



Week 1

U5/U6

Comfort On The Ball

Ownership · Teamwork · Leadership · Respect



Dribbling – Get To Know You Dribbling



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SOCCER
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Grid 12 x 15 yards

- All players without soccer balls to start.
- Have them run, skip, jump (body awareness) in the area.
- Call out a topic
 - # of siblings
 - Favorite ice cream, pizza, movie etc..
 - ~~Players will hustle to get in groups that match topic.~~
 - Have players yell out answers
- Add a soccer ball, continue with topics. Have players dribble.

Possible Coaching Points

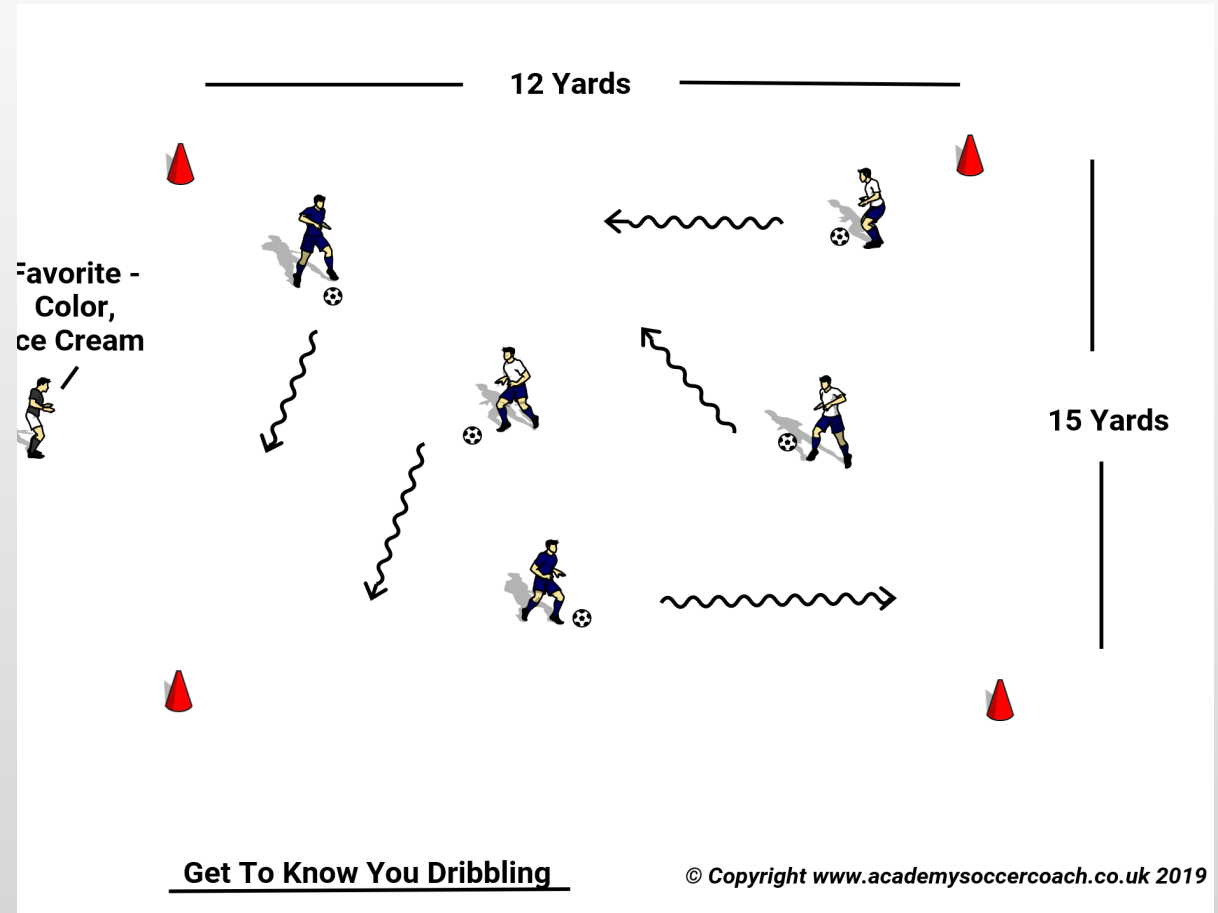
This is a Maze, body awareness activity

Keep ball close while dribbling

Change of speed, direction

Head up to find space and then groups

Point out different to change direction that players shown you.



