

U6 Session Plan #5

Ball Mastery #2



NEW MOVES

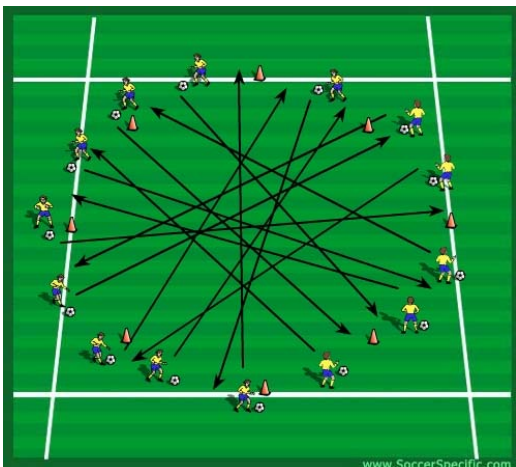
Emphasis: Learning new moves from other players as well as the coach.

Set-up: One ball per person. Grid size should be approximately 30 x 20 yards.

Progression: A player is chosen to show his fellow players a favorite move a few times. The player then shows all the players how break the move down. Allow players some time to practice the move. After a few minutes allow a new player the opportunity to show their favorite move. Have players pair up 5 yards apart, alternating dribbling at each other in order to perfect their moves. To build confidence, do not allow the defender to steal the ball until the move has been perfected by each player.

Coaching Points:

- Keep close control of the ball
- Don't be afraid to make a mistake
- Listen to teammates explain the move
- Pay attention to the details



TRAFFIC JAM

Emphasis: Changing direction and changing speeds while maintaining control of the ball

Set-up: Each player needs a ball. Grid size should be approximately 20 yards in circumference. Cones to make the circle.

Progression: All players start off by dribbling around the circle in the same direction. Upon the coaches whistle all players dribble their ball directly across the circle to the opposite side. The coach needs to change direction constantly. When coach says to cut the ball all players will cut the ball through their legs and head in the opposite direction around the circle.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and players
- Keep arms out for balance and shielding
- Find the little space that is available and run through it



KNOCKOUT

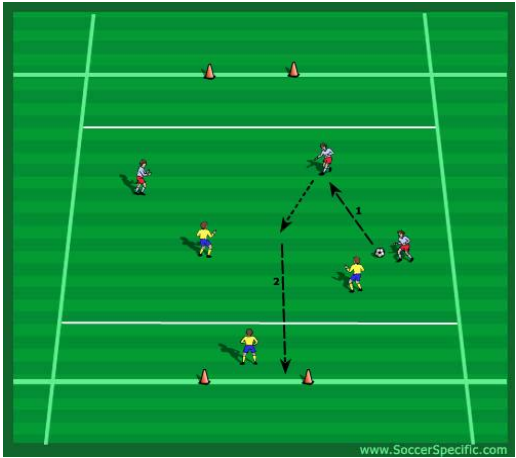
Emphasis: Changing direction and changing speeds while maintaining control of the ball.

Set-up: One ball per person. Grid size should be approximately 20 x 20 yards

Progression: Each player wants to kick the other players' ball out of the grid. Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball. Once a player has had their ball kick out of the grid, they must retrieve it and do some kind of skill work before re-entering the grid. Example: juggling or ball touches. If a player sprints after their ball and gets to it before it stops then they get to come into the grid immediately.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance and shielding
- Find the space to move into
- Be strong in the tackle
- Be determined to hold onto your ball



3v3 GAME

Emphasis: FUN!.

Set-up: 20 x 30 yard grid. 6 players. Cones to make mini goal.

Objective: 3 v 3 game. Each team has 1 goal to defend and one goal to attack. Regular game. Let them play! Trying to emphasize what you have worked on throughout the session.

Coaching Points:

- All of above

ADDITIONAL NOTES