

U5 Dribbling

Location: Burke School. **Date:** Apr 2, 2019 5:15 PM - 6:45 PM

Description

Dribbling introduction

Training focus

Technique, Fitness

Comments before Training

Use Plan A



U5 warmups



PLAY PRACTICE PLAY

At U5/6, it should be all about PLAY. The focus of the warmup should be fun, but take early time in attention span to instruct on mobility, ball technique, and concepts as a group. All Warmups can be turned into a race against time or the coaches. Races are fun. After a couple of runs, challenge them to do it faster. During the games, provide 1 on 1 conversations as you see repetition of the items discussed in warmups. The warmups A, B, C, or D, naturally align with the U5 topics. Dribbling, Turning, Striking. Modified from US Youth Soccer Lesson Plans (Sam Snow)

Setup: These are 4 warm up drills for U5 Age Group. Groups are all 8-10. Grid size 20 X 20

Duration: 10-15 Min

Objective: Get the players moving, thinking, and ready for soccer games in a fun and engaging manner.

A. Rhythm Movement. In 20 X 20 box have 8 or more cones of 2 colors as gates on the edge of the box. Coach in players in the middle with players evenly spaced. Coach provides them instructions on various moves. First with out the ball.

Touch knees, Touch head, fall down, jump up, I am a star jumps. Roll like a log, bark like a dog. Randomly yell a color and the players are to run through gates then come back to the middle. **Coach Points:** objective is general Coordination Balance Agility Proprioceptor muscle development Discuss techniques to move and turn quickly bending knees, balanced arms, on the balls of your feed instead of heels.

Variation/progression: Add the balls. Have extra balls then players if you can. Again shout out commands. Dribble fast, Dribble Slow, throw ball in air, grab a new ball. Stop ball with head. Use outside of foot. Again Randomly call out a color and players must now dribble through the gate.

B. Receive, Dribble, Shoot: In 20 X 20 Grid with multiple goals and multiple gates of two colors. One or Two coaches in the middle. Players will pass the ball to coach when asked. Coach provides back to player in various ways (Fast, Slow, bouncing, Air) then coach calls a color. Player settles the ball, dribbles through that color and scores a goal.

Coach Points: Eye-Hand Coordination Eye-Foot Coordination Timing Judging the pace of the ball. Discuss demonstrate moving in the path of the ball, balance then stop the ball. More advanced, discuss figuring out where you want to go next.

C. Dribble & Weave: In 20 X 20 Grid, set up various cones through out. Players are asked to snake through the cones at varying speeds and using different parts of the foot. Make games by have them start at one side in Groups and race to the other side, or race to encircle two cones and sit down by a third.

Coach Points: How can you control the ball to get around the cone? Discuss being low to the ground for turning, arms out for balance, challenge them to use both feet.

D: Trolls:/bowling: In 20 X 20 Grid, Set up various tall cones. Establish 2 teams. First without ball, one team knocks the cones down. The other team picks them up. (note you will invariable have one player that just wants to knock them cones down) Play 2 minute Games and switch the teams.

Variation/Progression: Now players the players that are knocking down cones must do so by passing the ball. (Discuss Good Strike technique) Other team sets them up. Play 2 minute games and switch.

Coach Points: Accuracy Lower limb control Eye-foot coordination Discuss the ball strike less on surface on foot (they may not have mobility to turn ankle for inside foot pass or instep strike.) Work more on balance and landing on kicking foot. Let them figure it out and feel it. Can they stop and kick the ball, can they kick the ball while moving.

U5 Dribbling

The concept of these games is to build excitement through imagination. Players are thinking about the polar bear or dragon and getting many touches dribbling fast and controlling the ball. This is guided explorations, ask questions and prompt answers.

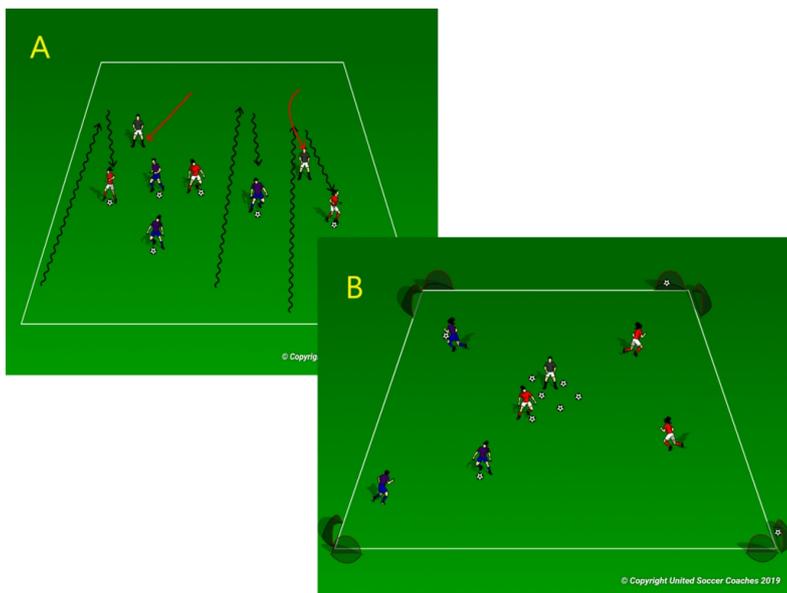
Setup: In 20 X 20 Grid with teams of 8-12.

A. Polar Bear Polar Bear: Coach is at one end of 15 X 20 Grid. Players with ball line up at other end. Players dribble to Polar Bear (coach) and try to get as close as possible without waking the bear. When the coach/bear wakes the players turn and try to get across the line before the polar bear can take your ball.

Variations: If the coach steals your ball, you become a polar bear for the next game. Add Goals behind the line, players can score to save their ball. If they miss, they become a polar bear.

Coaching Points: Discuss about ways to turn the ball around quickly. (Roll Back, Outside turn, Inside Cut). If add goals,





discuss bigger touches for speed, small touches before you shoot.

B. Sleeping Dragon's eggs. Divide into 4 teams and put goals in the corners of a 20 X 20 grid. Coach is in the middle with all the balls (eggs). Players run into the middle to steal an egg and score in their goal. Object is to get as many eggs in your basket. If coach tags you or steals the ball back, you become a Dragon helper. When all the balls are gone, start over. (best if you use extra balls which will be in the shed)

Coaching Points: Discuss how to get low and bend knees to quickly turn to steal the ball. Discuss about ways to turn the ball around quickly. (Roll Back, Outside turn, Inside Cut). Discuss bigger touches for speed, small touches before you shoot.

U5 Big Game



Setup: In 30 x 30 grid, with 6-8 goals. Set up 4 teams of 2-3. Recruit parents to keep the balls in the playing field. Teams can score on any goal they desire. After they score, find another ball to go score with. Players are encouraged to work together to score. Add some gates in the middle of the field for players to pass through during the game. Passing to themselves is OK.

Execution: Recruit parents to stand by each goal to keep balls in play. Ensure there are more balls than players. Coaches and trainers work through the middle to pressure players and to be target for players to steal the ball.