Dribbling – Body Part Dribble



Grid 15 x 25 Yards * DO NOT USE HANDS

- Start Without a ball. Have players run, skip and jump. Call out a body part and players have to touch that body part. You can ask them to balance on one foot, touch their knee.
- Add a soccer ball. Players dribble in grid.
- Call out a body part and they will stop the ball with that body part, example "Toe"

Possible Coaching Points

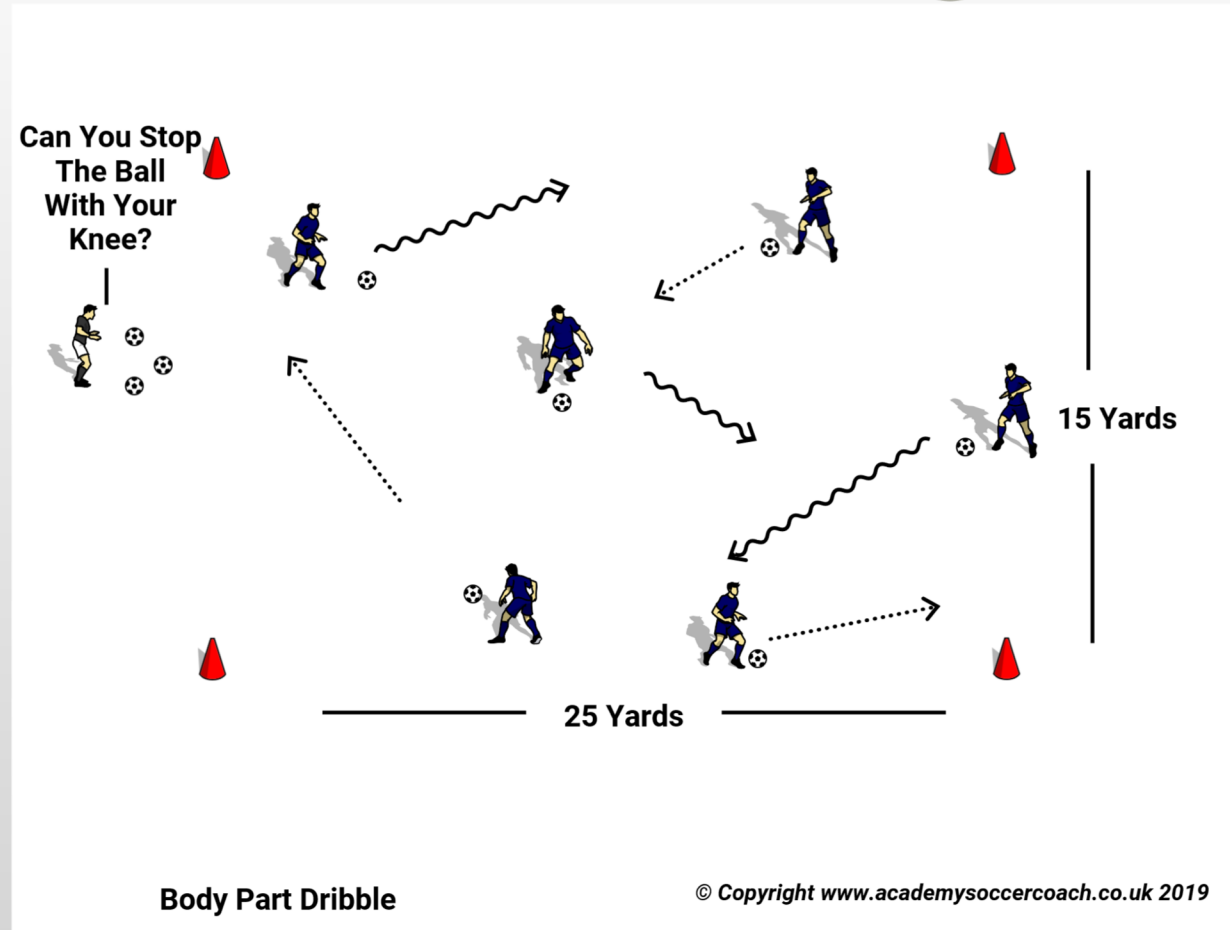
This is a Maze Game

Encourage them to dribble with small steps to keep it under control

Encourage to listen while playing

Guided Question – I wonder if we can dribble without running into other people?

Should I keep the ball close or far away?



Dribbling – Red Light, Green Light



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Grid 15 x 25

- All players on one end line.
- Start without soccer balls.
- Coach yells “Green Light” and players move/run forward.
- Coach yells “Red Light” and players stop.
- Add soccer balls.

