

SIU

U5/U6 RECREATIONAL SOCCER Week 2

FUNDAMENTAL (WARM-UP)

1. Over/Under; Side to Side (2 minutes)
2. I Can Do Something Without the Ball, Can You? (2-4 minutes)
3. I Can Do Something With the Ball, Can You? (2-4 minutes)
4. Ball Stretch (1 minute)

ACTIVITIES

1. Ball Retrieval (4 minutes)
 2. Body Parts Dribble (4 minutes)
- Water Break**
3. Gate Dribble (2-4 minutes)
 4. Balls Galore (4-6 minutes)
 5. Cool Down- Ball Stretch

ORGANIZATION of Warm Up Activities

1. Purpose is to work in pairs while stretching and moving. Have players stand back to back with some space between them. One player passes the ball over their head and the other player passes the ball under their legs. Switch directions after 20-30 sec. Side to Side- players turn side ways and hand the ball to their partner. Change directions after 20 sec.
2. Purpose is to improve balance, agility and body awareness. Coach says, "I Can Do Something Without the Ball, Can You?", then models some movement such as, standing on one foot; walking a swinging arms forwards and backwards while clapping; hopping on one foot etc. Give players a chance to be the leader.
3. Same as #2 but with a ball.
4. Ball Stretch- players squat with bent knees and lean forward. Players roll ball in a figure around legs.

ORGANIZATION of ACTIVITIES

1. Purpose is to encourage quick thinking, problem solving, and improve motor skills. Coach throws the player's ball away giving a command on how the ball should be returned to the coach. Player's run to retrieve their ball and bring back to the coach according to the command. Coach repeats activity giving different commands. Try to build to a pretty fast pace.
2. Purpose is to improve listening skills, knowledge of body parts, and dribbling. Each player dribbles around at random. Coach calls a body part and the player stops the ball with that body part. Coach then says dribble on before calling another body part is called.
3. Purpose is to improve dribble skills. A number of gates are set up at random in the playing space. Players count the number of gates they can dribble through in a certain period of time. Repeat about 4x.
4. Purpose is to improve the concept of dribbling toward the goal. Set up a small sided field (15 x 20). Use discs for goals. Play 3 v 3 to two goals using more than one ball. When balls are scored or played out of bounds serve in another ball. Always have two or more balls in play at a time. When coach is out of balls have players retrieve balls and restart.
5. Cool Down- Opportunity to bring the player down.