



IOWA RUSH U5-U6 PROFESSIONAL

SESSION CURRICULUM

Emphasis on individual player development to introduce and encourage comfort with the ball when it is on the ground, in the air, when playing with a teammate, and against an opponent

Ball Control and Basic Footwork

- Introduction to the surfaces available to make contact with ball (laces, inside, outside, heel of foot; thigh; head)
- Focus of ankle locked
- Strength of touch (soft/short versus hard/long)

Dribbling and Avoiding Defenders

- Keeping ball under control using all surfaces of the feet
- Keeping head up to find space away from defenders while dribbling
- Basic changes of direction with ball (introduction to moves to avoid defender & maintain possession of ball)

Scoring Goals!

- Strike ball with laces (toe down, ankle locked) **Tough for this age to physically accomplish
- Making contact on center of ball
- Plant foot pointed at target
- Follow through with kicking foot/leg

Passing Technique

- Passing the ball with the inside of the foot (toe above heel, ankle locked)
- Plant foot even with ball and pointed towards target
- Making contact on center of ball
- Follow through with kicking foot/leg

Receiving the Ball

- Receiving the ball with the inside of the foot (toe above heel, ankle locked)
- Making contact on center of ball
- Cushion/give with the ball

Winning/Challenging for the Ball

- Encouraging player to get in front of the ball and take away from their opponents

Fun and Competition

- Enjoy the game, communicate, and score goals

Dribbling and Attacking Defenders

- Keeping ball under control using multiple surfaces of the feet.
- Keeping head up and finding space while dribbling
- Changing speeds and directions
- Basic changes of direction with ball (introduction to moves to beat defender 1v1)

Defending

- Encouragement of defenders to get in front of the ball, challenge and win the ball