

Name: LeeJay Templeton

Team: U6 B/G



Date: 27 Apr 19

Week: 1

Day: 1

TRAINING OBJECTIVE(S):

1. Basic ball handling and movements.
2. Sharks and Minnows Game.
3. Remember you only have 1 hour of training.
4. Fun!

<p>1. Toe Taps 2. Shuffles 3. Dribbling (Half + Goal) a. Pinky toe (line) b. As fast as you can! 4. Dribbling in an area without constraints.</p>	<p>I. WARM-UP Intensity: <table border="1"><tr><td>Low</td></tr></table> Activity Time: 10 Duration: 10 Intervals: 1 Recovery Time: 0</p> <p>ORGANIZATION (Physical Environment / Equipment / Players) Each player has a ball and does a number of individual warm ups and dribbling movements.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Use all surfaces of the foot to do the warmups. 2. Practice Throw-ins. (Feet stay on ground, ball over head, behind the touchline) 3. Practice dribbling changing direction.</p>	Low
Low		
<p>Ball Handling Activities</p>	<p>II. SMALL-SIDED ACTIVITY Intensity: <table border="1"><tr><td>Med</td></tr></table> Activity Time: 10 Duration: 10 Intervals: 1 Recovery Time: 0</p> <p>ORGANIZATION (Physical Environment / Equipment / Players) Each player has a size 3 ball, 12 cones per line.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Dribble with any part of the foot through the cones. 2. Use only the inside part of the foot. 3. Use only the outside part of the foot.</p>	Med
Med		
<p>Sharks & Minnows</p>	<p>III. EXPANDED ACTIVITY Intensity: <table border="1"><tr><td>Med</td></tr></table> Activity Time: 2-3 Duration: 10 Intervals: 3 Recovery Time: 0</p> <p>ORGANIZATION (Physical Environment / Equipment / Players) Each player has a size 3 ball. Shark kick ball out of bounds. Minnows become sharks.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Keep the ball close when dribbling. 2. Eyes up to find the sharks. 3. Change direction using outside of foot.</p>	Med
Med		
<p>Scrimmage! Have Fun!</p>	<p>IV. GAME Intensity: <table border="1"><tr><td>High</td></tr></table> Activity Time: 20 Duration: 14 Intervals: 2 Recovery Time: 2</p> <p>ORGANIZATION (Physical Environment / Equipment / Players) U6 sized field and one size 3 ball. Break teams into 4 or 5 per team. 2 halves with a short halftime to for feedback. Be finish after 60 minutes of training.</p> <p>COACHING POINTS / KEY CONCEPTS 1. Emphasize modified rules of the game. 2. Changing Direction. 3. Dribbling over booting the ball down the field.</p>	High
High		