



# Week 2

U5/U6

## Comfort On The Ball

Ownership · Teamwork · Leadership · Respect



# Dribbling – Hospital Tag



**COACH WILL USE A POOL NOODLE**

## Grid 12 x 15 yards

- All players without a ball to begin.
- Coach can will be "IT" to begin.
- Have players run, skip, jump to avoid being tagged (body awareness).
- If tagged, cover it with a Band-Aid (Hand)
- When tagged twice, go to Hospital. 3 jumps and come back to activity.
- Add a ball. When tagged twice go to hospital and do 3 toe touches, 2 juggles etc...

## Possible Coaching Points

This is a Maze Game

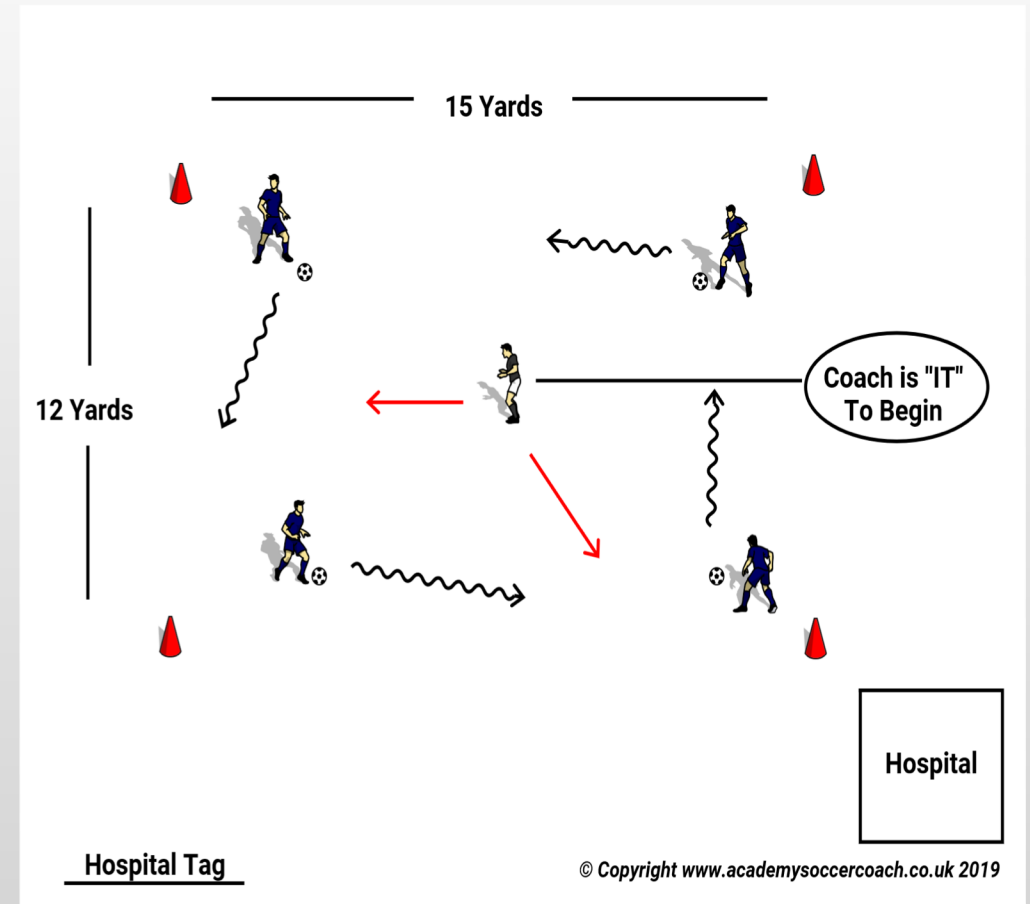
Look for open space (field vision)

Change of speed/direction (surface of foot)

Demonstrate toe touch, juggle, hop over ball.

