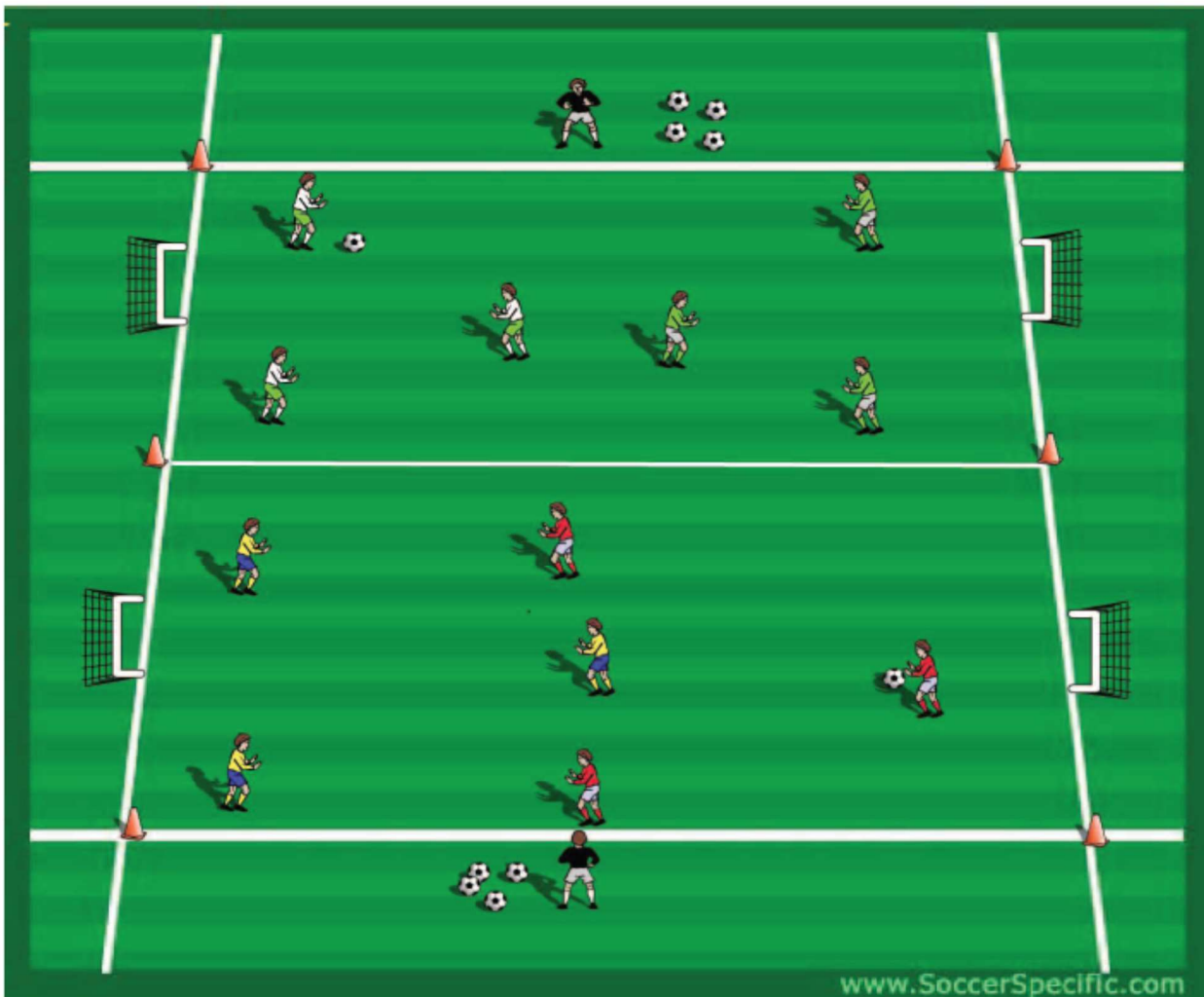
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Small Sided Scrimmage



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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