

## U5 striking

Date: Apr 15, 2019 5:15 PM - 6:15 PM



U5 warmups

Warm-up - 10 min.



**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.

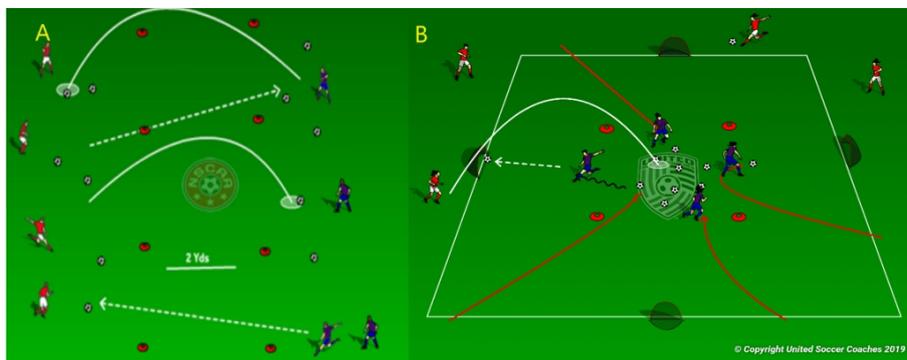
**Variation/Progression:** Now players the players that are knocking down cones must do so by passing the ball. (Discuss Good Strike technique) Other team sets them up. Play 2 minute games and switch.

**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 Striking

Main phase - 15 min.



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. Clear the Yard.** In 20 X 20 box Divide the players in half, and divide balls on each side of the grid as well. Make a 2 yd river down the middle of the grid. On go, players try to keep the balls on the other half by striking the ball.

**Coach Points: Focus on line up an balance.** At 4, they may not have physical ability to strike with laces or instep. Talk about using them, but do not stress it. More important to work on balance and motion to approach the ball and strike it. Work on striking through the ball.

**Variation/progression:** Clear the yard with goals. Place 3 pugg goals on each side behind the players If the ball is scored it counts as a point and can't removed from the goals.

**B. Shoot and Strike:** In 10 X 10 Grid with a small box inside and a goal on each side. Divide the girls in two teams. One team are the shooters the other are strikers. Place all the balls inside

the box. Team A enters the box and shoots until all the balls are gone. Team B on the outside takes any ball that missed the goal and kicks it back into the box. After 2 minutes switch.

**Coach Points:** Shooting on goal is for accuracy first then work on power. Striking back into the box is power and direction. Can you get it up in the air.

**C. Chicken Strike:** In 15 X 15 Grid, coaches grab a bunch of pinnies. Players try to hit the coaches legs with the ball. If the coach gets hit he/she throws out a couple of pinnies (chicken feathers). The players collect the feathers. Every time hit more feathers fly.

**Coach Points:** This game works on the passing strike. Discuss the strike, talk about balance and pointing the toe for accuracy.

### U5 Big Game

*Shot on goal - 10 min.*



**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.