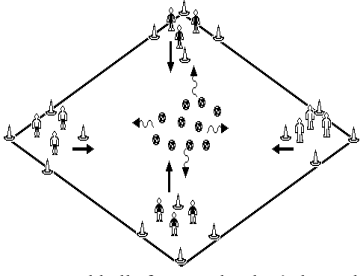


U9

Week 3 Training Curriculum

Topic: **Running with the Ball**



<p>10min Warm-Up:</p> <p><i>Coach Directed - Sharks and Minnows</i></p>	<p>Objective:</p> <p>Using half of the field, all players (minnows) start at one end of the field, while coach (shark) is in the middle. The shark starts the game and all minnows dribble the ball to the opposite end of the field while avoiding the shark until they reach the end of the line safely. Shark(s) can only kick ball away if the minnows break any of the <i>Dribbling Rules</i> outlined below. If the minnows make it safely, they turn around and wait for the shark to call again. If they lose the ball, then they become a shark in the middle with the others.</p> <p>Set <i>Dribbling Rules</i> one at a time as the game progresses:</p> <ol style="list-style-type: none"> 1) Must keep ball close to feet. 2) Must be looking forward not down at the ball. 3) Must be running with the ball. 4) Cannot run towards a shark – must find the open space. 5) Must use both feet while dribbling. 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should be in control of ball and very close to their feet <i>at all times</i>. • Players should be clear of other players and in open space. • <i>Encourage/Challenge</i> players to spread out when stopped along the end lines of play.
<p>10-15min Group-Based Activity:</p> <p><i>Capture the Ball</i></p>	<p>Objective:</p> <p>Set up three or four “home bases”(squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls (the more, the better) in the center of the space between the home bases. On the coach’s command, 1 player from each team leaves home base, gets a ball and returns it back to their home base. Players must completely stop the ball within their home base before another teammate can leave. Once a player touches a ball in the middle, it is theirs. After 2 minutes, coach call time and teams count how many they got.</p>  <p>Variation: 1) Teams can steal balls from each other’s home bases. Players MUST allow others to steal without protecting them in their home base. 2) All balls are worth 1pt with the exception of a few different ones that are worth 3pts – maybe the pink ones or smaller ones.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should be in control of ball and very close to their feet at all times. • Players should be dribbling with their head up and as fast as they can. • <i>Encourage/Challenge</i> players to use their opposite foot while retrieving a ball from the middle; and/or use both feet while dribbling.
<p>25-30min Small-Sided Game:</p> <p><i>4v4 or 5v5 with or without goal keepers</i></p>	<p>Objective:</p> <p>Set up 2 teams to scrimmage. Coach should be in control of the ball. When out of play, coach serves ball <u>on the ground</u> to the player in the most open space within the field.</p> <p>Encourage <i>FAST</i> dribbling – not passing!</p> <p><i>Very important – coaches must remain off the field and limit instruction at this time. Let the players play!</i></p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Don’t make kids sit out. If an odd number, play 4v5 or 5v6 and adjust teams for equality. • Keep play continuous. Do not allow players to get distracted with “who kicked it out?” or “who scored?” • <i>Encourage/Challenge</i> players to dribble and not pass or simply kick the ball away.