



Week 3

U5/U6

Comfort On The Ball

Ownership · Teamwork · Leadership · Respect



Dribbling – Asteroid Dribble

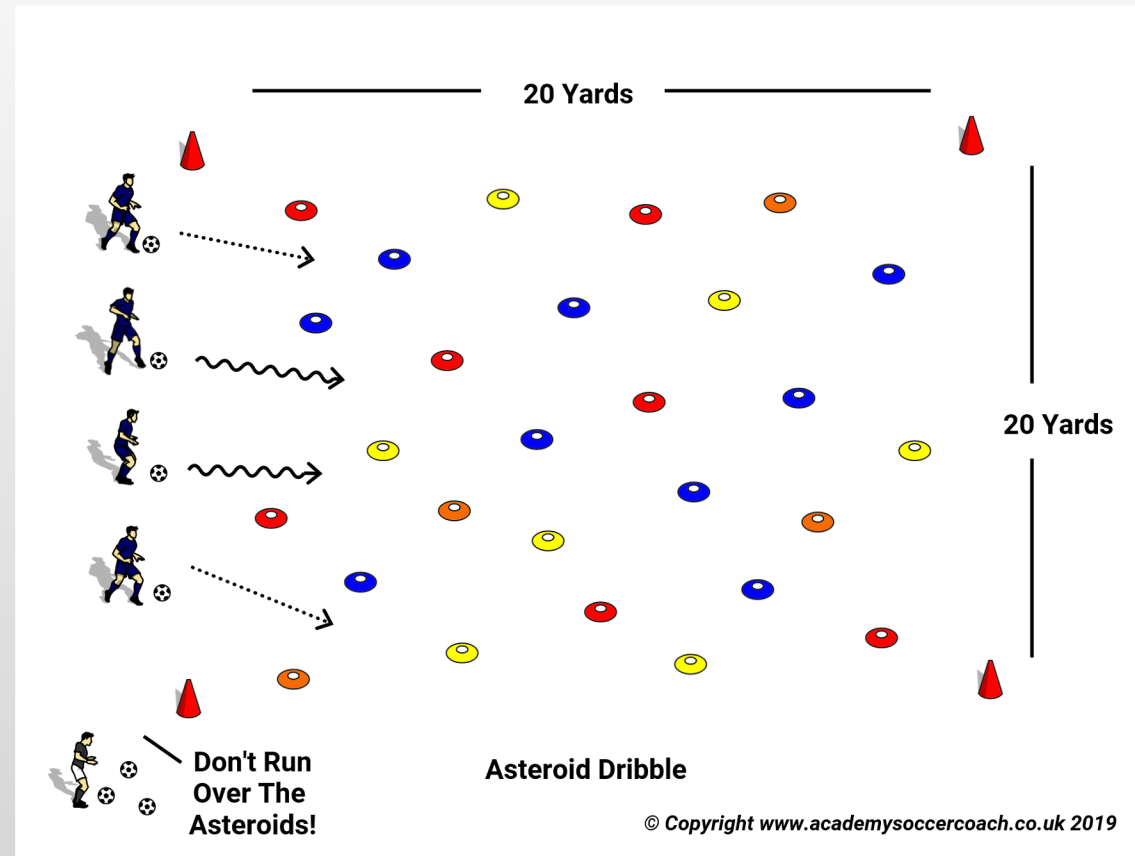
Grid 20 x 20 Yards

- Start without soccer balls
- Lay down cones in the grid.
- Players need to get to the other side without touching any cones
- Add soccer balls, if they hit an “Asteroid” they need to make a crash sound and keep going

Possible Coaching Points

- Avoid hitting other players
- Avoid hitting “Asteroids”
- Use both feet if you can

Guided Question - How Do I Know Where To Go Next To Make Sure I Don't Hit An Asteroid?



