

Coaching Manual

Week 7 Under 6 and 7



Session Plan



- 6:00pm Introductions
- 6:10pm Warm up
- 6:20pm Drills
- 6:45pm Game



Warm up

Set up a large circle with the cones

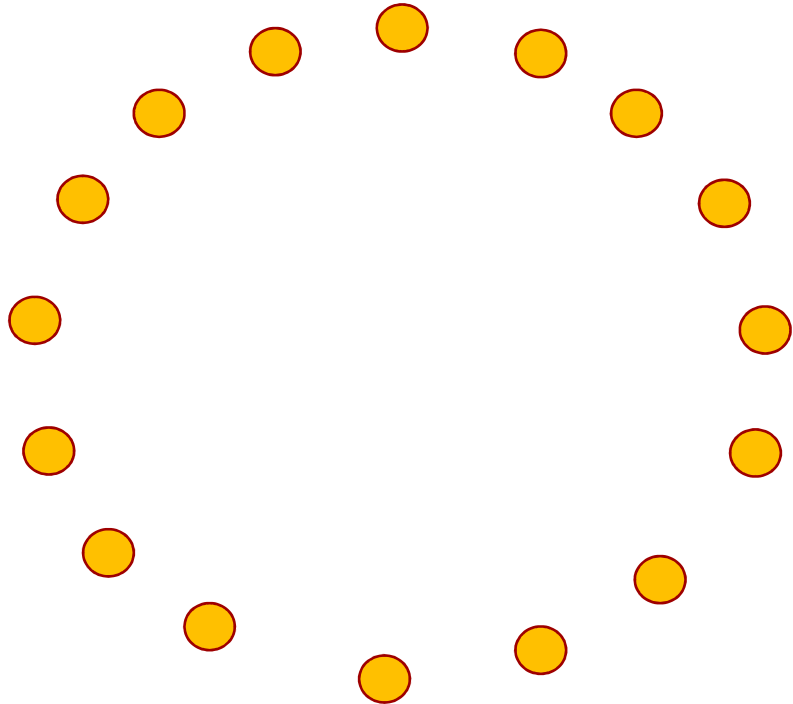
Players have their ball and dribble it around the outside in a clockwise direction

On your whistle the players stop their ball and sprint to the middle of the circle. Last person in is asked to do 3 star jumps

After the star jumps players return to their ball and continue dribbling
But this time in an anticlockwise direction

Next time the players come in the last 2 players do the exercise

Keep doing the drill until all players are doing the exercise





Drill 1

Gates

Place cones in pairs around the field. Players need to dribble the ball through the gates without losing control of the ball.

Start by allowing them to pick a gate of their choice. Then you call out a colour. Eg "Orange" Players have to find an orange gate to dribble through

After a while call out two colours eg "Green then red"

