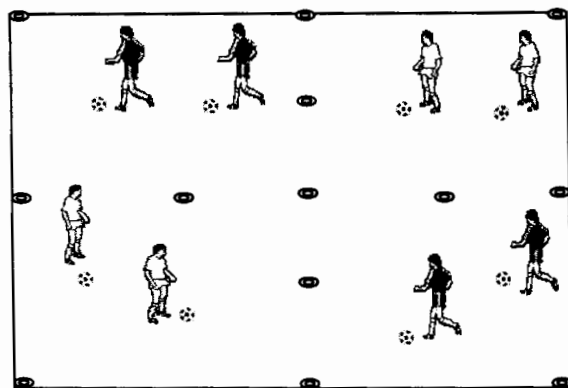


## WEDNESDAY - FEINTS 1v1 MOVES - 6-9 Years

### BALL MASTERY/DYNAMICS – 9am-9:15am

Size of Area - 20 x 30yds

Set Up – Place 8 cones around the grid and 4 cones inside to create 4 squares. Players with a ball each in each inside the area with the coach moving around the area.



#### FUN GAME – BODY PARTS

Action – Players dribble ball in grid and when coach shouts out a body part the players put that part of their body on the ball. On “Switch” players change dribble into next square clockwise.

-Left Foot -Right Foot -Left Knee -Right Knee  
-Chest -Head -Butt -Back

Have Fun trying different combinations  
e.g. Right Elbow & Left Foot

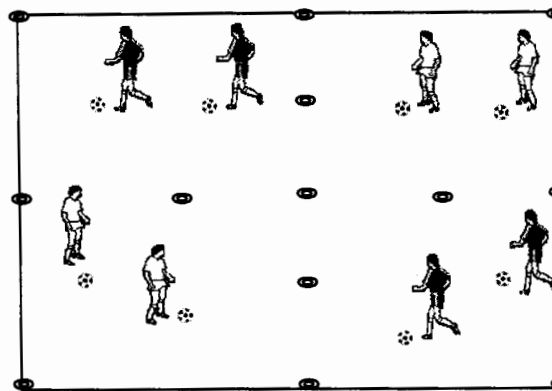
#### BALL MASTERY

Action – Players perform simple ball mastery exercises in open space with coach demonstrating

### 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. Keep players on toes by continuing with “Switch” command from one grid to the other performing move on the way.



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)

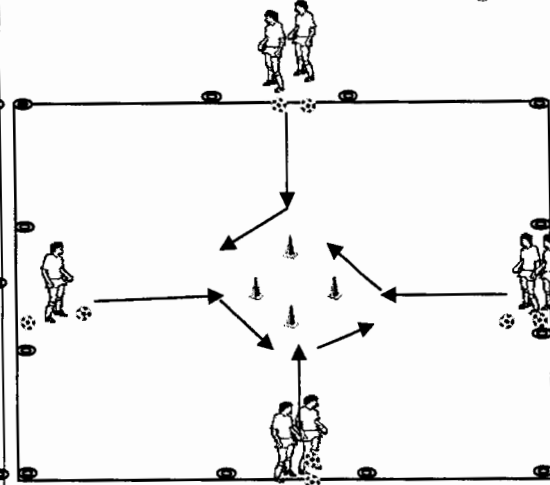
#### Coaching Points –

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

### FEINTS IN LIMITED SPACE – 9:25-9:35am

Size of Area - 20 x 30yds

Set Up – Add 4 tall cones in middle of grid and each player with a ball at their feet positioned in between to flat cones on the outside of the grid



Action – On coaches command of “GO” players dribble towards the pointy cone in front of them and perform feint at cone faking left and dribbling right joining end of group to their right

#### Coaching Points –

- Keep control of ball with lots of touches
- Shift body weight from left to right quickly
- Use of body to sell dummy to defender
- Quick positive 1st touch out of feint to increase speed away from defender

Variation – Change Direction, Double Fakes

## Shooting – 6 –9 yr olds

**WARM UP**

**9:00 – 9:35am**

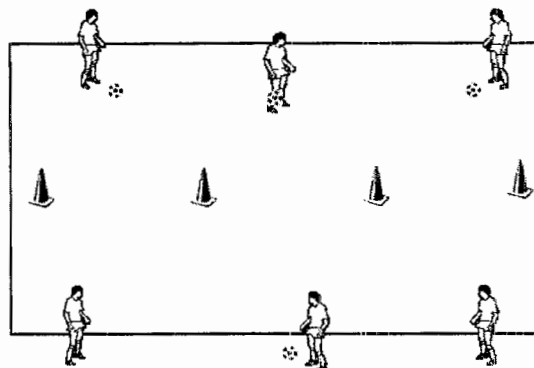
FEINTS 1 V 1 MOVES FROM  
PREVIOUS PAGE

**UNOPPOSED**

**9:35 – 9:50am**

**Size of Area – 20 x 30yds**

**Set Up –**“Shoot, shoot, shoot”. Set up a number of goals side by side. Players are in pairs standing 10 - 15yds apart with a goal each.



**Action –**Players work on their shooting technique by trying to shoot the ball through the goal trying to avoid knocking the cones over. Promote accuracy over power. Players take it in turns and have many repetitions. Make sure they use both feet. Have the players tap their instep so they know what part of the foot to use. Demonstrate the ABC technique during the exercise – A – Angle of Approach, B – Body Position, C - Contact

**Coaching Points –**

- Use the instep (not the laces)
- Lock the ankle
- Keep your eye on the ball on making contact
- Non-kicking foot should be pointed towards the target
- Lean over the ball to keep it low.

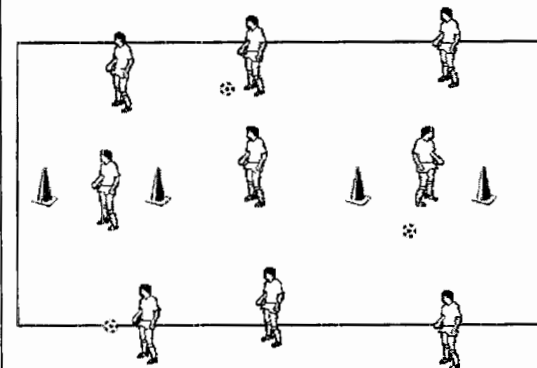
**Variation –** Players compete against each other for 45 seconds, how many points can you get.

**UNOPPOSED**

**9:50 – 10:05am**

**Size of Area – 20 x 30yds**

**Set Up –**“Two way shooting”, players are in groups of 3, one of which will be the goalkeeper in the middle



**Action –** The players on the end lines take it in turns to have shots at the goalkeeper. If the goalkeeper saves the ball, he turns and feeds the other striker. Have 10 attempts each and switch GK's.

**Coaching Points –**

- Same as previous
- Accuracy over power still
- Keep the shot low – goals scored if under hip height.
- Can we aim for the corners?

**Variation –** Push the ball forward at an angle before shooting  
Have end line players step back if it is too easy.

## Shooting – 6 –9 yr olds

**OPPOSED 10:05 – 10:20**

Size of Area – Goals dotted around in half field

Set Up – 5 v 3 – Divide group into 5 attackers and 3 defenders (inc gk). They play to one goal – no boundaries – ball is never out of play.



Action – Attackers try and score on goal – they can score from either side of the goal. There are no sidelines or end lines so the ball is never out of play. Look to switch ball from one side to the other if no shot available. Defenders give the ball back if they win it. If gk saves it he/she plays ball out to opposite side.

Coaching Points –

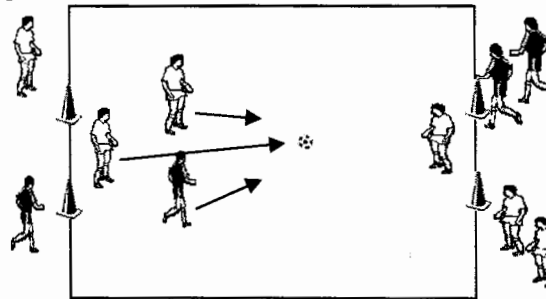
- Communication
- Keep open stance to goal.
- Quick decision making
- Switch point of attack

Variation – increase or decrease numbers depending on level of success.

**OPPOSED 10:20 – 10:35am**

Size of Area - 20 x 40yds

Set Up – “Goals, goals, goals”. Divide the group into teams of 2 and have 2 goals on either end of grid. Two fields run at the same time.



Action – Each gk has a supply of goals in his goal. Teams line up as shown above where both players stand at one end of field – one on each goalpost. Keeper rolls ball out onto field for both players to chase – whoever gets to the ball first gets a chance to score on goal. Once that attack has finished both players go to the end of the opposite line to attack the opposite goal on their next attempt.

Coaching Points –

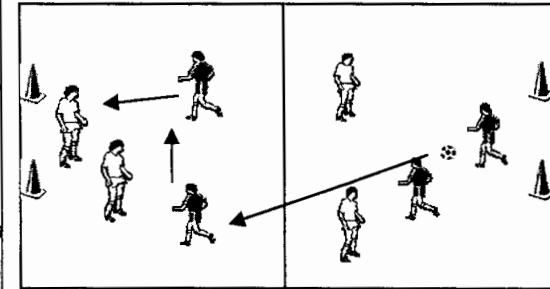
- Speed off the mark
- Attitude
- Time your shot – aim for far post.

Variation – keepers now play ball onto field for the two players at the opposite goal to come forwards and score on his goal.

**CONDITIONED GAME 10:35 – 10:55am**

Size of Area – 2 x 20x30yd fields

Set Up – Play 3v3 but condition game by having 2 attackers v 1 defender in attacking half of the field. Players have to stay in their half.



Action – Defender must get the ball to his forwards in the attacking half. Attacker then either shoots or combines with his teammate to get a shot on goal. Players are encouraged to shoot early. Award double points if scored with weaker foot

Coaching Points –

- Create space by working together – don't stand on the half way line waiting for the ball.
- Can you get into an open stance?
- Stay as wide as possible when looking to receive ball from your defensive half.
- Switch play if teammate is open in front of goal.
- Use your weaker foot

Variation – go 3 v 1 if not enough shots being taken. Introduce 2 touch for better players.