

U4/U5/U6

Week 6 Training Curriculum

Topic: **Controlling/Receiving the Ball Part I**



<p>10-15min Warm-Up:</p> <p><i>Coach Directed - Sharks and Minnows</i></p> <p>Parent Involvement</p>	<p>Objective:</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) can only 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"> 1) Must keep ball close to feet. 2) Must be looking forward not down at the ball. 3) Must be running with the ball. 4) Cannot run towards a shark – must find the open space. 5) Must use both feet while dribbling. 6) Toe-taps when they reach the safe line. <p>Control/Receiving Variation: Have minnows at starting line with ball in hand. When sharks initiate game, minnows will gently toss their ball into the air in front of them. Minnows must quickly gain control of their ball and dribble across field.</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 <i>at all times</i>. • Players should be clear of other players and in open space. • Players must properly control the ball and stop it on the line. • <i>Encourage/Challenge</i> to quickly settle their ball on the ground before taking off to dribble. Do not encourage players kicking their ball in mid-air before dribbling.
<p>10min Individual-Based Activity:</p> <p><i>Ball Control/Receiving</i></p>	<p>Objective:</p> <p>All players start with ball in hand and gently toss the ball about head height into the air in front of them. As the ball falls and hits the ground, players must quickly control the ball. Repeat 10x for each foot – left and right.</p> <p>Variations:</p> <ol style="list-style-type: none"> 1) Receive ball with outside of foot. 2) Receive ball with inside of foot. 3) Receive ball with thigh. 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should be clear of others. • Players should maintain body balance when receiving/control ball. • <i>Encourage/Challenge</i> players to not allow the ball travel too far from them when settling it on the ground.
<p>25-30min Small-Sided Game:</p> <p><i>3v3 or 4v4 with no goal keepers</i></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>Control/Receiving Variation: When returning balls into play, gently <u>bounce</u> the ball to the most open player and challenge them to quickly control the ball before dribbling.</p> <p>Very important – coaches must remain off the field and limit instruction at this time. Let the players play!</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.