Dribbling – Individual Gates



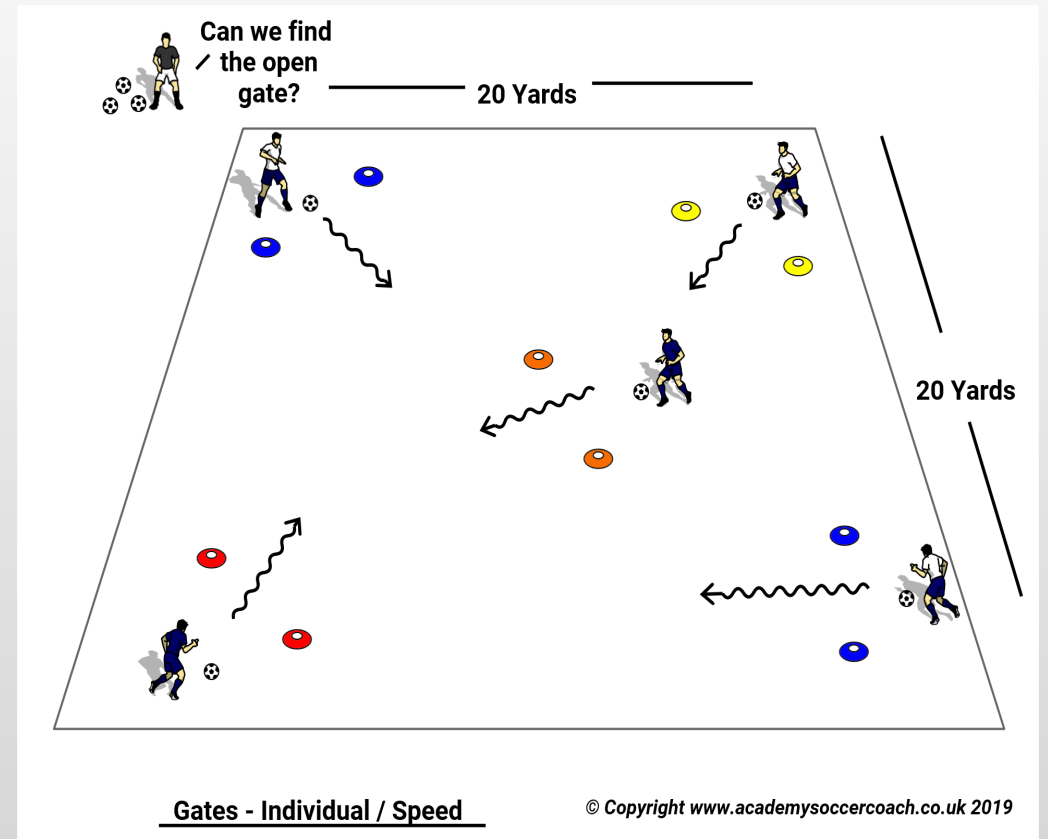
Grid 20 x 20 Yards

- Begin without soccer balls and encourage players to go through gates in different ways (run, jump, backwards)
- Add soccer balls
- Play short rounds. Have players yell out the number of gates they dribbled through. Then try to beat that number
- Progress to doing a move through a gate. (Pull back, step over etc..)

Possible Coaching Points

- Use all part of the feet to maintain control of the ball
- Vision – Where is the open gate?
- Be creative with surfaces of foot

Guided Question – I Wonder How I Can Get Through More Gates Next Time?



Dribbling – Ships Across The Ocean



SALVO
SOCCER
CLUB



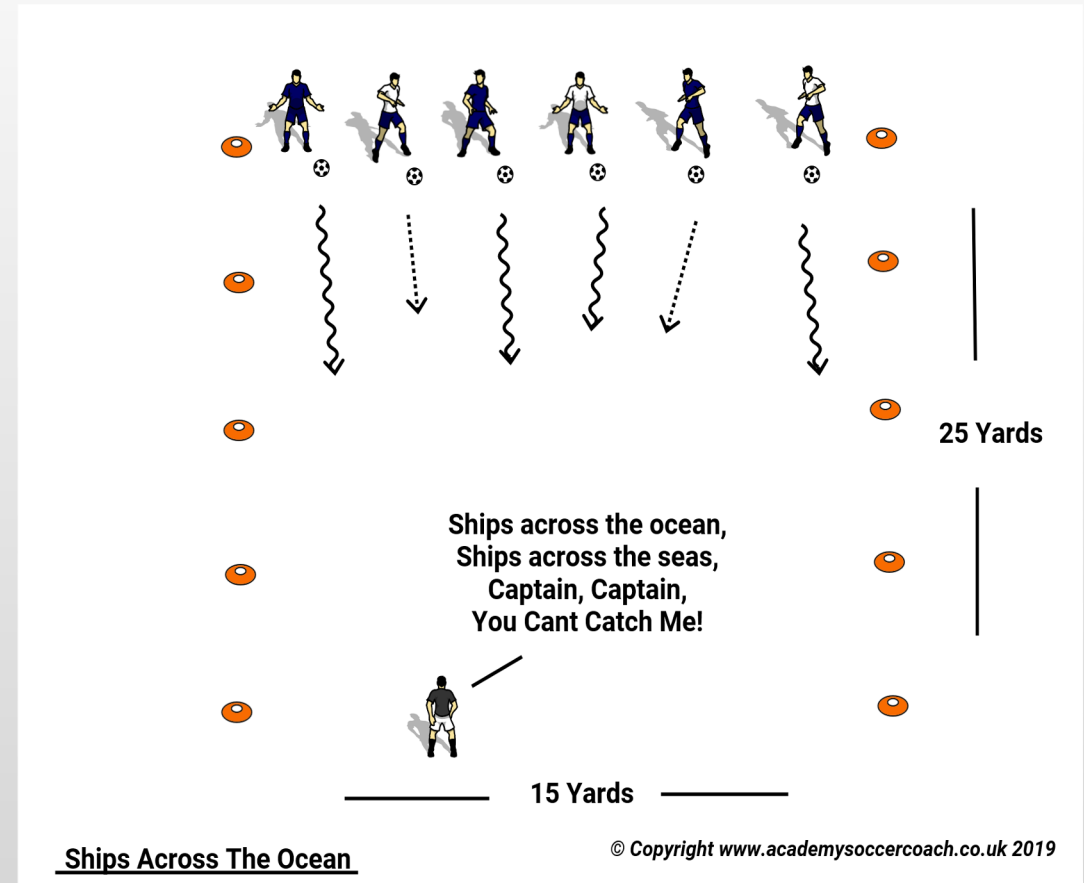
Grid 15 x 25 yards

- All players on end line without ball.
- Coach in the middle.
- Players sing “Ships across the Ocean, Ships across the Sea. Captain, Captain You Can’t Catch ME!!!
- Players run to the far end line.
- If player is tagged join the coach.
- Add soccer balls. Look to put foot on the ball to tag player.

Possible Coaching Points

This is a Target game
Encourage change of direction and speed
Keep the ball close
Keep balance
Vision up and around the field

**Guided Question – I wonder how you can tell where the Captain is?
Can anyone show me how to change direction?**



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.