Dribble close with small steps

**Guided Question- How do we avoid being tagged?**



# Dribbling – Chase The Coach



## No Grid Needed

- Begin without Soccer Balls
- Coach Without A Ball, Moves To Get Players To Follow Her/Him
- Add Soccer Balls, Have Players Try To Keep Up

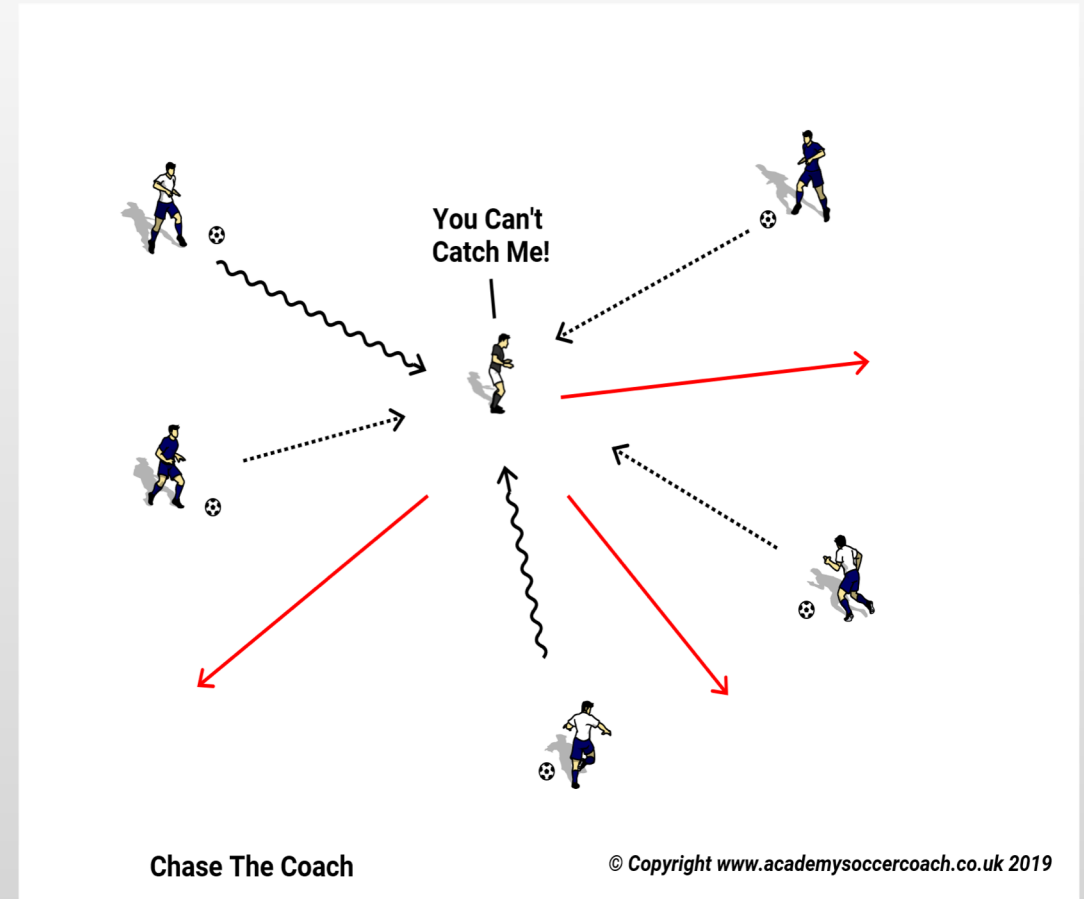
## Possible Coaching Points - Maze Game

Encourage Players To Peek To See Where Coach Is And Where Coach Is Going

Encourage Small Steps To Keep Control Of The Ball.