Possible Coaching Points

Keep ball under control.

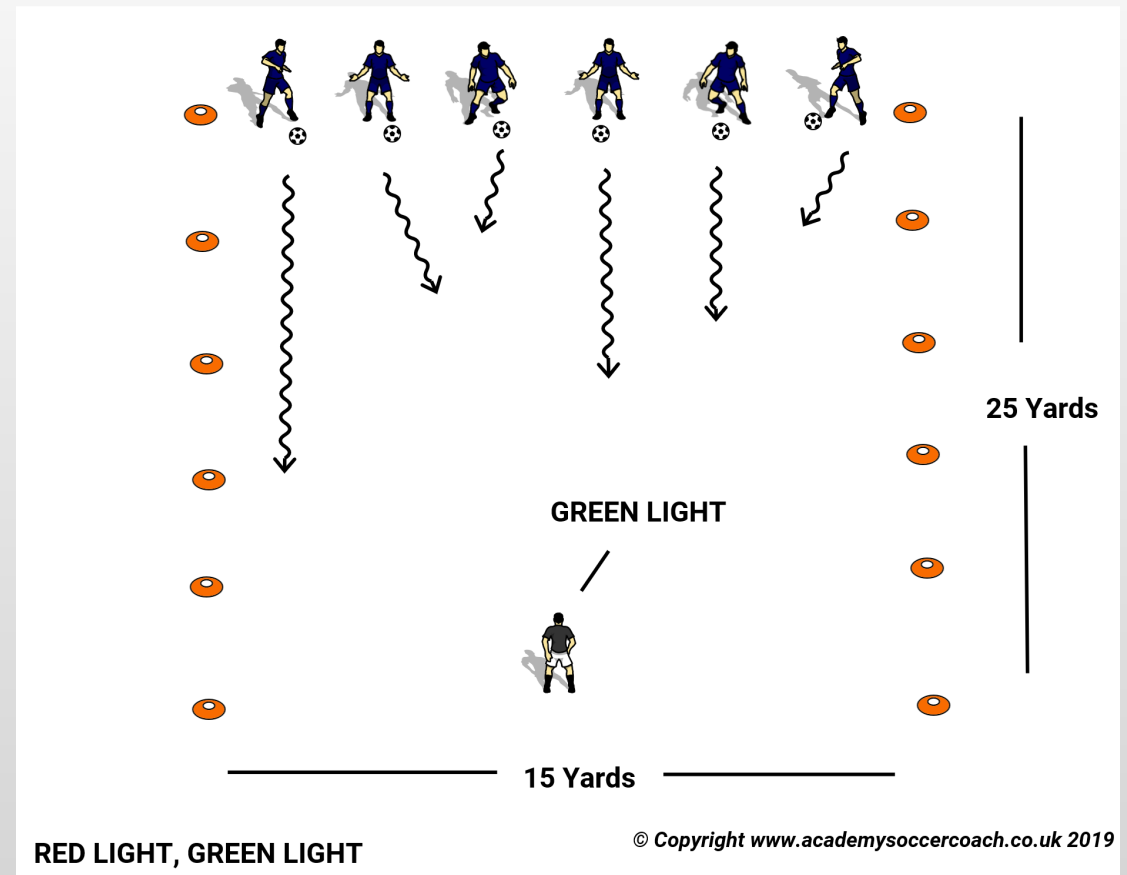
Coach can adjust and instead of yelling he/she can face forward or backward to signify start/stop.

Encourage players to keep vision up.

Be “Sneaky”

Could use a player that won game as Stoplight.

GUIDED QUESTION - I Wonder How I Will Know When Coach Is Getting Close To My Soccer Ball?



3 v 3 Game Play – Practice - Play



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Salvo Soccer Club utilizes the *Play – Practice – Play* model that is supported by U.S. Soccer.

U5/U6 Practice Model

5-10 minutes of Scrimmage to start
20+ minutes of activities
30 minutes Scrimmage with another team

Keep games to 3v3 to maximize opportunities on the ball for players.

Split your team with the other coach and run side by side games.

Rotate players to keep games competitive.

