



Week 5: U6-8- FUNdamentals - Ball Mastery

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

General Movement (Warmup) (10 mins)

12 Cones are placed around the field with balls on top. Players are split in to 2 teams (red and white) and players are paired off to play against each other. The white team are defending and they must stop the red team from knocking the balls off the cones. The red team can only use their hands to knock the balls off the cones. The white team has to stop them by blocking them. They are not allowed to grab hold of each other, just push away / block contact. After 45 seconds, count up the scores (how many balls were knocked over) and change roles.

Progression: play 2v2 handball. Players cannot run with the ball and only the player with the ball can knock the balls of the cones.



Gross Motor Skills and Coordination (10 mins)

4 teams of 2, retreat line is indicated by the red cones. Spare balls around the perimeter for a quick re-start should the ball go out of play. Allow dribble in. Players play 2v2. After 2 minutes. Rotate the teams. Can do a competition ladder and rock paper scissors to settle a tied game. Include celebrations with team mates, high 5's, come up with their own etc.

Players are able to change speed and direction with the ball
Pugg nets, cones, balls, bibs



Movement and Coordination / Soccer technique "LOVE" the ball (10 mins)

Make gates 5-7 yards apart. Players freestyle between the cone, keeping the ball close to their foot, players can use skills and both feet to make different patterns. Start to teach getting their head up, when to use a certain foot, etc.

Soccer Balls, cones

Movement and Coordination / Soccer technique
"LOVE" the ball



Small Sided Game (15 mins)

3v3/4v4/5v5

No goalies enforce the key point of passing/ dribbling with both feet

SSG

Free Play and FUN!

