



Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

Shooting Technique

Turning Technique:

- Keep the ball inside your personal space
- Use the bottom of the foot, inside, outside of their foot to turn the ball.
- Be able to change direction on both sides (left and right foot)
- Never cross your feet when changing direction
- "Balance is the key"
- Speed - Any changes of directions
- Keep the heads up
- Quick & Simple moves away from pressure (Turning)
- Accelerate after the move away from pressure
- Keep the ball close to the body
- Change directions quickly if the defender catches up without sharing the ball
- Do not move (Turn) the ball towards the same side of the defender if the defender is close to you.



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: Snake race (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Each player should have a ball, few cones and 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.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: Two teams will be formed. Each team will stand by their own goal line. The coach will yell "Go"! The first player per team must dribble the ball around the cones (the coach will determinate how they should dribble/turn on the cones) towards opposite goal and try to score. After scoring the goal they will return back, give "high five" to the next teammate before going to the goal again. After every player score, the team that finish first wins.

Variations/Progression: Request the players turn with different part of their foot. Also, you can request players to go around the cones as well.



Activity: U Turn (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Each player should have a ball and 2 pug goal

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

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

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: All players must stand by their own goal line – "Starting point" with their own ball. The coach will yell "Go"! All players must dribble the ball towards the cone ahead of them, turn (different part of their foot - coach will request a different part each time), with ball with his/her feet and try to score in the pug goal located in their starting point. The team that finish first, wins. All players need to switch each play from 1 - 2 - 3 - 4 - 1.

Variations/Progression:

- Request the players to do something if they touch the cone.
- Add a time for all players to collect the balls
- The players can steal the ball from the goal.



Activity: Amazon River (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Each player should have a soccer ball and 2 pug goals

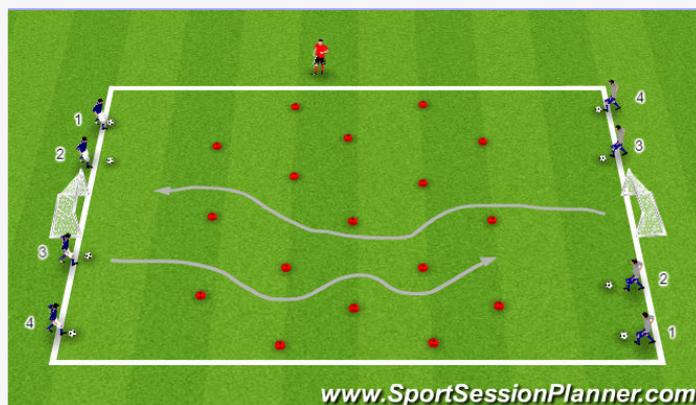
Grid requirement: Create a 20 X 20 yard grid marked with cones.

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

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: Two teams will be formed. Each team will stand by their own goal line. The coach will yell "Go"! All players must dribble the ball to the opposite goal without touching any of the cones. After scoring the goal they will return and try to score in the opposite goal (located in their starting point). The cones are the "animal(s)". The coach will select the animal. If the player touches the cone, he/she must make a sound of an animal that coaches request, go around the cone and continue again. The team that finished first, wins. All players need to switch each play from 1 - 2 - 3 - 4 - 1.

Variations/Progression: Add more cones.



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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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.



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Activity: Dog on the leash (10 mins)

Number of players required: Full U5 or U6 team

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

Organization: Create a 20 X 20 yard grid marked with cones. All players are required to play within the grid and each player must have a soccer ball.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: All players dribble around in the grid. They must react to the following directions given by the coach. All players are dog walkers and the ball is their dogs. "Green" is go, "Yellow" slow down, "Red" is stop with foot on top of the ball for 3 seconds. If they cannot stop the ball ... means the runaway so they will have to do something whatever the coach requests them to do). After players starting to get better, coaches should request them to turn with the ball with different parts of their foot.

Variations/Progression: Decrease the size of the field.



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Activity: Big Snake (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.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: The players' dribble around the area. All players form a snake like line; each player has a ball at his feet and must follow the lead player (the head of the snake). When the coach yells "new snake" the player at the back of the snake runs to the front and becomes the head of the snake.

Variations:

- Ensure that all players become the head of the snake at one time or another.
- Have the players add their favorite soccer fake (move) when they are the head of the snake.



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.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the 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: 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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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: Coach Says (10 mins)

Number of players required: Full U5 or U6 team

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

Organization: Create a 20 X 20 yard grid marked with cones. All players are required to stay in the grid and each player must have their own soccer ball.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: The coach will explain that he/she will tell the players exactly what he would like the players to do. Like: STOP, **TURN**, START, SIT DOWN, SIT ON BALL, ONE FOOT ON BALL, SPEED UP, SLOW DOWN, ELBOW ON BALL, and so on. They must only react if "Coach Says" precedes the direction. Players should continue old activity if "Coach Says" did not precede direction.

Variations/Progression: Use both feet



Activity: Treasure Hunt (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 4 cones to mark grid, Few additional cones that will be placed randomly within the 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.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: The coach yells "go" and the players dribble around the grid keeping the ball close. The object of the game is to collect as many cones as possible, while dribbling around the grid. When the player is changing directions, he/she must use different part of the foot (coach can request the player to use their inside, outside, or bottom of the foot). Once all cones have been picked up, the player with the most cones is the winner.

Variations/Progression: Allow players to use their right or left foot.



Activity: Safe House (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Few cones to mark grid, Few additional cones that will be placed randomly within the grid, (try to have 1 cone shorter than the number of players on the field. Example: if you have 8 players you should have 7 cones on the field.

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.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: The players will dribble the ball around and the coach will try to tag the players. If the player is next to the cone the coach cannot tag the player. Each time a player moves to a different cone, the player gets a point. The player that has more points in the end is the winner.

Variations/Progression:

- Allow players to use their right or left foot.
- Do not let more than one player per cone.
- If a player changes direction (Turn) when you are about to tag, let the player go.



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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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.



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Activity: Animal House (10 mins)

Number Of Players Required: Full U5 or U6 Age Group

Equipment: 4 or more cones to mark grid. All players are required to play within the grid and each player must have a soccer ball.

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

Organization: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the 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).



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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: All players are required to play within the grid.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

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.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

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.

Observation: The coach can request the players to pull the ball back with

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.

