



Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

Drbbling Technique

Dribbling Technique:

- You can use inside, outside, the bottom and/or top (shoelaces) of the foot to dribble the ball.
- When you are running fast down the field with the ball, use the top (shoelaces) of the foot to dribble the ball.
- Bend your knees when you touch the ball.
- Make soft, and short touches to keep the ball in your personal space while dribbling.
- Keep your shoulders square while dribbling in a straight line.
- Touch in the middle of the ball when you dribble with your shoelaces.
- Keep the ball on your left or right depending on which foot you are dribbling with. Never leave the ball in the middle.
- Get use to looking up to see your teammates and the opponents
- Change directions you can use inside, outside, and/or the bottom of the foot. The best is inside and/or outside.
- To change directions use the NUMBER 1 inside or outside or your foot.
- Never cross the foot to change directions.
- Keep the ball close to your body and shoulders over the ball.
- Have a good BALANCE for any changes with the ball.



Activity: Scrimmage (10 mins)

Number of players required: Full U5 or U6 Team

Equipment: many soccer balls 2 pug goals

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like regular scrimmage. Each team will stand on the own field. The coach will send from 1 to many balls on the field. The players/team must collect a ball with his/her feet and score in the opposite goal. After scoring the goal they can return to the get more ball(s), steal the ball from the opponent, and/or get the ball on their own goal and score in the opposite goal.

Variations/Progression:

Decrease the number of balls on the field and enlarge the grid.



Activity: Animal House (10 mins)

Number Of Players Required: Full U5 or U6 Age Group

Equipment: 4 or more cones to mark grid, 1 ball for each player.

Grid Requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid and each player must have a soccer ball.

How The Game Is Played: The coach will give every grid an animal name: monkey, bird, dog, and cat. The coach can change the name of the grid anytime she/he wants too. After the players are told the name of the grid, the players will dribble around until the coach tells them which animal to visit.

When the coach yells the animal, the players must dribble to the correct grid and stop the ball on the inside the grid that represents the animal that was called. The last player will have to make the sound of the animal.

Variations/Progression: Change the name from animals to player's names for a grid (just be sure to use every player's name



by the end of the training session).

Activity: The Big Bear (10 mins)

Number Of Players Required: Full U5 or U6 team

Equipment: few cones - some cones to mark grid the grid, other cones to make four caves and 1 ball for each player.

Grid Requirement: Create a 20 X 20 yard grid marked with cones.

Organization: Players must stay within the grid.

How The Game Is Played: The coach is the "Big Bad Bear" and the bear must try to capture the players. The players dribble around the area while the bear tries to capture them. The bear cannot capture the players if they hide in the cave. The players can only stay in the cave for 10 seconds and must go to the other cave to avoid capture. If a player is captured they become a Bear and help the Big Bad Bear capture the remaining players. Last player to be captured is the winner.

Variation/Progression: All Bears must hold hands while trying to capture the remaining players. Bears must always be growling.



Activity: Bank Robbery (10 mins)

Number of players required: Full U5 or U6 Team

Equipment: 4 or more cones to mark grid, 10 to 12 soccer balls

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: All players stand on their own grid (separate the players evenly). The coach will yell "Bank Robbery". At that time all players must sprint to the center of the grid, collect a ball with his/her feet and return to their own grid as quickly as possible. Stop the ball on their own grid and return to the center to get another ball. When all the balls have been collected the player/group/team who has collected the most balls wins.

Variations/Progression:

- Add more balls to the center and enlarge the grid.
- Players can steal balls from another team.



Activity: Scrimmage (20 mins)

Number of players required: Full U5 or U6 Team

Equipment: many soccer balls 2 pug goals

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like regular scrimmage.

Variations/Progression:

- The coach can send more than 1 ball on the field.
- Decrease or enlarge the grid.





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- Bend your knees when you touch the ball.
- Make soft, and short touches to keep the ball in your personal space while dribbling.
- Keep your shoulders square while dribbling in a straight line.
- Touch in the middle of the ball when you dribble with your shoelaces.
- Keep the ball on your left or right depending on which foot you are dribbling with. Never leave the ball in the middle.
- Get use to looking up to see your teammates and the opponents
- Change directions you can use inside, outside, and/or the bottom of the foot. The best is inside and/or outside.
- To change directions use the NUMBER 1 inside or outside or your foot.
- Never cross the foot to change directions.
- Keep the ball close to your body and shoulders over the ball.
- Have a good BALANCE for any changes with the ball.



