

Milton YS -- Kinder - Week 1

Category: Technical: Dribbling and RWB

Skill: U6

Move of the Week: Pull Back



Hermes Lima Soccer Academy, Quincy, United States of America

Red Light Green light

Aim:

All players have a ball and dribbling around the area. Follow coaches' commands below:

Red light – Stop, Green Light – Go, Yellow Light – Slow, Horn – Press on Ball, Gas station – Toe Taps, Car Wash – Roll foot over ball, Bumper Cars- Hit another ball, GPS Broke – Change of direction/ turn

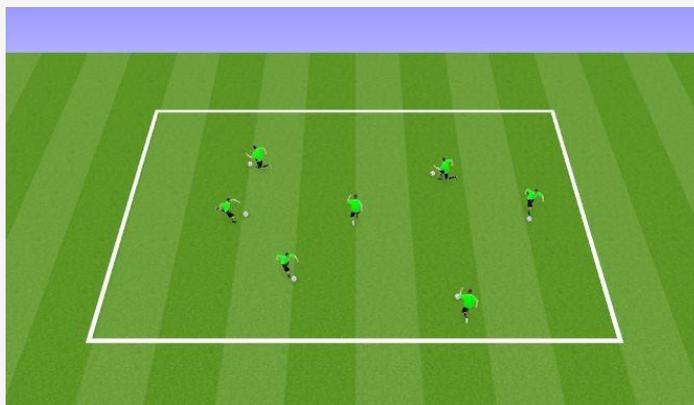
Coaching Points:

Head up

Look for space

Change speed and direction

Use different surfaces of the feet



Traffic Warden

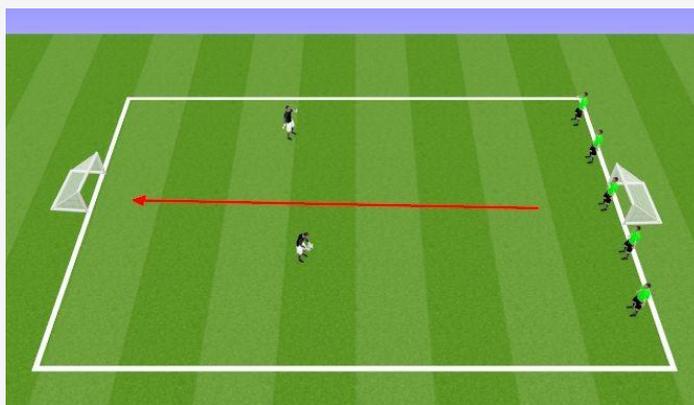
All players start at one end of the field with a ball

They have to try and get to the other side without the traffic warden stopping you for speeding.

Once they get to the other side they stop until the warden(s) tell them to go again.

If the warden stops a car (gets a ball), that player becomes a traffic warden too.

Before starting each time, coach/warden shouts, 'REV YOUR ENGINES' they respond 'Vroom! Vroom!' and use ball as gas pedal. When the coach shouts 'go' then they move.



Numbers

Players are divided into 2 teams. Each team has a name - members in each team gets a number. Coach calls out a number e.g., number 1s GO! players sprint to the end cone and enters the field. Coach serves a ball into the middle passing to the player who got on the field first - make sure one player gets an advantage to avoid a clash of bodies / heads when going for the initial ball.

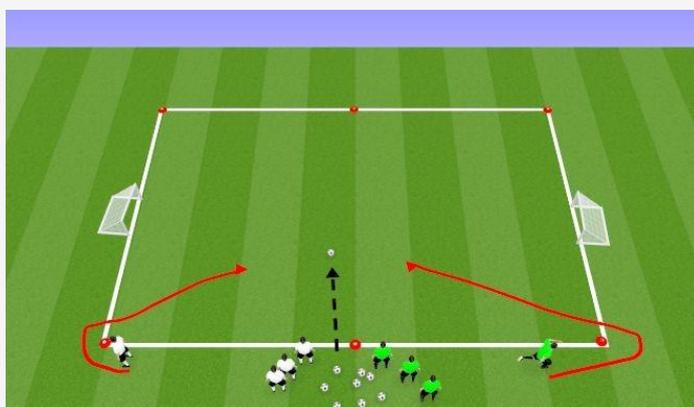
You can then call numerous numbers from each team to enter the field. If using cones/gates, to score encourage them to dribble the ball over the line.

Coaching points

On the ball attack space/goal, if possible,.

Communication - work as a team

Speed of reaction - go fast once number is called



In town Scrimmage

Scrimmage -

Both teams split into even numbers and play against each other over 2 fields

Coaches have spare balls at your feet to pass in if ball goes out of bounds to keep players on field.

Any player not overly involved or shy - give them their own ball to score a goal - does not matter what goal they shoot into - encourages a sense of accomplishment/success.