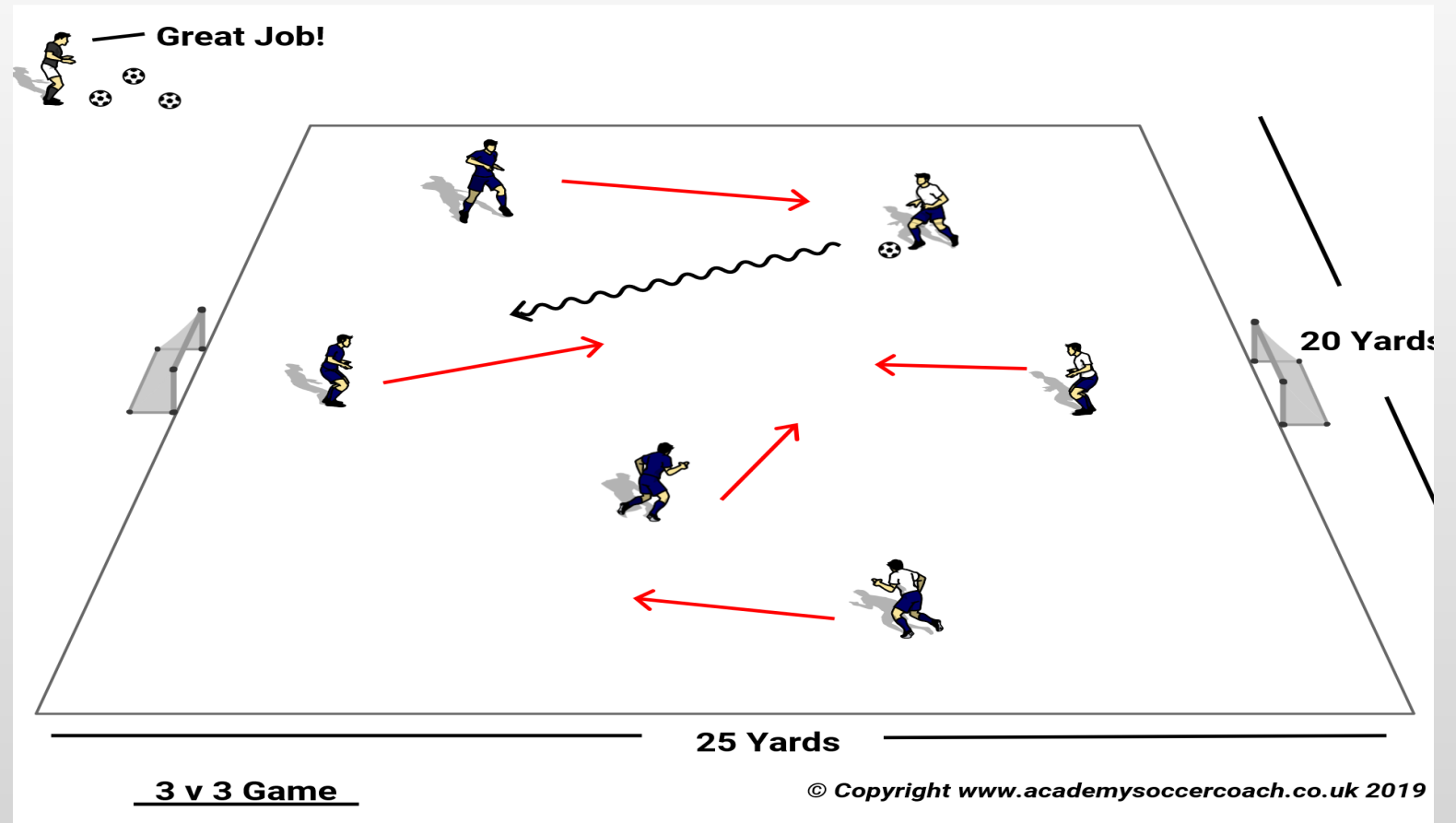
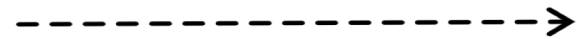


Diagram Details

Diagram Details



Player Dribbles the Ball



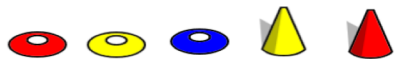
Player Passes / Shoots



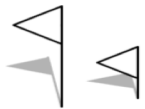
Player Runs with the Ball, Quickly



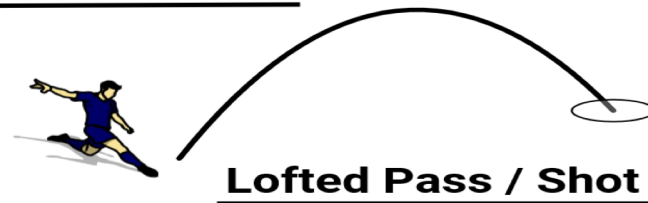
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals