

Coach: Stephen Bird

Development Center (U5-U6)

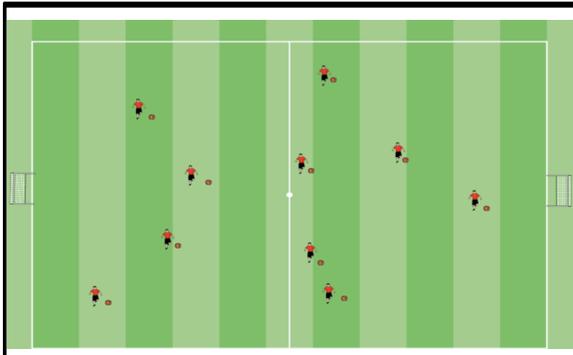
Topic: 1v1 Games

Week: Three



A Lifetime of Soccer

What: Attempting to beat the defender(s)



Warm Up

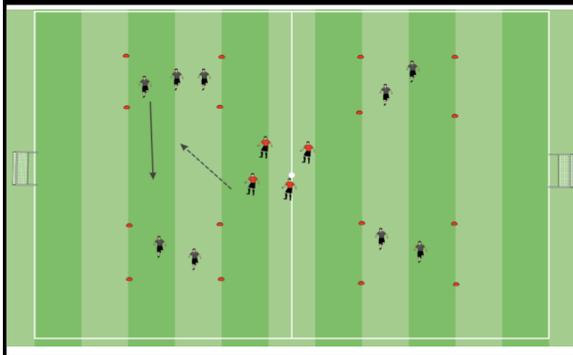
Work: 10-12 Mins

Rest: 1 Min

Ball wizardry: Players will each have a ball and dribble around the area using different surfaces of the feet. Players will do the following:

- 1) Perform scissors (Coach demonstrates first and helps out the kids after)
- 2) Right foot only
- 3) Left foot only
- 4) Different sequences of using different parts of the feet (i.e. outside ,inside, outside)

Organization: Players are placed into pairs upon arrival at the field.



Game One

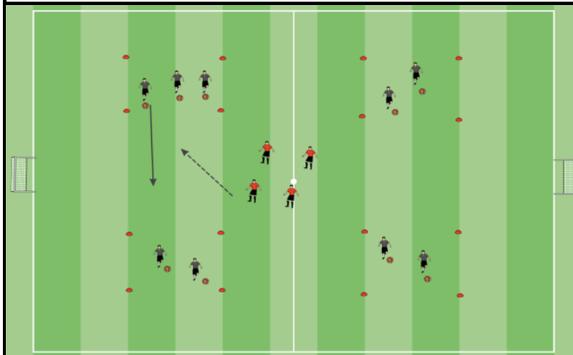
Work: 10-12 Mins

Rest: 1 Min

Four defenders (can be changed depending on #'s), attacking players start in any box. Attacking players attempt to run (no ball) to another box without getting tagged. If the attacking player makes it to another box, he/she will receive one point, no points if defender tags the player. Types of rounds:

- 1) First player to get 10 points wins
  - 2) Two minute round. Player with the most points wins
  - 3) Every time a defender tags someone, they switch and become an attacker
- Switch defenders after each round.

Organization: Four boxes set around the area. Defenders (red) start in the middle.



Game Two

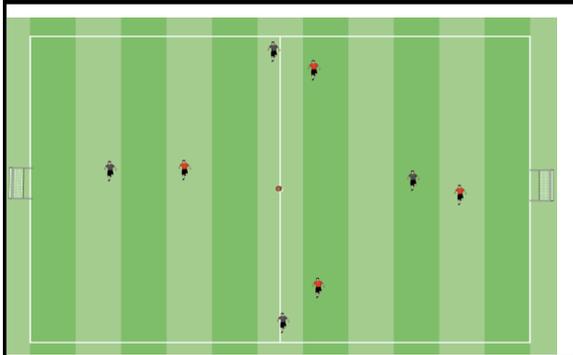
Work: 10-12 Mins

Rest: 1 Min

Same game as before but this time each attacking player has a ball. Attackers will now attempt to dribble the ball into each box to gain points. If defender stills the ball, they will attempt to score in the either of the two mini goals (attacker regains ball and joins back in). Attackers gain extra points (two) for the following:

- 1) Performing a skill move
- 2) Nutmeg a defender
- 3) Shielding the ball for more than 3 seconds against a defender

Organization: Same setup as before. Small goals will be included in the game.



Scrimmage

Work: 12-15 Mins

Rest: 1 Min

Key Coaching Points:

- 1) Head up and be aware of the space/defender(s)
- 2) Using the body to protect the ball
- 3) Using all surfaces of both feet
- 4) Attempt to beat the defender(s) with a skill move or with changing speed and direction

Organization: Use multiple balls or play progression games, which mimic scrimmages (i.e. ball each)