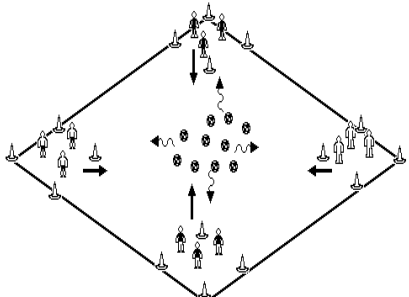


U4/U5/U6

Week 3 Training Curriculum

Topic: **Running with the Ball**



<p>10min Warm-Up:</p> <p>Planets and Aliens</p> <p>Parent Involvement</p>	<p>Objective:</p> <p>Set up cones into multiple squares and/or triangles several yards away from each other that serve as planets. Coach also places cones and/or pinnies that act as asteroids in between the planets. All aliens (players) must follow coach's order and invade (dribble) a planet he/she calls out. However, they cannot get hit by an asteroid. If they are hit, they must perform a skills task before returning to play.</p> <p><u>Variation:</u> Coach can act as an alien-catcher and tag players then have them perform a skills task such as 5 toe-taps to return to play.</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 not be the last one into a planet.
<p>10-15min Individual-Based Activity:</p> <p>Capture the Ball</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 (<i>the more, the better</i>) 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. Teams CANNOT steal balls from each other's home bases. Once all balls are gone, teams count how many they got.</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 <u>as fast as they can</u>. • <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>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 – 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.