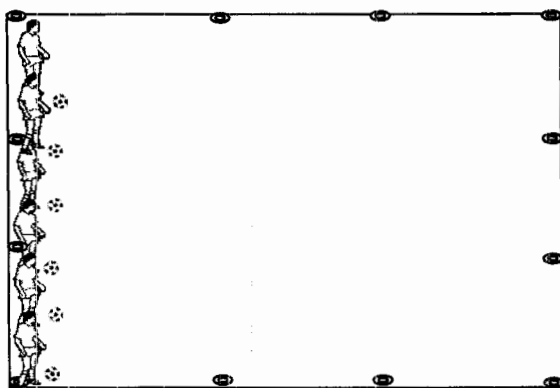


# THURSDAY - FEINTS 1v1 MOVES – 6-9 year olds

## BALL MASTERY/DYNAMICS – 9am-9:15am

Size of Area - 20 x 30yds

Set Up – Place 12 cones around the grid and have players with a ball each on the end line stood facing opposite line. Going down the line number players 1 or 2 making players repeat their number.



### FUN GAME –WHAT's THE TIME MR WOLF!

Action – Players with a ball at their feet listen to instruction from Coach “the Big Bad Wolf”. When coach “Howls” like a wolf players shout “What’s the time Mr Wolf”. Coach shouts a time but also explains that he wants the No.1’s to go 1<sup>st</sup> and stop, followed by the No.2s. (separation gives coach a chance to look at 4-6 players each time vs al 10-12)

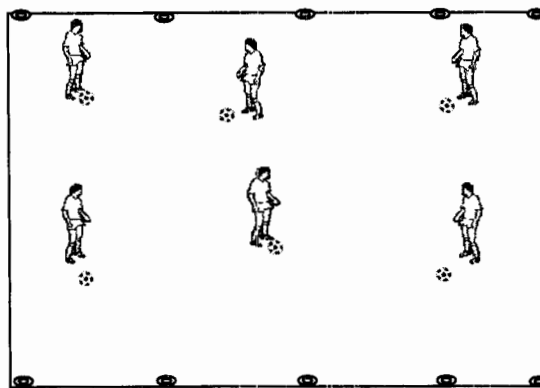
- Dribble and Stop
- Sole Taps forwards
- Sideways Rolls
- Pendulums Forwards
- Big Toe, Little Toe
- Pull Push Forwards

-When it’s Dinner time, Wolf chases players to line

## FEINTS IN OPEN SPACE – 9:15am-9:25am

Size of Area - 20 x 30yds

Set Up – Same set up as last activity with each player with a ball spread out inside the grid with the coach moving around the area.



Action – Players work on Feints from curriculum in open space following guidelines below:

- 1)Static – Teaching Feint with ball still  
(Break move down into small parts)
- 2)Dynamic – Teaching Feint with ball moving  
(Players pass ball forward and then turn)
- 3)On the move – Teaching Feint after a dribble  
(Now players perform feint on the move)

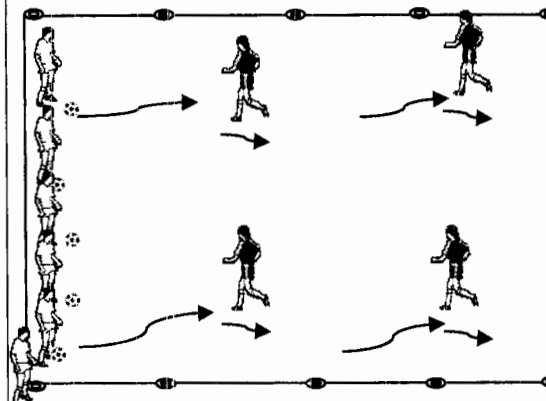
Coaching Points –

- Sell the dummy to defender by using body
- Take ball away with outside of little toe.

## FEINTS OPPOSED/CRABS ON THE BEACH 9:25-9:35am

Size of Area – 20x30yds

Set Up – Split the group into attackers “Surfers” and defenders “Crabs” within the grid. Crabs put on pennies and surfers need a ball each. Crabs start off sat down not allowed to move.



Action – Players MUST dribble TOWARDS the STATIC Crab with ball under control and perform feint to beat crab. Limit crabs movement based on ability of group.

Coaching Points –

- Timing of move in front of defender
- Sell Dummy to defender
- Attack any open space with a dribble after performing feint

Variation – Crabs now moving from side to side to make attackers work on feints.

-Crabs now stand up with limited movement

# 1v1 Attacking – 6 –9 yr olds

**WARM UP – 9:00 – 9:35am**

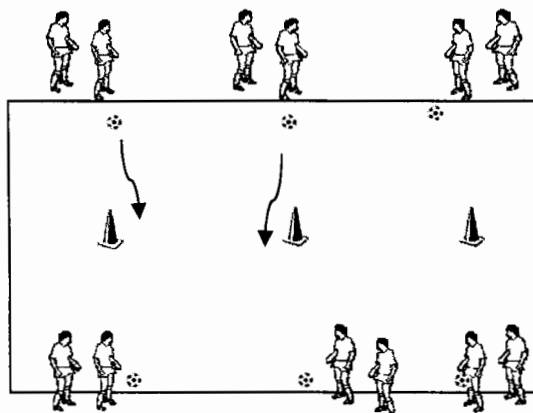
TURN 6 – 9 YEAR OLDS  
FROM PREVIOUS PAGE.