Watch Players And Point Out Creative Ways That Kids Turned With Ball

**Guided Question – How Do I Know Where Coach Is Going To Be?**



# Game Play – SEE YA!!



SALVO  
SOCCER  
CLUB



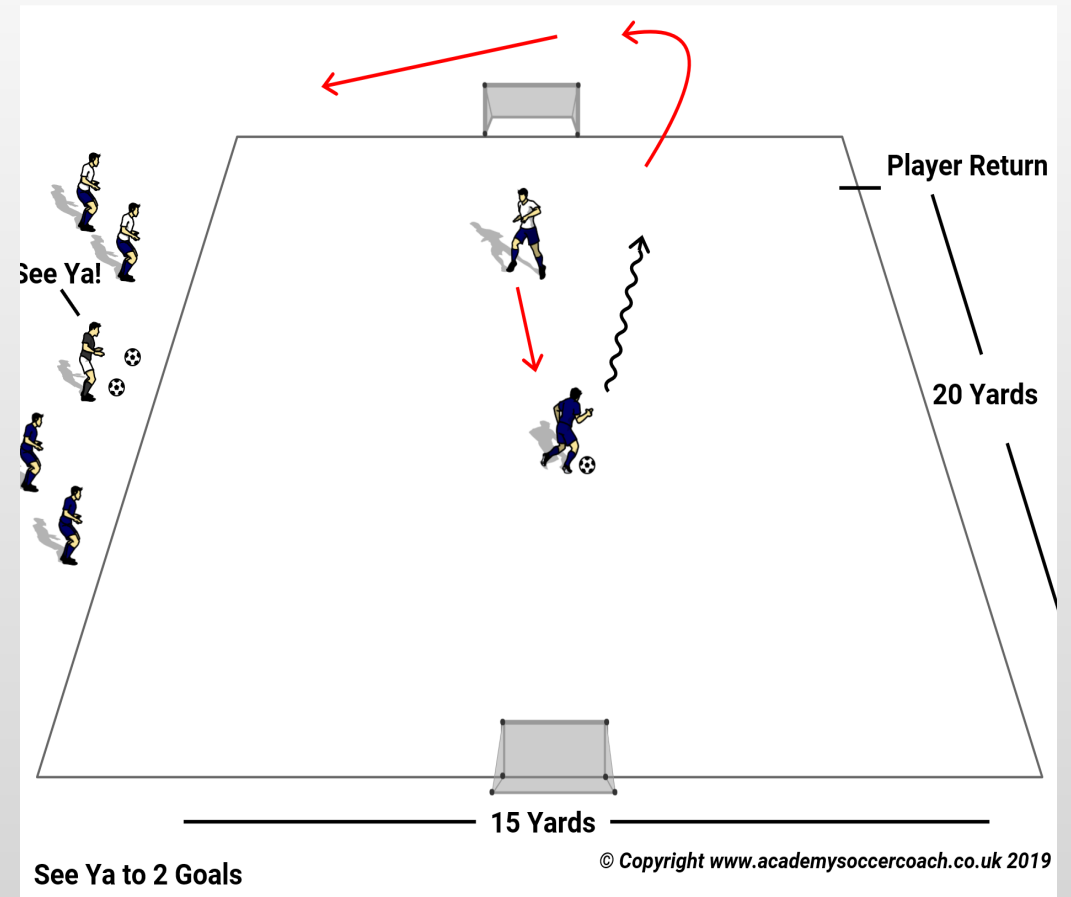
## Grid 15 x 20

- Place all balls in a pile.
- Have players line up in two teams on either side of the coach.
- Coach sends ball into field. Start 1 v 1.
- As they get the game call out a number of players to send on the field, 2 v 2 etc...
- Teams play directionally to goals/.
- Keep the game moving quickly.

## Possible Coaching Points

- Look to attack right away
- Keep ball under control while attacking
- Transitions between attacking and defending
- Work with teammates in 2 v 2 +

