

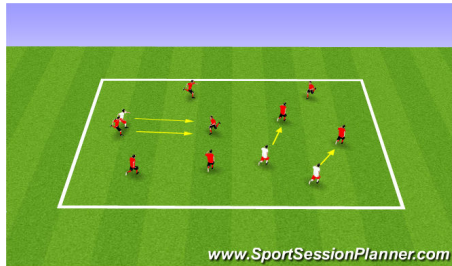


Minis Midweek Session 3

Category: Technical: Coerver/Individual Skills
Skill: U6

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

Blob Tag (10 mins)



Objective: energize or exhaust players to start practice

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

2-3 to players are "it" - try to tag others to join "The Blob"

Once tagged, players must link arms with the Blob and attempt to tag others.

Progression: add a ball to dribble. Blob moves without one. When slimed (tagged or ball stolen by the blob), dribble ball to designated area and then join the blob.

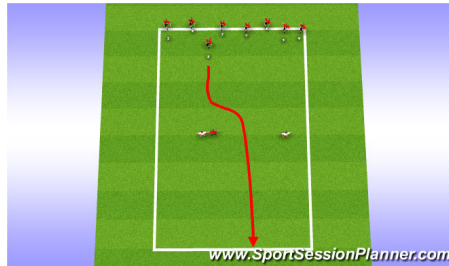
Key Points: not many - let them run around a bit but if you need to

Burst of speed to avoid The Blob.

Head up and on swivel

Keep ball close - quick, tight touches to keep it under control.

Hungry Hungry Hippos (10 mins)



Objective: emphasize basic dribbling concepts

Duration: 10-15 mins

Description (rules, number of players, grid size, etc.):

2-3 "Hippos" start in the river.

Players must dribble their ball across the river without being tagged by the hippo or having their ball stolen.

If either occurs, players link hands with the hippo ("the hippo got bigger!").

Play repeats with players dribbling back across the river.

Tip: have players dribble across the river first without the hippos to understand the objective.

Last 2-3 dribblers become hippos for next round. Play multiple rounds.

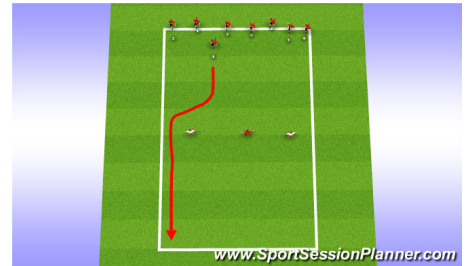
Key Points:

Head up to avoid the hippos

Burst of speed after getting around the hippos so they can't catch you.

small, quick touches to keep ball under control

Crocs in the River (10 mins)



Objective: continue emphasizing dribbling concepts

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

same set up as before but Crocodiles are in the river.

If a crocodile steals your ball or tags a dribbler, the dribbler becomes a crocodile (crocs are individuals, and don't hold hands - their arms are too short).

Rotate crocodiles - play multiple rounds.

Key Points:

Head up to avoid crocs - find "windows" to dribble through

Boss of the Balls (15 mins)



Objective: introduce game/scrimmage format

Duration: 15 mins

Description (rules, number of players, grid size, etc.):

* One or two small sided fields of 2v2, 3v3, or 4v4 game play. OK to be numbers up or down - balance teams by ability accordingly.

* If you only have one coach and more than 8 players - rotate players in and out of play every 2-3 minutes. You can have the players sitting out collect balls out of bounds to keep the game going.

* When the ball exits the field or goal is scored - coach plays a new ball in.

* When all balls are out - collect them and return them to coach to play a new round.

Key Points:

* Coaches: play new ball into open space to spread out players, and play new ball into a different player to give them opportunities.

* Not much coaching is needed - be positive and encouraging is more important than any coaching point you can provide them (the game is already complicated enough!)



Minis Saturday Session 3

Category: Technical: Coerver/Individual Skills
Skill: U6

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

Blob Tag (10 mins)



Objective: energize or exhaust players to start practice

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

2-3 to players are "it" - try to tag others to join "The Blob"

Once tagged, players must link arms with the Blob and attempt to tag others.

Progression: add a ball to dribble. Blob moves without one. When slimed (tagged or ball stolen by the blob), dribble ball to designated area and then join the blob. TIP: demonstrate this process so players better understand

Key Points: not many - let them run around a bit but if you need to

Burst of speed to avoid The Blob.

Head up and on swivel

Keep ball close - quick, tight touches to keep it under control.

Ball Blast (10 mins)



Objective: emphasize dribbling and passing techniques

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

* Each player has a ball, and attempts to use their ball to pass or dribble into another player's ball.

* Each ball blasted = 1 pt

* Any ball over the knee = all points lost.

Key Points:

* Head up to find space, targets, and players to dribble away from

* Turn ball away from pressure

* Use of inside foot to "push" the ball as a pass (avoid using toe) - open foot, toe up/heel down, lock ankle

Moving Goal (10 mins)



Objective: emphasize concepts of "going to goal" and generate ball striking reps

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

* Coaches pair up and hold vest or cone to form goal (coach = post, vest/cone = crossbar).

* "Goals" move around the field, while players try to score on the front of the goal (otherwise coaches may get a ball to the back).

TIP: demonstrate how to score in this game

Key Points:

* Little touches - to get to the front of the goal

* Inside foot (push pass) to score

* Run quickly to get any balls played (scored or missed)

3v3 games (25 mins)



Objective: experience game/playing format

Duration: 20-25 mins

Description (rules, number of players, grid size, etc.):

* Each Mini team organized as two separate "squads"

* Each team's "squads" play against another team's "squads" (Team 1 A vs. Team 2 A, Team 1 B vs. Team 2 B)

* Play 3v3

* Coaches manage restarts (roll new ball onto field after goal is scored or ball out of play), and rotate players sitting out.

Key Points:

* Not much coaching is needed - be positive and encouraging is more important than any coaching point you can provide them (the game is already complicated enough!)

* take a brief half-time if needed.

* rotate players every 2-3 minutes to keep them focused. When players sit out, have them rehydrate so they can reenter the game.