

Week 1 Training for U5-6: Dribbling

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Body Part Dribbling:

All players will have a soccer ball and will be dribbling in an area. When coach calls out a part of the body, the player must stop the ball with that part of the body (head, stomach, knee, etc.)

Focus:

1. Keeping ball close to body
2. Reaction time
3. Using different parts of the foot

Activity 2:

Dribbling tag w/tails

All kids make tails out of scrimmage vests. Must dribble in an area and try to avoid getting their tail pulled by other players

Games:

Red Light Green Light:

When red light is called, all players must stop dribbling. When green light is called, everyone starts dribbling again. Working on quick reactions and keeping the ball close just like in Body Part Dribbling.

Scrimmage:

Most games will just be small sided, with ideal numbers being 3v3. Games should always focus on what was worked on for the day.

Week 2 Training for U5-6: Passing

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Gate passing:

Set up small gates about 1 yard in length. Players will be in groups of two with one soccer ball per group. Players will pass the ball back and forth with partners. As they get better, have the kids step further back and still try to keep accuracy.

Focuses:

1. Best surface to pass with is the inside of the foot
2. Point opposite foot toward target
3. Step into the ball

Activity 2:

Cone knockdown:

Pointed cones are needed for this activity. All kids will have a ball and they will dribble around a set area. When a player gets close to a cone, they will try to pass the ball and knock over the cone.

Focuses:

1. Head up when passing to find a target
2. Passing on the move

Games:

Soccer Bowling:

Set up pointed cones like bowling pins. See how many cones the players can knock down in two passes. You can make this a race in groups as well. As a player passes a ball, they must get their ball and dribble it back to the next teammate so they can pass the next ball. First team to knock down all the cones is the winner

Scrimmage:

Most games will just be small sided, with ideal numbers being 3v3. Games should always focus on what was worked on for the day.

Week 3 Training for U5-6: Striking/Shooting

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Volleying the ball while seated, with build up to standing.

All players will have a ball and will be seated to start. Players will toss the ball to themselves and strike the ball back up to their hands. Players should alternate feet in order to work on striking with both feet off of the laces. As players get used to technique, have all players stand and try the same thing while standing. Now they will work on keeping knee over the ball as well.

Focuses:

1. Best surface to pass with is the laces
2. Point toe down
3. Keep knee over the ball, lock ankle

Activity 2:

Cone knockdown:

Same as last week's passing session, now with shooting with the laces. Another good way to do it is to have all players line up across a line and shoot at the same time and see how many cones they can knock down. Set up a bunch of pointed cones to have players focusing on a target.

Focuses:

1. Step into the ball
2. Opposite foot pointed toward target
3. Chest down and head down to keep ball low

Games:

Airport:

Have one group of players form two lines like an alley with a soccer ball. Have a player try to run through the alley and avoid getting hit by a soccer ball. Now players are forced to hit a moving target, which makes it quite a bit tougher.

Scrimmage:

Most games will just be small sided, with ideal numbers being 3v3. Games should always focus on what was worked on for the day.

Week 4 Training for U5-6: Dribbling and change of directions

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Cone turns:

Without a ball, players will be in an area with cones laid out. Players will jog around cones and touch them with their hand when they pass by. This will force them to get close to the cone and then get away quickly to find a new one. You can do this running forward and backward to work on balance as well as footwork and changing directions

Focuses:

1. Head up to find space available.
2. Get to a point then accelerate to get to a new cone
3. Balance, staying on your toes

Activity 2:

Cone dribbling

Players will now have a ball at their feet and try to get as close to the cone as they can and then changing directions. The main concern is just trying to make the turn as sharp as possible, not so much different types of turns. The best one to start with is usually a pullback. Players stop the ball with the bottom of their foot and roll it behind them.

Focuses:

1. Keeping ball under control
2. Finding space and get away from cone quickly after change of direction
3. Staying spread out to make turn easier

Games:

Knockout:

All players will have a ball. Each player will try to keep possession of their own ball while avoiding others. Object of the game is to knock other balls out while keeping control of your ball and not losing it. A way to keep the game going longer is to have the players do tic tocs or toe taps to get back in if they are knocked out.

Scrimmage:

Most games will just be small sided, with ideal numbers being 3v3. Games should always focus on what was worked on for the day.

Week 5 Training for U5-6: Dribbling

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

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2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Circle Dribbling:

Same way the warm up area is set up, have cones around the area in a circle, with some space in between each set of cones. Players will dribble in area, and when coach calls go, players must dribble to a cone and go around the cone. You can start by just going around quickly then try other ways to go around the cones.

Examples: Tic Tocs around cones
Toe Taps around cones
Inside/ outside of the foot only
Pull Backs around cones

Activity 2:

Cone dribbling

Players will now have a ball at their feet and try to get as close to the cone as they can and then changing directions. The main concern is just trying to make the turn as sharp as possible, not so much different types of turns. The best one to start with is usually a pullback. Players stop the ball with the bottom of their foot and roll it behind them.

Focuses:

1. Keeping ball under control
2. Finding space and get away from cone quickly after change of direction
3. Staying spread out to make turn easier

Games:

Knockout:

All players will have a ball. Each player will try to keep possession of their own ball while avoiding others. Object of the game is to knock other balls out while keeping control of your ball and not losing it. A way to keep the game going longer is to have the players do tic tocs or toe taps to get back in if they are knocked out.

Scrimmage:

Most games will just be small sided, with ideal numbers being 3v3. Games should always focus on what was worked on for the day.

Week 6 Training for U5-6: Trapping on the ground

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
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Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

Activity 1:

Simple receiving

Have a coach roll the ball to the player and just try to have the players stop the ball with their feet in front of their bodies.

Focuses:

1. Easiest way to receive the ball is with the inside of the foot.
2. Players need to get their body in front of the ball
3. When receiving the ball, the toe should point up and the heel of the foot should be down

Activity 2:

Dribbling and stopping.

Another basic way to work on receiving is to force players to start and stop very quickly. This will teach players to keep close control of the ball while still trying to keep moving. You can do this by playing games like body part dribbling and red light/green light.

Scrimmage:

Most games will just be small sided, with ideal numbers being 3v3. Games should always focus on what was worked on for the day.