Activity: Scrimmage (10 mins)

Number of players required: Full U5 or U6 Team

Equipment: many soccer balls 2 pug goals

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like regular scrimmage. Each team will stand on the own field. The coach will send from 1 to many balls on the field. The players/team must collect a ball with his/her feet and score in the opposite goal. After scoring the goal they can return to the get more ball(s), steal the ball from the opponent, and/or get the ball on their own goal and score in the opposite goal.

Variations/Progression:

Decrease the number of balls on the field and enlarge the grid.



Activity: Sharks/Minnows (10 mins)

Number Of Players Required: Full U5 or U6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player and some type of tail (piece of cloth) for each player.

Grid Requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid and each player must have a soccer ball and a tail. The players are minnows and the coach is the shark.

How The Game Is Played: The minnows have a tail (you can use a vest as tail) tucked in the back of their shorts. The shark (coach) moves around the grid catching minnows by pulling out their tails. The minnows try to avoid the shark. When a minnow has lost its tail it must leave the grid. Conduct the activity without a ball first, and then introduce a ball.

Observation: If the coach does not have a vest, he/she can just tag the player.

Variations/Progression: Allow players to only use left foot, right



foot, outside of R or L, or use the inside of both feet. You can challenge the players by using mini balls.

Activity: Tag (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player.

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid and each player must have a soccer ball.

How the game is played: The player will dribble their balls within the grid. The coach will try to tag the players. After a player is tagged they must sit-down. Another player must tag the player that is sitting down to be able run again.

Variations: Coach needs to vary the speed at which they tag and allow all players to be the last player to be tagged. Coach can request the players to be the "taggers".



Activity: The Big Bad Coach (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Few cones to mark grid, 1 ball for each player

Grid requirement: Create a 20 X 20 yard grid marked with cones

Organization: All players are required to play within the grid and each player must have a soccer ball.

How the game is played: The players dribble around the area. The coach must attempt to kick the player's balls out of the grid. Once a player has had his/her ball kicked out of the grid or has dribbled outside of the grid, he/she must bring it back into the area and stand with the ball above her head with her legs apart in a stationary position. Players can get back into the game only when a teammate passes their ball through teammates legs.

Variations/Progression: Coach should play at 20% speed. Increase the speed of play as the players become more comfortable with the game.



Activity: Scrimmage (20 mins)

Number of players required: Full U5 or U6 Team

Equipment: many soccer balls 2 pug goals

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like regular scrimmage.

Variations/Progression:

- The coach can send more than 1 ball on the field.
- Decrease or enlarge the grid.





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Variations/Progression:

Decrease the number of balls on the field and enlarge the grid.



Activity: Lion King (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid and each player must have a soccer ball.

How the game is played:

At the start of the game, players lie face down on the ground with their heads on the ball and their eyes closed. When the coach shouts, "Mufasa," the players jump up and dribble their ball to the coach. Players must attempt to grab the coach's hand as he moves around the grid.

Variations:

Allow players to only use left foot or right foot. The coach needs to vary the speed at which they tag.



Activity: Pac Woman/Men (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid and each player must have a soccer ball.

How the game is played: the Pac Woman/Men chases the players. Any player that dribbles outside the grid or has their ball kicked outside the grid by the Pac Woman/Men, becomes the Pac Woman/Men. The last player that maintains the ball wins.

Variations/Progression: Make sure that all players have the opportunity to become Pac Woman/Men. You can have more than one player starting as Pac Woman/Men.



Activity: "Route 66" (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid and each player must have a soccer ball.

How the game is played: All players dribble around in the grid. They must react to the following directions given by the LAPD (the coach). "Green" is go, "Yellow" slow down, "Red" is stop with foot on the ball for 3 seconds, "Crash" all must fall to the ground, and "Runaway Speeder" the coach runs in the grid and kicks the balls out of the grid.

Variations/Progression: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Or make the players use different kind of balls (mini balls or big balls).



Activity: Scrimmage (20 mins)

Number of players required: Full U5 or U6 Team

Equipment: many soccer balls 2 pug goals

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like regular scrimmage.

Variations/Progression:

- The coach can send more than 1 ball on the field.
- Decrease or enlarge the grid.

