



Minis Saturday Session 7

Category: Technical: Coerver/Individual Skills
Skill: U6

Pro-Club: Loudoun Soccer Club
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Stuck in the Mud (10 mins)

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

Feel free to play whatever game the kids want - it's the last Saturday of the season!

Duration: 10 minutes (5 mins without a ball, 5 w/a ball)

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

2-3 players are "Mud Monsters" (it)

Once tagged, players are "stuck in the mud" until a teammate high-fives (they're unstuck)

Play 1-2 minute rounds, then rotate "Mud Monsters"

Progression: all players with a ball. If "Mud Monsters" steal their ball or if they're tagged: ball picked up, and legs spread. Player is "unstuck" if teammate megs them.

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



3v3 games (30 mins)

Objective: experience game/playing format

Duration: 30 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.



end of season awards (10 mins)

Objective: honor and recognize each individual player with their medal

Duration: 10 minutes

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

* Use the last 10-15 minutes of your session to bring the players and families.

* Thank them for their participation and commitment.

* Encourage them to re-enroll for next season.

* Recognize each player by name - even better with some specific positive comments too - and present them with their medal.

Key Points:

