

# U4/U5/U6

## Week 2 Training Curriculum

Topic: *Dribbling Part II*



<p><b>10-15min Warm-Up:</b></p> <p>Turtle Flip</p>	<p><b>Objective:</b></p> <p>Coach spreads out 15-20 cones (turtles) with half right side up and the other half upside down in a 10-yard x 10-yard grid.</p> <p>Players with their soccer balls are divided into 2 teams. When coach starts the game, one team turns turtles one way while the other team turns them another way. Players must completely stop the ball with their foot before flipping a turtle. After 2 minutes, team with most turtles turned in their direction wins.</p> <p><u>Variations:</u> 1) Dribble around cone before flipping. 2) Stopping ball with opposite foot before flipping.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Do little coaching during the warm up. Focus on getting players excited to play and away from their parents.</li> <li>• Instruct players to quickly find a cone and not fight over them.</li> <li>• <i>Encourage/Challenge</i> players to keep the ball close to their feet and stop it when flipping a turtle.</li> </ul>
<p><b>10-15min Individual-Based Activity:</b></p> <p>Snake</p>	<p><b>Objective:</b></p> <p>Using half the field, have all players dribbling soccer balls except for 2-3 players to start. These players hold hands and work together as one snake to tag the other players. The players with balls try to avoid getting bit (touching the ball) by the snake. If they are bit, they join hands with players making up the snake and the snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Players should be in control of ball and very close to their feet at all times.</li> <li>• Players should find the open space within the playing area.</li> <li>• <i>Encourage/Challenge</i> players to keep their head up while dribbling; use both feet; and/or change direction with ball.</li> </ul>
<p><b>25-30min Small-Sided Game:</b></p> <p>3v3 or 4v4 with no goal keepers</p>	<p><b>Objective:</b></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 – 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><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Don't make kids sit out. If an odd number, play 3v4 or 4v5 and adjust teams for equality.</li> <li>• Keep play continuous. Do not allow players to get distracted with "who kicked it out?" or "who scored?"</li> <li>• <i>Encourage/Challenge</i> players to dribble and not pass or simply kick the ball away.</li> </ul>