

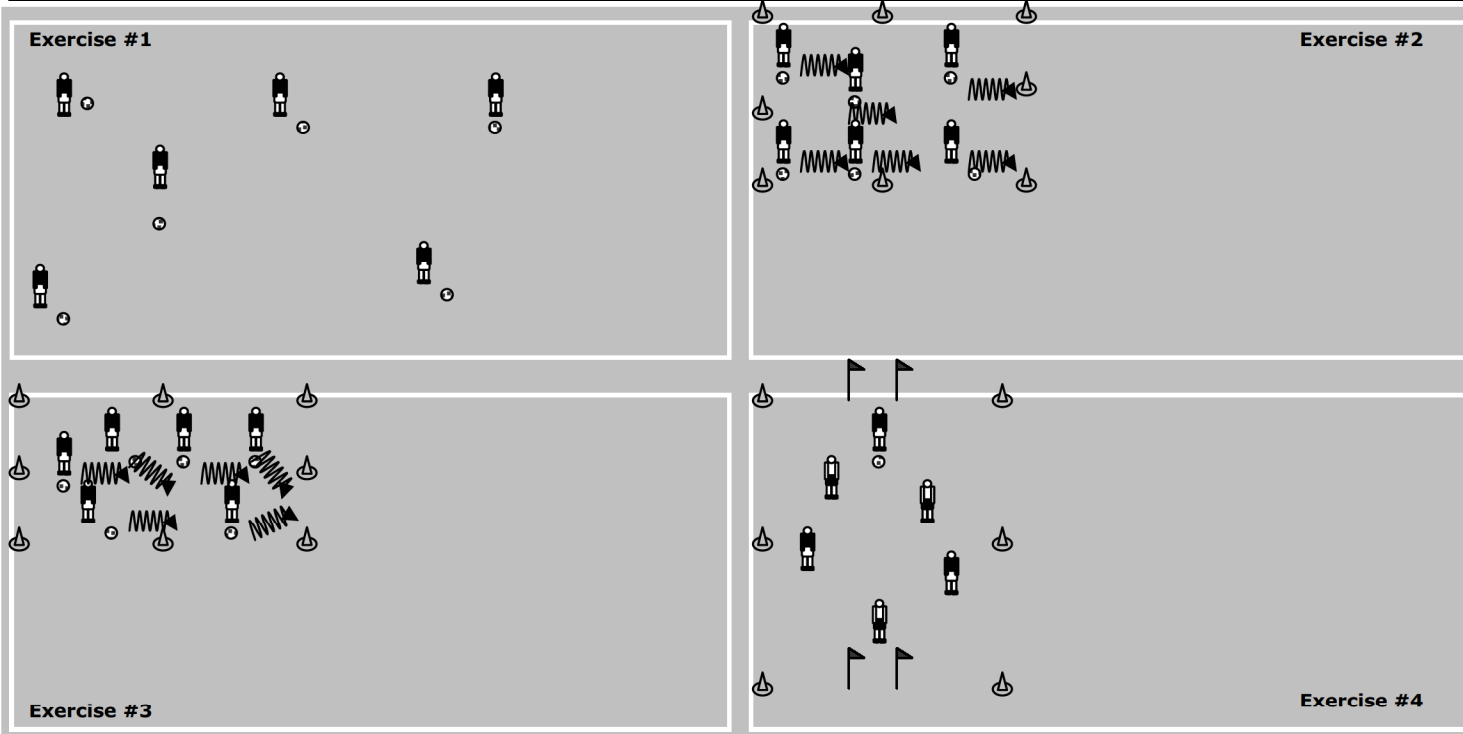


PROGRESSION

U6 BALL CONTROL SESSION (FOOTWORK)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Ball Control	Footwork	U6	Micro	U6A

Exercise #1	Organization	Coaching Points
Juggling U6: (see pg. 23; doc 310 96) Kick Right High, Kick Left High, Punt Right Distance, Punt Left Distance, Punt Right Off Bounce, Punt Left Off Bounce, Kick Catch, Thigh Catch, Head Catch, Scoop Ball For Distance. This should be performed in an unrestricted (open) space. Each player has a ball. Time: 10 min.		Laces/Foot, toe out ankle locked. Thigh, make platform with thigh. Head, head ball below hairline (hardest part of the head). Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #2	Organization	Coaching Points
Footwork 1, 2, 3, 4: (see pg. 21; doc 310 95) Dribbling, Foundation, Left Foot, Right Foot. Each player should have a ball during these exercises. These touches should be performed inside a 15x30 yard grid. Time: 10 min.		Dribbling, using any part of the foot to move the ball around. Foundation, tapping the ball between your feet. Left Foot, dribbling the ball using the left foot only. Right Foot, dribbling the ball using the right foot only. Dribble with your head up, if possible; gradually increase speed. Laugh and have fun with the players.
Exercise #3	Organization	Coaching Points
Crazy Box Dribble (Entropy): Players dribble ball within a limited area, demonstrating all of the dribbling techniques. Players must avoid each other while demonstrating techniques. Each player has a ball; the size of the grid should be 15 x 30 yards. Time: 5 min.		Keep the ball under control (touch ball every step, if possible), use all surfaces of the feet, demonstrate footwork skills, dribble with head up, find space, change directions and speeds. Stay positive with the players.
Exercise #4	Organization	Coaching Points
3v3: Play a 3v3 game. For a group of 10 – 12 players set-up two fields for two 3v3 games. Field(s) size 25 x 35 yard grid; use one ball per field. Time: 20 min.		Encourage players to dribble and play the game. Same Coaching points as above. Be positive; become a fan of the players; laugh and have fun with the players.



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			