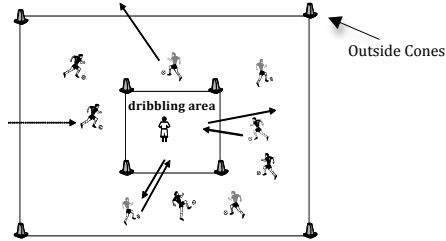

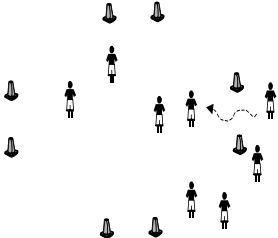


# U4/U5/U6

## Week 7 Training Curriculum

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



<p><b>10-15min Warm-Up:</b></p> <p>Get Outta Here!</p> <p>Ball Control Variation</p>	<p><b>Objective:</b></p> <p>All players dribble their ball in a small, coned area (6yds x 6yds). Place <b>8-10</b> cones about 15yds surrounding the <i>dribbling area</i>. Players try to avoid bumping into other players as they dribble. Players dribble and coach yells out a move. Players then stop their ball, pick it up 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. Players then quickly race to one of the several outside cones and circle around one, then they return back inside the dribbling area. <i>If a player is already dribbling to or is at an outside cone, another player cannot go there and must find a different one.</i></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 be clear of other players and in open space.</li> <li>• Players must properly control the ball and <b>stop</b> it before picking it up.</li> <li>• <i>Encourage/Challenge</i> players to keep their head up while dribbling by holding up your fingers (0-5) and the players have to yell out the number.</li> <li>• <i>Encourage/Challenge</i> players to quickly settle their ball on the ground before taking off to dribble. <b>Do not</b> encourage players kicking their ball in mid-air before dribbling.</li> </ul>
<p><b>15-20min Group-Based Activity:</b></p> <p>1v1 Ball Control to End-line</p>	<p><b>Objective:</b></p> <p>Divide players into 1v1 groups in an 8yd x 15yd grid. Game starts when a player from his/her end-line gently throws the ball to the other player. The player receives the ball and quickly attempts to dribble the ball past their opponent and stop the ball on the end-line. The player who throws the ball to start the game is not allowed to move off their line until their opponent controls the ball. Players try to gain possession and stop the ball on their opponent's line. Game continues until a point is scored or it goes out of play behind either player's goal line. Each restart is alternated no matter who scores the last goal.</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 maintain body balance when receiving/control ball.</li> <li>• <i>Encourage/Challenge</i> players to quickly settle their ball on the ground before taking off to dribble. <b>Do not</b> encourage players kicking their ball in mid-air before dribbling.</li> <li>• <i>Encourage/Challenge</i> players to <b>only</b> make 1 or 2 moves (outside or inside of foot cuts) to get past the defender.</li> </ul>
<p><b>20-25min Small-Sided Game:</b></p> <p>3v3 or 4v4 with no goal keepers</p> <p>4 Goals</p> 	<p><b>Objective:</b></p> <p>Set up 2 teams to scrimmage <b>with 4 goals</b>. Teams have 2 goals to score in and 2 goals to defend.</p> <p>Encourage dribbling and turning away from opposing players – <b>not passing!</b></p> <p><b>Control/Receiving Variation:</b> 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><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> <li>• <i>Encourage/Challenge</i> players to change direction with the ball to avoid goals that are heavily defended.</li> </ul>