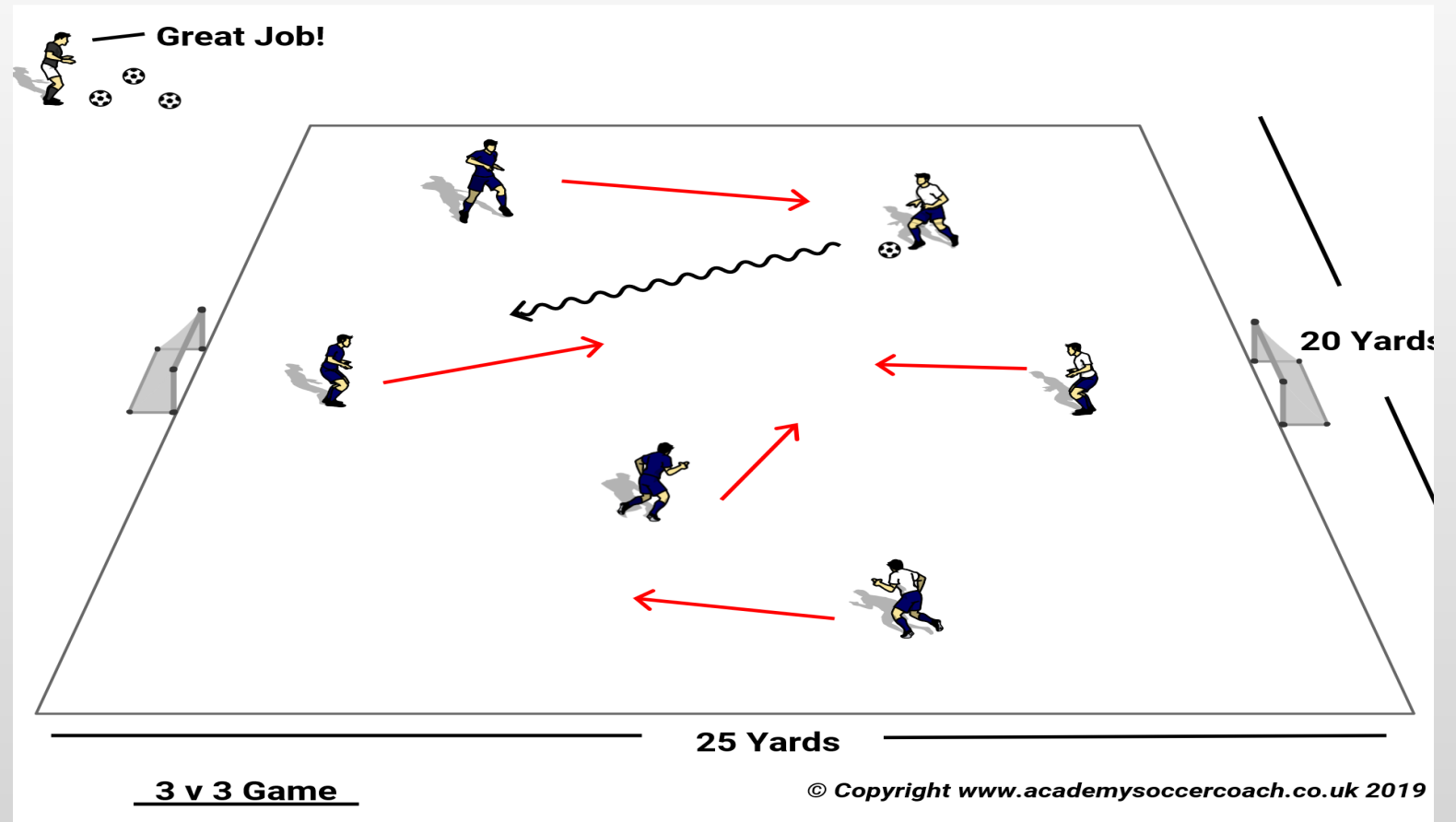
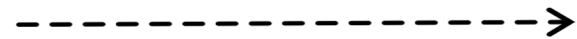


Diagram Details

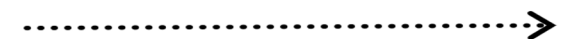
Diagram Details



Player Dribbles the Ball



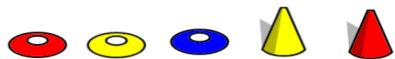
Player Passes / Shoots



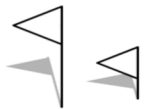
Player Runs with the Ball, Quickly



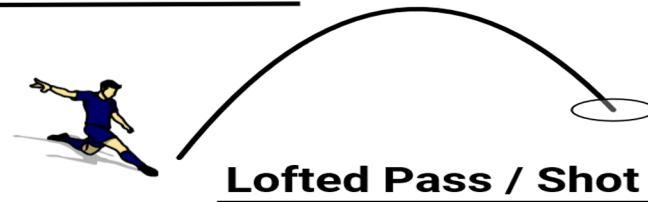
Player / Coach Movement



Cones



Flags



Lofted Pass / Shot



Goal



Coach



Pugg Goals