**GUIDED QUESTION** - How can you attack the space behind the defender?



# 3 v 3 Game Play – Practice - Play



SALVO  
SOCCER  
CLUB



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

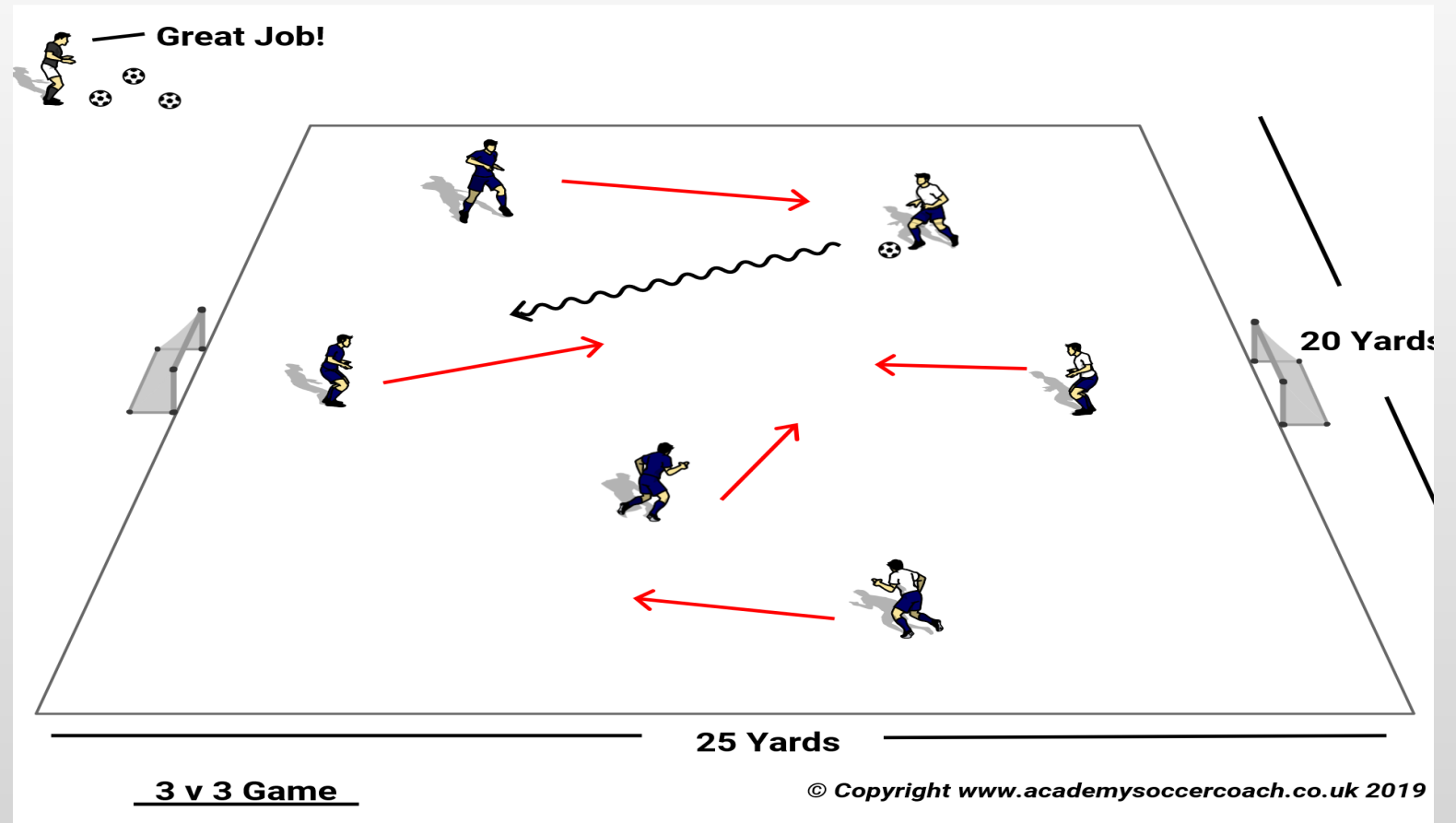
U5/U6 Practice Model

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.

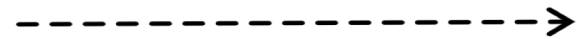


# Diagram Details

## Diagram Details



Player Dribbles the Ball



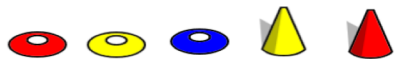
Player Passes / Shoots



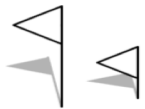
Player Runs with the Ball, Quickly



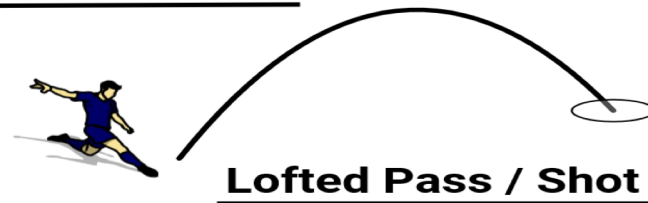
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals