

# U4/U5/U6 Week 4 Training Curriculum

Topic: **Turning with the Ball**



<p><b>10-15min Warm-Up:</b></p> <p>Three Little Pigs</p>	<p><b>Objective:</b></p> <p>Choose 3 little pigs who stand in their own little house (4yds x 4yds) without a soccer ball. All other players are the big bad wolves and attempt to get into the little pigs houses. They have to perform a drag back turn to get in and out the little pigs houses as quick as possible to score a point. After wolves perform drag back move, they must quickly dribble around 1 of the 4 outside cones before entering the house again. Pigs score a point every time they kick a wolf's ball out of their house. Pigs must stay in their houses. Switch pigs around every few minutes.</p> <p>Variations: 1) Use alternate feet, once right foot next time try left foot. 2) Outside or inside foot turns around outside cones.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Players should perform a proper drag-back move.</li> <li>• Players should be in control of ball and <i>very close</i> to their feet at all times.</li> <li>• Players should be dribbling with their head up and as fast as they can around the outside cones.</li> <li>• <i>Encourage/Challenge</i> players to find the open space when entering the pig's house. If one side is guarded, quickly find another side.</li> </ul>
<p><b>10-15min Individual-Based Activity:</b></p> <p>What's the Time Monkey Man/Girl?</p> <p>Parent Involvement</p>	<p><b>Objective:</b></p> <p>Players line up on one side of the half field and coach (monkey man/girl) is on the other. Players ask monkey man/girl "What's the time monkey man/girl?" He/She replies with a time and they move forward with the number of dribbles corresponding to the number of hours (7 o'clock = 7 forward dribbles).</p> <p>If monkey man/girl shouts "Dinner time!" that means he/she is hungry and wants to eat your bananas (balls). Players must quickly turn with the ball and safely get back to the starting line before their ball is eaten. If a player has its banana eaten, they then become a monkey person and help coach.</p> <p>Variations: 1) Must use drag-back move to turn. 2) Must use outside or inside of foot to turn. 3) Must use both feet when turning.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Players should be in control of ball and <i>very close</i> to their feet at all times.</li> <li>• Players should be dribbling with their head up and as fast as they can.</li> <li>• Players should find the open space and spread out while dribbling and when waiting at the starting line.</li> <li>• <i>Encourage/Challenge</i> players to shield (protect) the ball by placing their body between the opposing player and their ball when dribbling back to the safe line.</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 and turning away from opposing players – <b>not passing!</b></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>