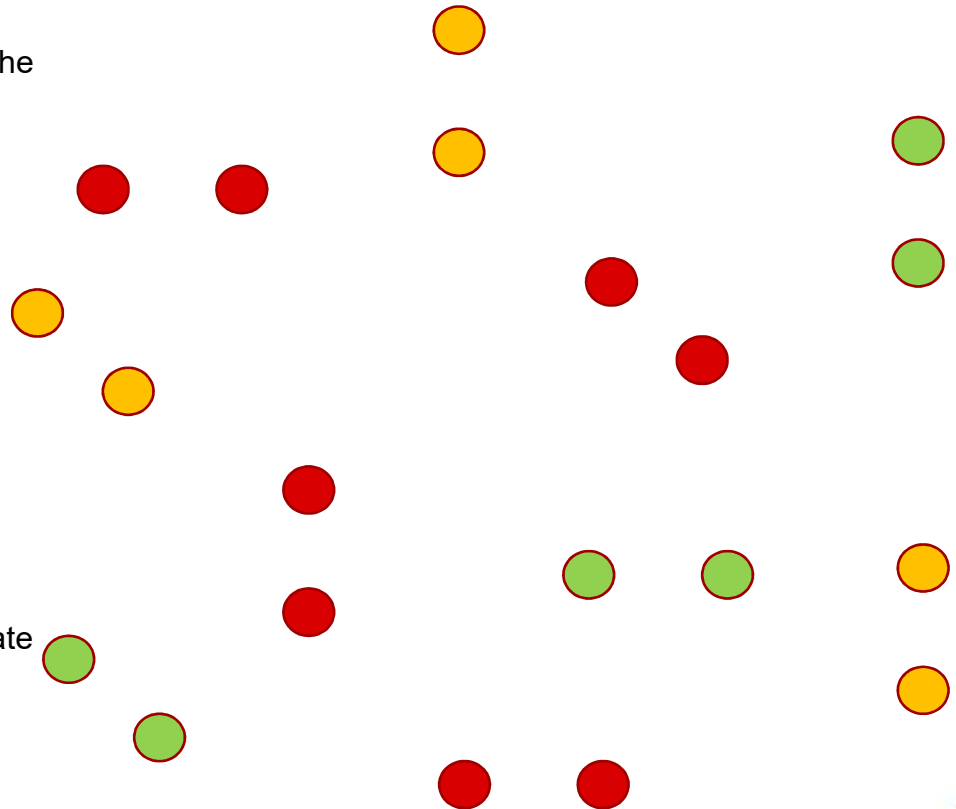
Players have to dribble through green and then look for a red

And so on

Also ask the players to stop eg "Red then stop then green"

Now they have to stop the ball after they go through the red gate before they move onto a green gate.

Try and keep them moving with the ball



Drill 2



Dribble and score

Divide players into pairs. Each pair has 1 ball and 2 cones

Set up the cones 1 metre apart. These will act as the goal

Then make one player the attacker and one player the defender

The attacker has the ball and starts to dribble the ball from 10 metres from the goal

The defender starts 5 metres in front of the goal.

The objective of this drill is for the attacker to dribble the ball and score a goal without the defender tackling him and kicking the ball away.

Once a goal is scored or the ball is kicked away the defender and attacker switch roles.

Mix it up by adding a 2nd goal with 2 more cones about 20 metres from the 1st goal. This time once the defender has the ball he becomes the attacker and attacks the 2nd goal





Drill 3 if you have time

Dribble and shoot

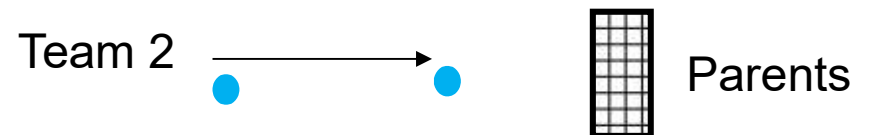
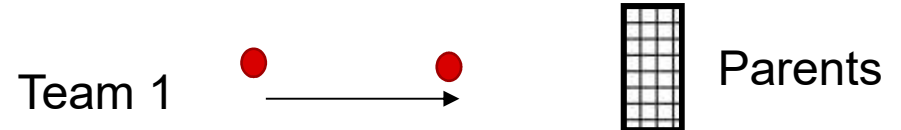
Divide your players into 2 teams. Each player has a ball

1 player from each team dribbles the ball from the start cone to the shooting cone. At the shooting cone the player shoots for goal. After the player shoots the next player starts his or her dribble.

Start by each team going at their own pace and independently of the other team.

Later mix it up by having each team race the other team. The first team to score gets the point. If both players miss the goal then there is no point for that leg

See which team wins the race after each player has gone 3 times.



Game



Start your game 15 minutes from the end of the session

Divide your team into 2 squads

Send one team to the other field to play your opponents

Your opponents will send a team to you

Set up a field with the cones and use the pugs

No goal keepers

Finish your session with a 15 minute scrimmage

Klondike Park Kiwi v Purple, Red v Kelly Green

Roland Michener Navy v Orange, Royal Blue v Forest

Insmill Park Maroon v Jade, Kiwi v Silver

Brookshire Park Blue v Gold, Kelly Green play an inter-squad game