**UNOPPOSED**

**9:35 – 9:50am**

**Size of Area – 20 x 30yds**

**Set Up – Groups of 4 – 2 at one end of grid and the other 2 on the opposite side facing them.**



**Action –** Player one dribble towards the center cone and performs a designated move from the ball mastery session (e.g. Matthews, scissors etc) They go around the cone and continue their dribble to the opposite side and high five the next player and the drill continues.

**Coaching Points –**

- Keep the ball close and don't go too fast
- Don't get too close and make sure your not too far away from the cone
- Really "sell" the move.
- Accelerate away from the cone after the move

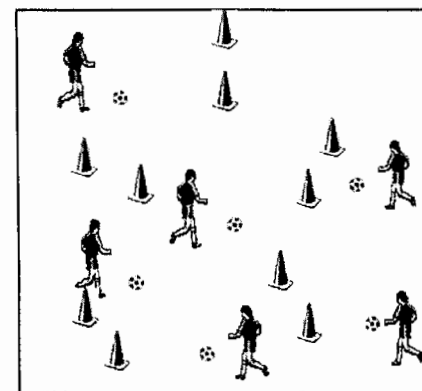
**Variation –** Have both sides going at the same time, can they avoid each other in the middle

**UNOPPOSED**

**9:50 – 10:05am**

**Size of Area – 30 x 30yds**

**Set Up –** Have a number of goals/gates placed around the grid. Players have a ball each.



**Action –** Players have to dribble around the grid and earn points every time they dribble through a goal. Cannot score in same goal twice in succession.

**Coaching Points –**

- Attack the goals at speed
- Keep your head up and look up early and decide which goal to attack next.
- Use both feet and try and change direction sharply

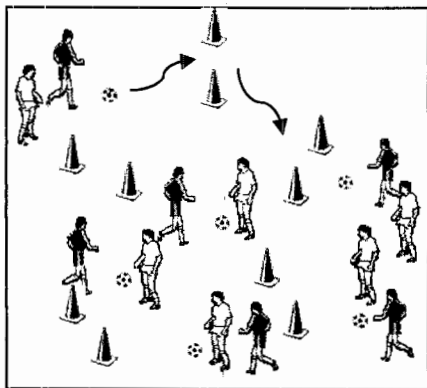
**Variation –** How many goals can they score in 30 secs. Can they then beat their own score.

## 1v1 Attacking – 6 –9 yr olds

**OPPOSED** 10:05 – 10:20

Size of Area – 30 x 30yds

Set Up – Same layout as before. Players get into 2's with one ball between two.



Action – Ball starts on goal-line with players facing each other 1 yd away from ball. On coach's call players have to get to the ball and the one who wins it has to dribble around the grid and earn points every time they dribble through a goal. Partner has to try and win the ball – if they do they can score. Cannot score in same goal twice in succession. Play for 1 minute intervals and then change partners.

Coaching Points –

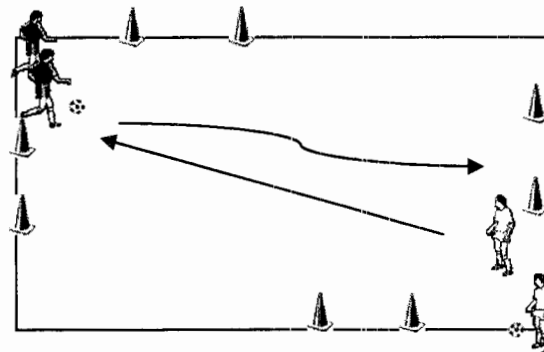
- As before
- Shield the ball from your opponent and change direction quickly to create space.

Variation – Play tournament where each player plays against each other in turn – 30 sec s each game and 3 points for a win – 2 for a tie.

**OPPOSED** 10:20 – 10:35am

Size of Area - 10 x 15yds

Set Up – Divide the group into groups of four and place at opposite corners with a goal at either end.



Action – Player one has to pass the ball across the grid to the opposite player. Player 2 comes out to receive the ball and has to beat player 1 who has followed their pass with a 1v1 move and then score by dribbling the ball through one of the opponents two goals. Drill continues with two more players playing 1v1. Alternate groups so there are equal chances of attacking and defending.

Coaching Points –

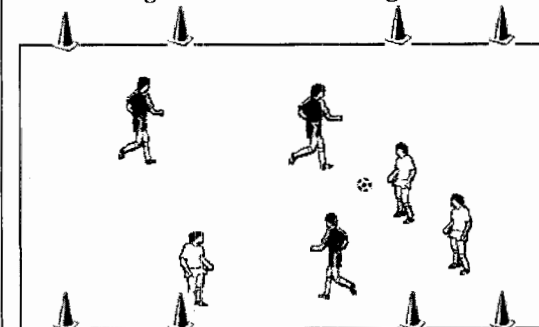
- What happens if we get too close to the defender?
- Accelerate away from the defender.

Variation – Place 2 gates down in the grid on the half way line. Award extra points if player can dribble thru the gate before beating the defender.

**CONDITIONED GAME** 10:35 – 10:55am

Size of Area – 2 x 20 x 10yd fields

Set Up – Play two 3v3 or 4v4 games next to each other in a tournament style format. Each team attacks two goals and defends two goals.



Action – Players can score by dribbling thru one of the two goals they are playing towards. If they beat a player with a move, award extra bonus points.

Coaching Points –

- Same as previous
- Take players on at every opportunity
- Keep team spread out

Variation – If you score you immediately turn and attack the two goals you were just defending – game goes on continuously.