



Minis Saturday Session 6

Category: Technical: Coerver/Individual Skills
Skill: U6

Pro-Club: Loudoun Soccer Club
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Soccer Simon Says (10 mins)



Objective: Ignition game - burn excess energy for some, raise energy level for others

Duration: 10 minutes (5 w/out ball, 5 with ball)

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

Coach calls out "Soccer Simon Says..." and players must perform command

Sample commands (w/out a ball):

Hop like a kangaroo

Run fast

Run slow

Jog backwards

Move sideways

Gallop like a horse

With a ball:

dribble fast

dribble slow

dribble with the inside of your feet

dribble with the top of your feet

5 toe touches

Key Points: not many since it's an ignition game but if needed....

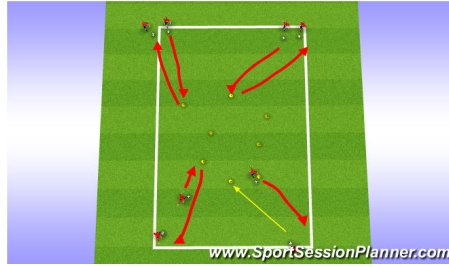
head up to find space and avoid collisions, and to find teammates to help

change of pace - big steps into space

change of direction - check shoulder before turning

With ball - little touches to keep it under control

Treasure Hunt (15 mins)



Objective: emphasize basic dribbling and movement concepts

Duration: 10-15 mins

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

Spread out different colored cones, towels, bags, etc. inside a playing area

Organize players into multiple teams (2-3 players per team), each in a corner of the field (their hideout)

When coach screams "Treasure Hunt" the first player on each team runs to an item on the field, picks it up, and runs back to their hideout. The next player can then enter to pick up a new piece of treasure.

Game is over once all of the treasure is collected. Goal each round: find more treasure than the last.

Progression:

1. players must dribble ball while picking up treasure.

2. players can steal treasure from other hideouts (creates continuous game - play for 2 minutes)

Key Points:

Head up to find treasure

Burst of speed to open treasure

small, quick touches to keep ball under control

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.