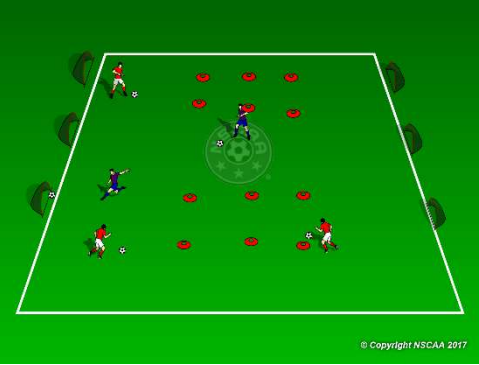



COACH: Age Group Week 1

TEAM: U6 Team

DATE: Spring 2017

TOPIC: Dribbling 1


STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>WARM-UP</p> 	<p>20 X 20 Grid with multiple puggs. Have players dribble from one side to the other and score. Have them choose a new goal every time. If not enough congestion, you can add 2 lanes (Freeways) that they must take to get to the other side. 10 Min</p> <p>All players have a ball, Half of the group has a with pinny. Players without pinny tries to steal the pinny. If they still the pinny, they put the pinny in their back. Objective is to have a pinny at the end of 2 minutes.</p> <p>Run it 2 times, 5 Minutes.</p> <p>Shielding drill, half as many balls as players, 2 minutes steal the ball.</p>	<p>The opening warm up is to get them moving with a targeted dribble and score. This warmup is comfortable for this development age (Individual & straight ahead)</p> <p>Here discuss surfaces for dribbling inside, outside, instep. Inside dribbling would be comfortable for the players, compare Penguin (inside) versus gazelle (instep) running with the ball.</p> <p>The second phase of the warm up is multi directional and requires footskills and eye coordination. Recommend perform without balls to start. Then once with the balls. You will observe the speed of play dramatically slow when players are tasked to do 2 things at once and multi-directional.</p>
<p>Head-to-head dribbling</p> 	<p>15 minutes</p> <p>End zones - spaced 10-15yds, players face each other with a ball, dribble towards each other a few times. First team to have all balls stopped in the endzone gets a point. After a few times introduce poking the other player's ball away from them, while protecting their own. Coaches can patrol the area and steal balls not under control. IF progressing very well, introduce defenders (1 or 2) that can steal a ball to get more balls in the far endzone.</p> <p>Break on the field to talk about what is your favorite move.</p>	<p>Objective: We are back to straight ahead dribbling. Now adding time as a pressure, making it a race.</p> <p>You will notice now the players kicking and chasing. Work as a friendly defender and stop the ball then hand it back.</p> <p>Discuss tiny touches for control an turning and slightly bigger touches for speed.</p> <p>Then we will add the requirement to shield the ball as they dribble, discuss using the arms for balance and for sensors to see/feel who is coming.</p> <p>See U5 Games to if drills aren't working: Sharks & Minnows, Pirate Ship, Polar Bear, What time is it Mr. Fox</p>

COACH: Age Group Week 1

TEAM: U6 Team

DATE: Spring 2017

TOPIC: Dribbling 1



STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>SMALL-SIDED ACTIVITY The Big Game</p> 	<p>In 15 X 15 Box. 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.</p> <p>Add some gates in the middle of the field for players to pass through during the game. Passing to themselves is OK.</p> <p>At end ask how many scores were made and talk it up.</p>	<p>Awareness of balls on the field. Eagerness to go score. Dribble to goal is great, dribbling in the goal is not necessary. Try to shoot. Missing is ok, there is always another ball.</p> <p>If grasp concept of losing the ball and not possessive of their own ball, move to multiple goals with multiple balls, but less than total number of players.</p> <p>Work on score, then find a new ball. Then work up to 3V3 games. Focus is still positive re-enforcement of lots of goals and creativity to get those goals. Straight to 3 V 3 reduces the chances of goals tremendously.</p>

COACH: Age Group Week 2

TEAM: U6 Team

DATE: Spring 2017

TOPIC: Turning 1.


STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Dribbling WARM-UP</p> 	<p>Warmup - 5mins 4 Goals - 20x20yd, 5yd box in the middle. Players have a ball, are to dribble and shoot at a goal. Collect their ball dribble into the 5yd box, turnout or rollout to a different goal (not across from the previous goal) and repeat.</p> <p>Shielding Practice -5 mins - Pair up, 1 ball per pair, practice shielding and stealing. If the ball is stolen the defender is to return the ball to the other player. Switch roles after 2-3 minutes.</p> <p>Water Break - Discuss Shielding/Turning</p>	<p>Discuss the turn using a cut or roll of the ball from one side to the other.</p> <p>Discuss using arms out as balance, then on shielding using the arms to feel where the defender is.</p> <p>Discuss on defending, trying to steal the ball means winning the ball, not kicking the ball.</p>
<p>Game</p> 	<p>Pirate Island - 5yd box in middle of space</p> <p>Split into two teams (pennies), Team A has balls and Team B (pirates) are to steal the balls and return to Pirate Island. Team A can block the pirates by shielding, turning, escaping to keep their ball. 2 minutes each side.</p> <p>Progression - Players can steal from pirate island by executing a pullback/turn with a ball on pirate island.</p>	<p>Instruct on protect the ball by turning and shielding. Pirates have to steal the ball and turn to Pirate Island rather than kick the ball away.</p>

COACH: Age Group Week 2

TEAM: U6 Team

DATE: Spring 2017

TOPIC: turning 1

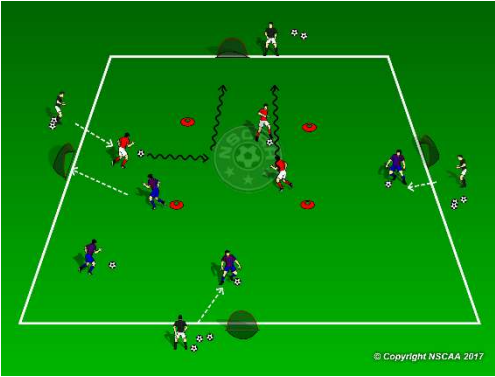
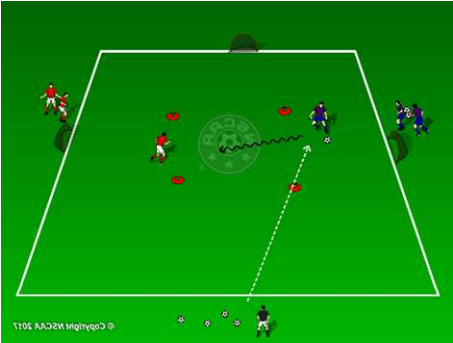
STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>SMALL-SIDED ACTIVITY The Big Game</p> 	<p>In 15 X 15 Box. Set up 4 teams of 2-3. Recruit parents to keep the balls in the playing field. Teams can score on any goal they desire. After they score, find another ball to go score with. Players are encouraged to work together to score.</p> <p>At end ask how many scores were made and talk it up.</p>	<p>Awareness of balls on the field. Eagerness to go score. Dribble to goal is great, dribbling in the goal is not necessary. Try to shoot. Missing is ok, there is always another ball.</p> <p>If players grasp concept of losing the ball and not possessive of their own ball, move to multiple goals with multiple balls, but less than total number of players.</p> <p>Work on score, then find a new ball. Then work up to 3V3 games. Focus is still positive re-enforcement of lots of goals and creativity to get those goals. Straight to 3 V 3 reduces the chances of goals tremendously.</p>

COACH: Age Group Week 3

TEAM: U6 Team

DATE: Spring 2017

TOPIC: Receive & Turn



STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>receiving Warmup</p>  <p>© Copyright NSCAA 2017</p>	<p>Warm up - 5mins - 4 goals 20x20yd 5yd box in the middle. Players are asked to score on a goal and receive a pass immediately from a helper, then turn and head to the 5yd box to find a new goal to visit.</p> <p>Drink break - 5mins - "dance around the ball" how to receive and turn</p> <p>Repeat Warmup - 5mins</p>	<p>Discuss Balance to receive the ball. Discuss using side of foot instead of bottom of the foot. Discuss the roll or cut to one side to support the turn and arms to balance and shield.</p>
 <p>© Copyright NSCAA 2017</p>	<p>Get out of here! - Split into two teams (no more than 3-5 players per team), coach passes to one side, player is to receive and take on the defender to score on goal. If the defender stops the attacker they can counter. 15 sec round max before coach tells them to get out and coach passes to a new pair.</p>	<p>This now adds pressure to the receive and turn. Again defenders do not kick the ball away, they steal it. Note the 3 goals to provide multiple directions to turn the ball for a score.</p>

