

# U4/U5/U6

## Week 5 Training Curriculum



<p><b>10min Warm-Up:</b></p> <p><i>Foxes and Rabbits</i></p>	<p><b>Objective:</b></p> <p>All players (rabbits) have a soccer ball at their feet except 1 or 2 players (foxes). The rabbits have pinnies gently tucked into the back of their shorts like a tail. The foxes have to try and steal the rabbits' tails and then bring them to the coach.</p> <p><i>Variations:</i> 1) All players (rabbits and foxes) have a soccer ball. 2) Coach tries to hide or run fast so that the foxes work harder to find them. 3) Set out 3--4 small coned areas in which rabbits can dribble to as a <i>free zone</i>. Foxes cannot get them in there and cannot get them upon leaving. Only <b>one</b> rabbit is allowed in a free zone at a time.</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 <i>at all times</i>.</li> <li>• Players should find the open space and spread out while dribbling.</li> <li>• <i>Encourage/Challenge</i> to keep the ball moving and change direction when needed.</li> <li>• <i>Encourage/Challenge</i> to quickly find the open free zone.</li> </ul>
<p><b>10-15min Individual-Based Activity:</b></p> <p><i>Coach Directed - Sharks and Minnows</i></p> <p><i>Parent Involvement</i></p>	<p><b>Objective:</b></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) <b>can only</b> kick ball away if the minnows break any of the <u>Dribbling Rules</u> 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 <u>Dribbling Rules</u> one at a time as the game progresses:</p> <ol style="list-style-type: none"> <li>1) Must keep ball close to feet.</li> <li>2) Must be looking forward not down at the ball.</li> <li>3) Must be running with the ball.</li> <li>4) Cannot run towards a shark – must find the open space.</li> <li>5) Must use both feet while dribbling.</li> <li>6) Toe-taps when they reach the safe line.</li> </ol>	<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 <i>at all times</i>.</li> <li>• Players should be clear of other players and in open space.</li> <li>• Players must properly control the ball and <b>stop</b> it on the line.</li> <li>• <i>Encourage/Challenge</i> players to spread out when stopped along the end-lines of play.</li> </ul>
<p><b>25-30min Small-Sided Game:</b></p> <p><i>3v3 or 4v4 with no goal keepers</i></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><b>'Taking on a Player' Variation:</b> Encourage players to 'take-on' and dribble past opposing players with speed and proper ball control.</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>