

U4/U5/U6

Week 1 Training Curriculum

Topic: *Dribbling Part I*



<p>10-15min Warm-Up:</p> <p>Kangaroo Jack/Jane</p>	<p>Objective:</p> <p>All players except two or three begin with a ball. Players without balls are kangaroo Jacks/Janes and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Do little coaching during the warm up. Focus on getting players excited to play and away from their parents.
<p>10-15min Individual-Based Activity:</p> <p>Red Light/Green Light</p> <p>Cars</p>	<p>Objective:</p> <p>All players (cars) have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add variations as listed below.</p> <p><u>Variations:</u></p> <ol style="list-style-type: none"> 1) When coach yells out “Bumper Cars!”, players must gently bump their ball into another players while keeping their foot on top of their ball. 2) When coaches yells out “Super Charge!”, players must quickly perform 6 toe-taps then take 5 big dribbles with their ball to the most open area in the playing field. 3) When coaches yells out “Traffic Jam!”, players must quickly sit on their soccer ball and honk their horns as loud as they can. 4) When coaches yells out “Wrong Way!”, players must stop their ball and change direction. 5) When coaches yells out “Circle!”, players dribble their ball in one full circle (360°). 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should be in control of ball and <i>very close</i> to their feet at all times. • Players should be dribbling with their head up and as fast as they can. • Players should find the open space and spread out while dribbling. • <i>Encourage/Challenge</i> players to keep their head up by holding up your hand with a particular number. Initially tell them you are, then do not and see if they notice by keeping their head up.
<p>25-30min Small-Sided Game:</p> <p>3v3 or 4v4 with no goal keepers</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 dribbling and turning away from opposing players – 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 3v4 or 4v5 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.