COACH: Age Group Week 3

TEAM: U6 Team

DATE: Spring 2017

TOPIC: Receive & Turn

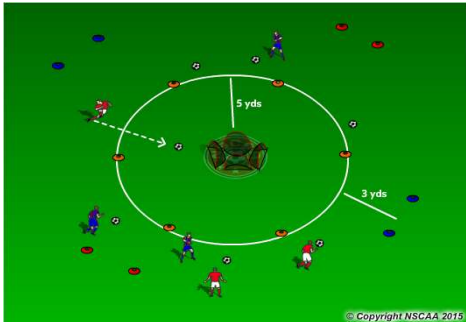
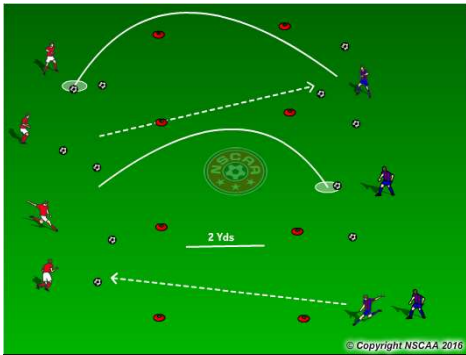
STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>SMALL-SIDED ACTIVITY The Big Game</p>  <p>© Copyright NSCAA 2014</p>	<p>In 15 X 15 Box. Set up 4 teams of 2-3. Recruit parents to keep the balls in the playing field. Teams can score on any goal they desire. After they score, find another ball to go score with. Players are encouraged to work together to score.</p> <p>At end ask how many scores were made and talk it up.</p>	<p>Awareness of balls on the field. Eagerness to go score. Dribble to goal is great, dribbling in the goal is not necessary. Try to shoot. Missing is ok, there is always another ball.</p> <p>If players grasp concept of loosing the ball and not possessive of their own ball, move to multiple goals with multiple balls, but less than total number of players.</p> <p>Work on score, then find a new ball. Then work up to 3V3 games. Focus is still positive re-enforcement of lots of goals and creativity to get those goals. Straight to 3 V 3 reduces the chances of goals tremendously.</p>
 <p>© Copyright NSCAA 2013</p>	<p>We will not get to the game condition level for this practice.</p>	

COACH: Age Group Week 4

TEAM: U6 Team

DATE: Spring 2017

TOPIC: Striking


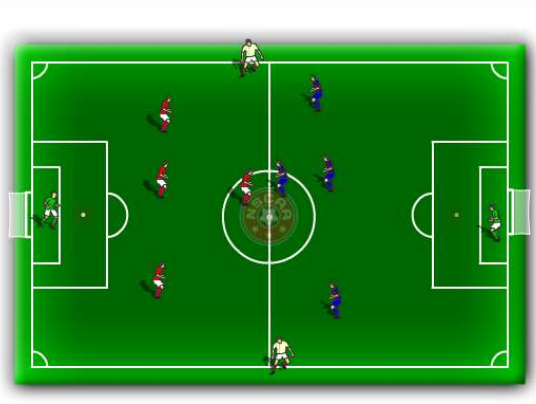
STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Striking Warmup</p>  <p>© Copyright NSCAA 2015</p>	<p>Players are tasked with shooting loose balls into the goals (set in the middle). Once all the balls are cleared reset and try again.</p> <p>Race against other groups to get all the balls in the goal.</p> <p>Water - talk about shooting for accuracy and power</p>	<p>Teach to land on the striking foot. Describe parts of the foot: Instep, Inside of the foot, outside of the foot</p> <p>Why each part of foot is used for shooting, Power Accuracy Change direction</p>
 <p>© Copyright NSCAA 2015</p>	<p>U6's might need dead zone</p> <p>In a 20X20 grid, Divide the players in half, and divide balls on each side of the grid as well. On go, players try to keep the balls on the other half by striking the ball.</p> <p>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.</p>	<p>Objective: In fun a game get repetition on striking the ball.</p> <p>If one side always wins, rotate players to balance the sides.</p>

COACH: Age Group Week 4

TEAM: U6 Team

DATE: Spring 2017

TOPIC: Striking

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>SMALL-SIDED ACTIVITY The Big Game</p>  <p><small>© Copyright NSCAA 2014</small></p>	<p>In 15 X 15 Box. 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.</p> <p>Add some gates in the middle of the field for players to pass through during the game. Passing to themselves is OK.</p> <p>At end ask how many scores were made and talk it up.</p> <p>If have a number of U7/8, break them out for 3 v 3 games with 2 or 4 goals.</p>	<p>Awareness of balls on the field. Eagerness to go score. Dribble to goal is great, dribbling in the goal is not necessary. Try to shoot. Missing is ok, there is always another ball.</p> <p>If players grasp concept of losing the ball and not possessive of their own ball, move to multiple goals with multiple balls, but less than total number of players.</p> <p>Work on score, then find a new ball. Then work up to 3V3 games. Focus is still positive re-enforcement of lots of goals and creativity to get those goals. Straight to 3 V 3 reduces the chances of goals tremendously.</p>
 <p><small>© Copyright NSCAA 2013</small></p>	<p>We will not get to the game condition level for this practice.</p>	