

HVFC Rec Soccer

U5/6 – Focus: Dribbling with HEAD UP, 1v1

Week 1

(Set-Up: 15x5 grid for #1 / 20x20 grid for #2)

Warm Up: Ball Control, Dribbling

1. All players with ball. On command by coach players push ball forward with: (10 mins)
 - a. Laces
 - b. Inside of foot
 - c. Outside of foot(Players pull ball back each time with sole of foot)

2. All players is 20x20 grid, half with ball (X's), half without ball (O's) (15 Mins)
 - a. X's dribble ball throughout entire grid, O's run around freely
 - b. On coach command, X's exchange balls with O's
 - c. O's dribble ball throughout entire grid, X's run freely
 - d. On command, O's exchange balls with X's
 - e. Continuous play
 - f. Coach may request different part of foot be used to dribble.

BREAK (5 mins)

(Set-Up: Three 15x15 grids with coach or parent in each grid for #3 / 15x15 grid for #4)

3. Ball Handling – Head up Dribbling (10 mins)
 - a. Three 15x15 grids (Grid 1, Grid 2, Grid 3), each grid with coach or parent
 - b. All players is Grid 1 with ball, dribbling freely
 - c. Coach/parent in Grid 2 raises hand and all players must dribble to that grid
 - d. Repeat in random order throughout all 3 grids
 - e. Coach may request a specific foot (right or left), or a different part of the foot

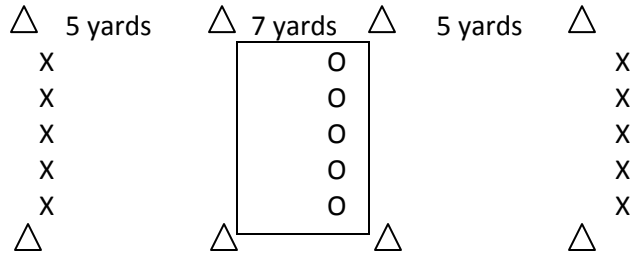
4. Coordination – Catch Game (15 Mins)
 - a. 15x15 grid
 - b. Half of team are X's, other half O's
 - c. X's in grid with ball in their hands and are "hunters"
 - d. O's outside of grid
 - e. Two O's enter grid at a time and X's try to tag them by tossing balls at them
 - f. O's that are hit sit down and 2 more O's enter
 - g. How long to knock down all O's?
 - h. Reverse roles

BREAK (5 mins)

(Set-Up: See diagram below for #5 / See diagram below for #6)

5. Motivational Skill – Dribble through Pirates (15 mins)

- Each X has a ball, O's do not. O's are Pirates
- Middle rectangle is the "river"
- X's must dribble from their own "shore", across the "river" to the other "shore"
- The pirates steal ball and kick it to shore, X's must retrieve it
- X's goal is make it all the way across
- Count times across in 2 mins as final score.
- Reverse roles



6. 1v1 to Goal (15 mins)



- Players in groups of 3
- X is attacker with ball, O is defender, GK is GK
- X tries to score by beating O on the dribble and passing through cones
- Goals may be scored from either side of goal
- Keep score
- Rotate roles every 2 mins