



Curriculum - Tier 1 - Mini Kick - Space Adventures (Astronauts)

Category: Technical: Dribbling and RWB
Skill: U6

Pro-Club: Red Bulls New York Academy
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Description

Planet Exploring

Organization:

Area size 30 x 30

1 Ball per player

Cones inside area = Planets

Balls outside of area = Asteroids

Orange cones = Sun

Pugg goals = Space station

Instructions:

Players dribble around the area in their spaceship trying to avoid hitting other spaceships.

Players are then asked to visit as many planets as they can in x amount of time.

Coaching Points:

1. Awareness
2. Ball control
3. Ball mastery

Progressions:

1. Introduce specific techniques: pinky toe dribble, sole roll



Blast Off

Organization:

Area size 30 x 30

1 Ball per player

Cones inside area = Planets

Balls outside of area = Asteroids

Orange cones = Sun

Pugg goals = Space station

Instructions:

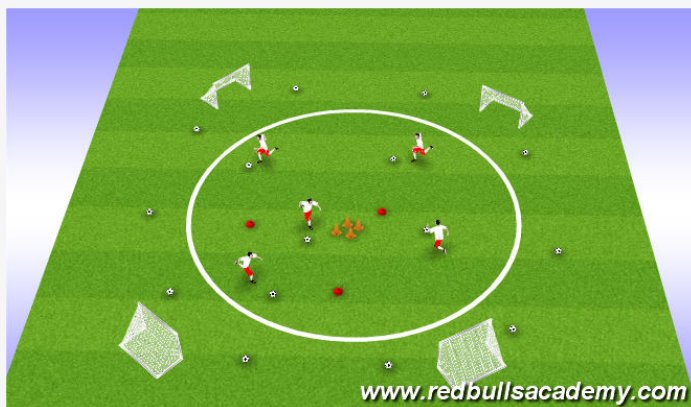
On coach's command, players stop the ball and "blast off" (throw ball into air)

Coaching Points:

1. Dealing with bouncing balls
2. Stop-turn
3. Keeping ball close

Progressions:

1. Players try to stop their ball in the least amount of bounces.



Asteroid Field

Organization:

Area size 30 x 30

1 Ball per player

Cones inside area = Planets

Balls outside of area = Asteroids

Orange cones = Sun

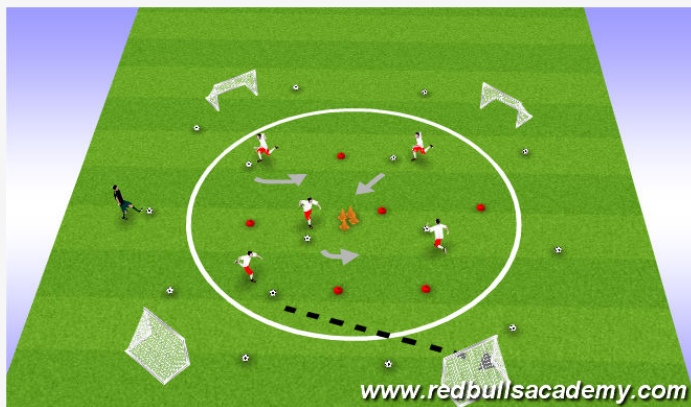
Pugg goals = Space station

Instructions:

Player's spaceship has to go through an asteroid field and avoid being hit (coach passing ball through the area). If they get hit they have to get their ship fixed by going to the space station (scoring in pugg goal).

Coaching Points:

1. Awareness
2. Striking technique (inside of the foot) - Introduce passing technique

Progressions:

Alien Attack

Organization:

Area size 30 x 30

1 Ball per player

Cones inside area = Planets

Balls outside of area = Asteroids

Orange cones = Sun

Pugg goals = Space station

Instructions:

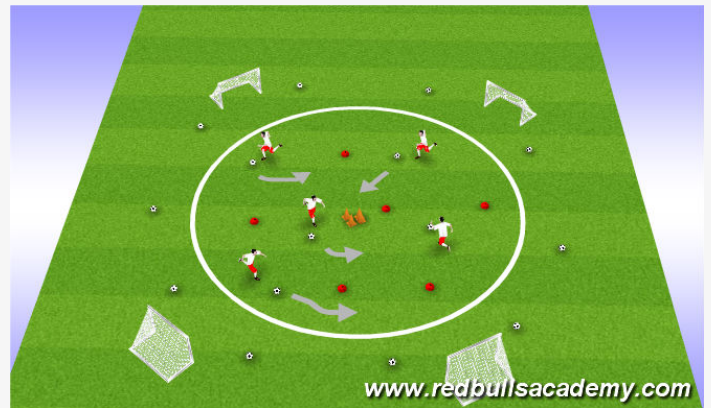
Coach becomes an alien and tries to shoot down spaceships by hitting them with their ball.

Coaching Points:

1. Awareness
2. Ball control
3. Striking technique

Progressions:

Players become aliens once they're hit.



Space Race

Organization:

Area size 30 x 30

1 Ball per player

Cones inside area = Planets

Balls outside of area = Asteroids

Orange cones = Sun

Pugg goals = Space station

Instructions:

Players are in teams at their space stations and play relay races around the sun and back to their space station.

Coaching Points:

1. Introduction to Messi and Ronaldo dribbling/running with the ball techniques.
2. Messi - pinky toe, soft touches, close control.
3. Ronaldo - laces/instep, bigger touches to accelerate.

Progressions:



SSG

Organization:

Two puggs per field

One ball per field

Pinnies

Instructions:

3v3 (min) or 4v4 (max)

No corners

Restart with dribble in or kick-in

Coaching Points:

1. Awareness
2. Application of techniques

Progressions:

