



Soccer Association of Boca Raton

**Under 5 & Under 6 Trainers Handbook
Weekly Lesson Plans & Activities
2010 – 2011**

SABR Lesson Plans - Under 5 & Under 6

TRAINING GUIDELINES

Warm-Ups for Every Practice – the first 5 - 10 Minutes

You can use these two activities at the beginning of each practice to allow time for all of the players to arrive and warm-up before the instructional portion of the practice session.

Juggling: Over the course of the season, we want all players to learn and improve juggling since being comfortable with the ball will assist them in their skill development. It is the basic foundation of touch and technical development. By mastering juggling, it will build their confidence and make them more proficient at controlling the ball.

Juggling can be included in the Warm-Up at the beginning of every practice. Have the first few players juggle until there are enough for a Warm-Up Scrimmage. Juggle for a couple of minutes after the Warm-Up Scrimmage, so all of the players juggle a little at every practice.

Warm-Up Scrimmage: Get your players playing a small-sided scrimmage once you have 4-5 players there. Add players as soon as they arrive. The sooner they begin to play after the scheduled start time, the better.

Teaching Juggling

Challenge the players by saying: “I can juggle the ball with my thigh, can you?”

Then, hold the ball at your waist, drop it, meet it with your thigh, and catch it.

Players should then copy you several times to achieve that.

Repeat the challenge using your other thigh, and have the players copy you several times.

Now challenge them to try it with their foot. Drop the ball to your foot, kick it up and catch it. Have the players try that several times. Have them try it with each foot.

Juggling Activities

Ask the players to see how many times they can juggle the ball without catching it. (Allow a bounce after a touch if necessary to keep juggling; i.e., juggle, bounce, juggle... juggle, bounce, juggle...).

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First try it with thighs; then try it with feet. Then let them use feet or thighs to get as many juggles as possible. (*Beginning players will tend to focus on using their thighs because of the greater surface area and easier ball control. That's OK.*)

NOTES:

1. *Get their scores for consecutive juggles and have them try to beat their record.*
2. *Encourage the players to juggle on their own, and show what they can do at the next practice. Juggling is a skill that the players can do at home and at the fields.*

Please Remember

Positive Reinforcement is your best teaching tool. When your players try to do what you were teaching, compliment the effort.

You need to emphasize the importance of always bringing a soccer ball to practice. There will be some spare balls on hand for those who forgot their ball.

It is important that all activities should be inclusive. No games of elimination.

Games of elimination will make the weakest kids lose earliest and not get the needed touches on the ball or participation in order to have a chance to get better. Games should be designed to be challenging to all players, not just the weakest or the strongest.

Being a good coach is really the art of identifying what players' need and then choosing or manipulating activities to make sure that they get it. There are many different variations of the activities that you will be doing. Feel free to tweak the activities as you go along so that you can try and make them fit the players and the goals that you have set.

Have fun...Your players will too.

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Week 1: Dribbling with Instep (laces)

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to introduce and develop awareness of the players' instep. You will also introduce the bottom of their foot to them.

Gather your players, and ask them to stand with the ball at their feet.

1. Show and tell them to point their toe down and “lock” their ankle (You may need to walk by each player and show them what that means).
2. Have the players touch the back of the ball with the laces of the foot (instep). Ask them if they can do that with a “hop” and alternate their laces touching the back of the ball.
3. Now ask the players to move (dribble) the ball with their laces (instep).

Introduce the phrase “Dribble, Dribble, Dribble” while they are dribbling.

Use this term consistently throughout this practice and the rest of the season during practices and games to focus your players on dribbling rather than kicking the ball and chasing it. Praise any player that attempts to dribble in any scrimmage or game.

4. Have the players touch the ball with the bottom of the foot. Ask them if they can do that with a “hop” and alternate the bottoms of their feet.
5. Have them move (dribble) the ball with their laces and stop it with the bottom of their foot.

Encourage them to keep their head up as they move the ball. For example, while they are dribbling, hold up 1 - 5 fingers. Put your hand down, call STOP, and ask them to tell you how many fingers you were showing.

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Dribbling Activities – 10 minutes

The activities and games need to be explained or demonstrated to give players a “picture” of what you are looking for. Demonstrate a game or activity that you want them to do within 1-2 minutes.

Red Light - Green Light (Play several times in 5 minutes)

Area: Random (20x30 yards)

Each player has a ball and is dribbling using the laces first (and then inside of feet as the games progress) when you say “Green Light.” They stop the ball with the bottom of their foot when you say “Red Light.”

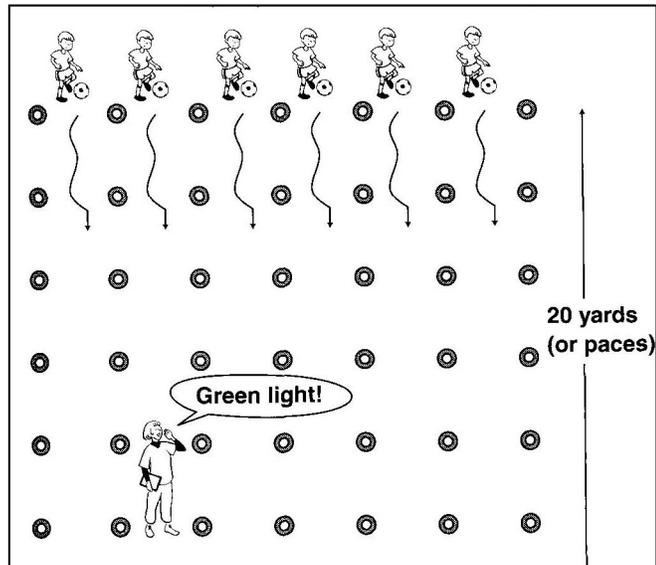
Players start with a ball at one line and start dribbling to the coach or the person who is “it” at the other line. When the person (it) says Green Light, he/she will turn away from the group and the players will start to dribble towards him/her.

When the person (it) calls Red Light, the players must freeze with the ball under their foot before the person (it) turns around towards the group and catches them still dribbling.

Anyone caught still dribbling, must go back to the starting line.

Water break

Stretching: Have them stretch as they make a figure-8 with the ball between their legs before the next activity.



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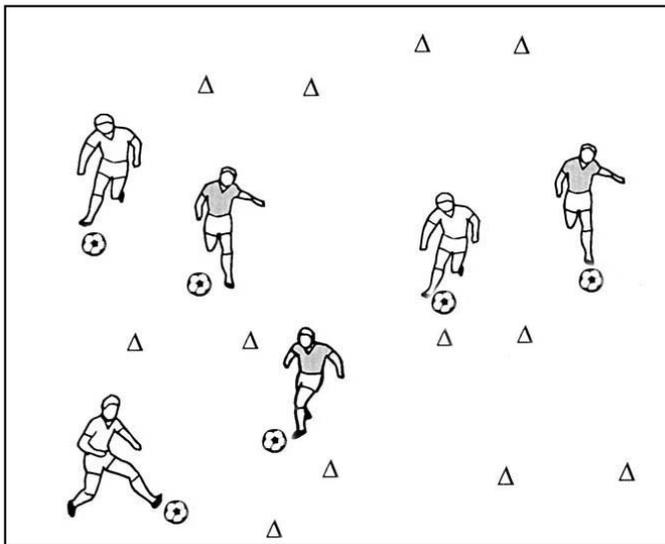
Soccer Maze (Play several times in 5 minutes)

Area: Random (10x15 yards)

Set up multiple cones (gates, goals) on the field and ask them if they can score a goal by dribbling through the gate.

Each player has a ball and is dribbling with his or her laces when you say GO.

Have all of the players going at a time so they have to deal with the pressure of the other players in addition to accomplishing the task.



Start by just having the players dribble through the cones and then “time” them to have them go faster. Ex: Tell them to see how many goals they can score in a minute; get counts from each of them and have them beat “their record.”

The Game -10 minutes

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

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Week 2 – Dribbling With Soles (Bottoms) of Feet

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to introduce and develop awareness of two surfaces: the insteps and the bottoms of their feet. It is important to demonstrate what you ask them to do. You may need to help each player and show what you mean.

Standing position: Have the players touch the ball with the bottom of a foot. Have the players move the ball under their foot (while standing still) to get a feel of the ball under the bottom of their foot. Have them roll the ball forwards, backwards and sideways with their foot; then repeat with the other foot.

Show them how to dribble and pull the ball sideways using the bottom of their foot to change direction and resume dribbling. Have the players do that for a minute or two.

Have the players change direction every time they get close to another player or the lines.

Show the players how to place the bottom of their foot on top of the ball and pull it through their legs and continue to dribble again. Have the players do that for a minute or two.

Have the players change direction every time they get close to another player or the lines.

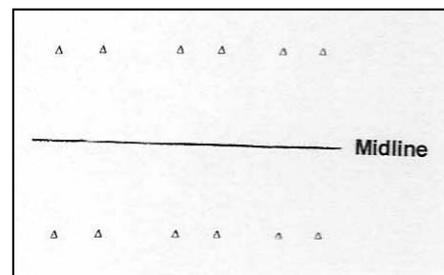
Dribbling Activities – 10-15 minutes

The activities and games need to be explained or demonstrated to give players a “picture” of what you are looking for. Demonstrate what you want them to do so they are playing within 1-2 minutes.

My Ball (Play several times in 3-5 minutes)

Set up a pair of gates for each pair of players on either side of the midline with each gate 15 yards from the midline.

Pairs of players will face each other at midfield. Each player has a ball.



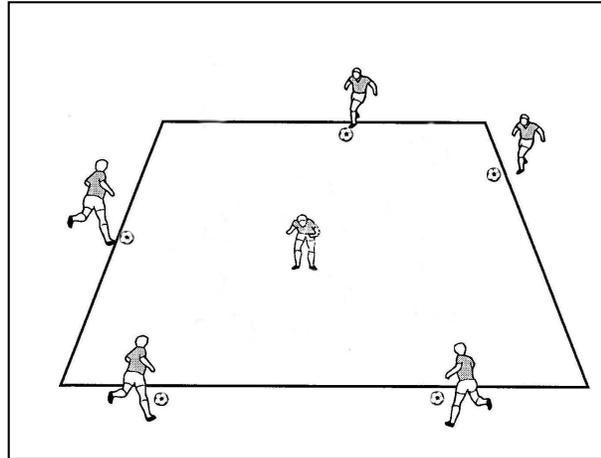
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The objective is for both of the players to pull their own ball backwards with the bottom of the foot towards their own goal, turn around and shoot! Whoever shoots first wins; after a few tries, then whoever shoots first & scores a goal wins.

Play as many rounds as possible.

Soccer dribble up the mountain (Play several times in 3-5 minutes)

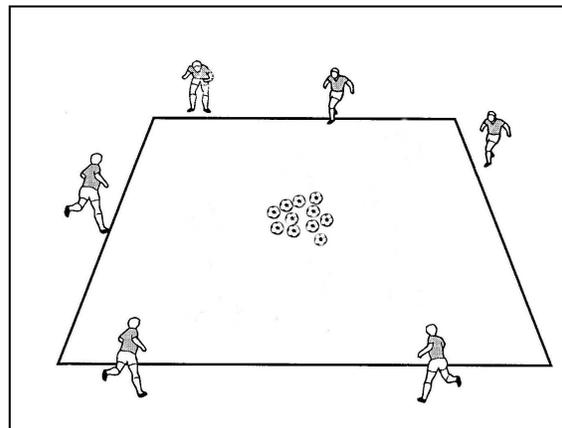
Each player starts on the outside of the grid with a ball and the trainer standing in the middle of the grid. When the trainer says GO, they all dribble in, and when they reach the trainer, they must pull the ball through their legs using the bottom of the foot, turn and dribble to the outside.



The first one back to the outside of the grid is the winner. The others do “star jumps” (a jumping jack, and say, “I’m a star”).

Soccer Ball Mountain (Play several times in 3-5 minutes)

Have the players start at their own cone on the outside of the grid with all of the balls in the middle of the grid. When you say GO, they all run in, collect a ball, and pull it back to their cone using the bottom of the foot. Make sure you emphasize bringing the ball back with the bottom of their foot.



They can only take one ball at a time and they have to bring it out by pulling it back all the way to the outside of the box before they can get another ball.

Play for a minute or two, when you say, “STOP;” the player with the most balls wins.

Alternate version: Everything is the same, except they bring the ball back rolling it to one side or the other as they did in the warm-up.

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Water break

Stretching: Have them stretch before the next activity. Show them a couple of different stretches and use a ball to help whenever possible.

The Game

Play **two** small-sided games (5v5, 5v4, 4v4) whatever the numbers work out to be.

In the first game, "FREEZE" the game when players are "packed" into a scrum just kicking back and forth at the ball. Encourage the players to get the ball "out of the pack" by pulling the ball back with the bottom of the foot, and begin dribbling to the goal.

Credit the players with a point for each successful effort as well as each goal scored.

The second game is a regular soccer game without any "freezes".

"Dribble, Dribble, Dribble" while they are playing.

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Week 3: Dribbling with Insides of Feet

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to introduce and develop awareness of the insides of players' feet. It is important to demonstrate what you ask them to do. You may need to help each player and show what you mean.

Standing position: Ask the players to stand with the ball at their feet. Show and tell them to point their toe down and “lock” their ankle.

Then have the players touch the back of the ball with the inside of the foot. Ask them if they can do that with a “hop” and alternating their feet. Now ask the players to dribble the ball with the insides of their feet.

Have them try to move the ball around using just the insides of their feet, close to them, within a yard or two. Make sure they keep their head up as they move the ball.

Dribbling Activities – 10 minutes

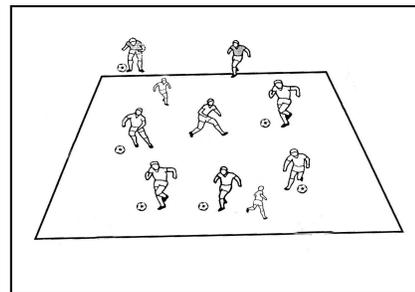
The activities and games need to be explained or demonstrated to give players a “picture” of what you are looking for. Demonstrate what you want them to do so they are playing within 1-2 minutes.

Sharks & Minnows (Play several times in 5 minutes)

Area: Random (20x30 yards)

Split the players so there are two or three players in the center of the field (sharks) and all of the other players (minnows) are on the line ready to dribble to the line on the other side of the grid.

Sharks must dribble a soccer ball while attempting to tag the minnows who are dribbling across.



On the coaches' signal, the minnows will dribble their soccer balls and try to reach the other side of the grid without being tagged by a shark. If a shark tags them, or they dribble out of the grid, they leave their ball on the outside of the grid and they also become a shark.

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Once the remaining minnows reach the other side of the grid, the game is paused while the sharks get prepared. Then the coach gives the command and the game is resumed. The game ends when there is one minnow left. *(If you get down to two minnows, declare them both champions and they start the next game as sharks.)*

Water break

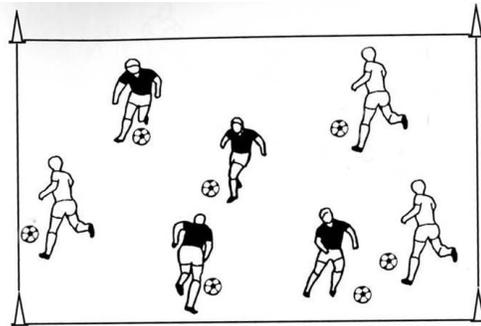
Stretching: Have them stretch by making a figure-8 with the ball between their legs before the next activity.

Knockout (Play several times in 5 minutes)

Area: Random (10x15 yards)

Each player has a ball and is dribbling when you say GO.

This game also teaches shielding. Each player dribbles the ball under control and attempts to kick the ball away. When a player gets their ball kicked away, they must give immediate chase and retrieve it before it stops rolling. If they do, they are allowed to go back in the game. If however, the ball stops rolling, the player is give a task such as toe touches on the ball (touching the top of the ball with the sole of the foot), and then they are allowed back into the game.



After a few minutes of playing, announce there are 30 seconds left, and at that point, if a player's ball is kicked out, they must stay out. That way, the most a player would be out of the game would be 30 seconds.

The Game

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

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Week 4 – Shooting with Insides of Feet

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to introduce shooting with the inside of the foot. It is important to demonstrate what you ask them to do. You may need to help each player point their toe up, rotate their heel, lock their ankle & strike the ball with the inside curve of their shoe.

Have pairs of players facing one another about five yards apart. Ask the players to point the toe of the kicking foot up and rotate the heel of that foot toward the target (their teammate). The ankle should be locked and that will enable the large curved inside of the foot to contact the ball. The foot should make contact with the upper half of the ball that will help keep the ball low (flat) to the ground.

Show the players that they are forming an “L” with their two feet. The plant foot (which will be about 6-inches to the side of the ball) will be pointing toward the target, while the kicking foot (right foot, most likely) will be facing out. Teach the players to exaggerate their follow-through with a high knee lift of the kicking foot.

Have the pairs play a ball back and forth using the “L’ technique. After several tries, have them move back a few steps.... Players will learn to judge leg speed and not to kick the ball with the same force all of the time.

Shooting Activities – 10 minutes

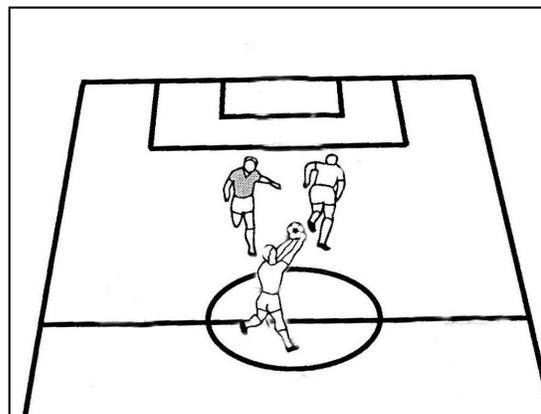
1v1 to goal (Play several times in 5 minutes)

Area: Random (10x15 yards)

The players stand shoulder to shoulder apart in two lines at midfield. The trainer has their balls.

The trainer will either throw the ball or pass the ball toward the goal. Two players will then run after the ball. The first player to the ball will be on offense and the second player will be on defense.

The defensive player will attempt to steal the ball and become an attacker. If the



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attacker loses the ball, he or she must become a defender. That continues until a shot is taken. The player who gave up the shot then retrieves the ball and brings it to the coach.

The players get back in line.

Water break

World Cup (Play several times in 5 minutes)

Area: Random (15x20 yards)

Players get into pairs to shoot as a team. The trainer will stand at the corner of the field and throw one ball out to the players to start play. As the game progresses, the trainer will throw out one or two additional balls to involve more players in the game. The object is for the players to try and score a goal. If the ball goes in the goal, they leave the field and help retrieve balls from the other players that missed the goal. The players give the balls back to the coach and continue to retrieve the balls until there is one team left. That final team must do star jumps to get back into the game.

The game is restarted from scratch. The teams could keep track on their own and get points for each victory.

The Game

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise shots when taken.

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Week 5 – Shooting with Instep (Laces)

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is shooting using their laces

Standing: Have the players to stand with the ball at their feet. Show and tell them to point their toe down and “lock” their ankle.

Then have the players touch the back of the ball with the top of the foot (laces). Ask them if they can do that with a “hop” and alternating their feet. Now ask the players to dribble the ball with their instep (laces).

Shooting: Players will get in two lines with their ball at their feet. They will face the trainer who will be positioned about 10 yards in front of the players and about 15 yards in front of the goal. The coach will say GO, and they will dribble until they are even with the coach, and take a shot on goal.

After shooting the players retrieve their balls and get back in line. They switch lines after each shot, so they will shoot from each angle to the goal.

Shooting Activities – 10 minutes

1v1 to goal (Play several times in 5 minutes)

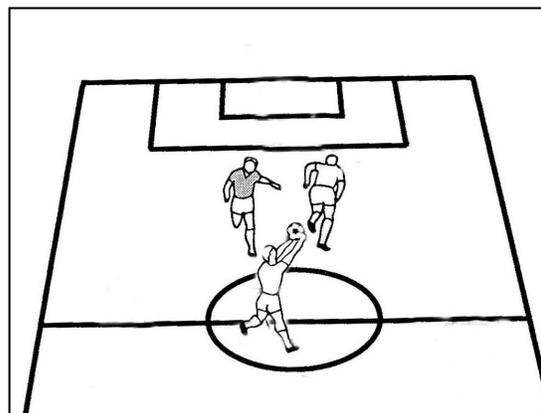
Area: Random (10x15 yards)

The players stand shoulder to shoulder apart in two lines at midfield. The trainer has their balls.

The trainer will either throw the ball or pass the ball toward the goal. Two players will then run after the ball. The first player to the ball will be on offense and the second player will be on defense.

The defensive player will attempt to steal the ball and become an attacker. If the attacker loses the ball, he or she must become a defender. That continues until a shot is taken. The player who gave up the shot then retrieves the ball and brings it to the coach.

The players get back in line.



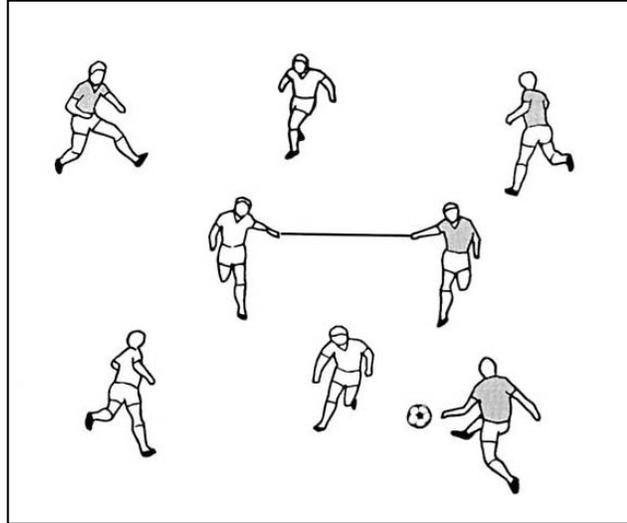
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Water Break: 2-3 minutes.

Goal on the move (Play several times in 5 minutes)

Area: Random (10x15 yards)

Play a small-sided game divided into two teams. The coach/trainers will hold a beach towel or the equipment ball bag (as a goal) for the first game. Or, one player from each team could hold the towel at each end to make the goal.



Whoever is “making the goal” is allowed to run anywhere on the field to prevent getting scored on. Play the game as any other small-sided game. The team in possession tries to score and the other team defends. The only difference is the goal may be there one second and somewhere else the next. Change the players “making the goal” every couple of minutes.

The Game

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise shots when taken.

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Week 6: Dribbling with Outsides of Feet

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to introduce and develop awareness of the outsides of players' feet. It is important to demonstrate what you ask them to do.

Ask the players to stand with the ball at their feet. Have the players to stand on their toes and reach for the sky, and go back down and then back up again (so they get a “feel” for pointing their toes which will help them with the exercises). Show and tell them to point their toe down and “lock” their ankle.

Now have them touch the ball with the outside of their feet (have them alternate feet). Then ask them to move the ball using the outside of their foot.

Show and tell them how to push the ball forward with their laces and then to the side with the outside of the foot. Have them try it in place.

Have them try to move the ball around using just the outside of the foot, close to them, within a yard or two. Make sure they keep their head up as they move the ball.

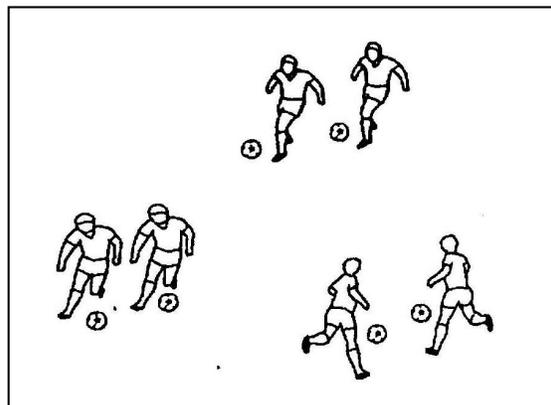
Dribbling Activities – 10 minutes

Math Dribble (Play several times in 5 minutes)

Area: Random (10x15 yards)

Each player has a ball and starts dribbling when you say GO.

As they dribble, you call out a number such as “one, two or three” and the players dribble into groups of “one, two or three.” The player(s) who is the slowest to do so must do a penalty like roll the ball under their foot “three times” to keep playing.



After each stop, restart by having the players return to dribbling with their feet. Call out different surfaces” Outside”, “Laces (Instep)”, “Inside”.

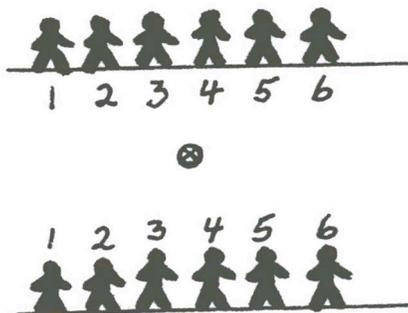
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Water break

Stretching: Have them stretch before the next activity. Show them a couple of different stretches and use a ball to help whenever possible.

Steal the Bacon (10 Minutes)

Area: Random (15x20 Yards)



Split the players into two equal, small-sided teams and give them numbers 1-6 (or whatever it turns out to be).

The players face each other and a ball is placed at midpoint between them. When the coach calls out a number, the appropriate player from each team runs to the ball and tries to dribble it back to his/her own starting line. Each time the player brings back the ball, the team gets a point.

Alternate version#1: The coach calls out a number and instead of bringing the ball back to the starting point, they shoot on goal. The goals can be set up at the opposite ends of the field. Designate a goal for the team to score in.

Alternate version#2: The coach can call out two numbers (such as "1 and 6") where two players go and try to get the ball and bring it back to the starting line.

The Game (10 – 15 minutes)

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

"Dribble, Dribble, Dribble" while they are playing.

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Week 7 –Trainers' Choice

Warm-up Activities (10 minutes)

Begin with juggling and a scrimmage while all of the players arrive.

Trainers' Choice Activities (20 minutes)

Trainers' should pick two or three of the players' favorite activities or games, and play each one several times. Here's a list of the activities played each week:

1. Red Light, Green Light (Dribble)
1. Soccer Maze (Dribble)
2. My Ball (Dribble)
2. Dribble Up the Mountain (Dribble)
2. Soccer Ball Mountain (Dribble)
3. Sharks & Minnows (Dribble)
3. Knockout (Dribble)
4. 1 v 1 to Goal (Shooting with side of foot)
4. World Cup (Shooting with side of foot)
5. 1 v 1 to Goal (Shooting with instep)
5. Goal on the Move (Shooting with instep)
6. Math Dribble (Dribble)
6. Steal The Bacon (Dribble)

Water break about halfway through

The Game (10 minutes)

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

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Week 8 – Shooting with Insides of Feet

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to introduce shooting with the inside of the foot. It is important to demonstrate what you ask them to do. You may need to help each player point their toe up, rotate their heel, lock their ankle & strike the ball with the inside curve of their shoe.

Have pairs of players facing one another about five yards apart. Ask the players to point the toe of the kicking foot up and rotate the heel of that foot toward the target (their teammate). The ankle should be locked and that will enable the large curved inside of the foot to contact the ball. The foot should make contact with the upper half of the ball that will help keep the ball low (flat) to the ground.

Show the players that they are forming an “L” with their two feet. The plant foot (which will be about 6-inches to the side of the ball) will be pointing toward the target, while the kicking foot (right foot, most likely) will be facing out. Teach the players to exaggerate their follow-through with a high knee lift of the kicking foot.

Have the pairs play a ball back and forth using the “L” technique. After several tries, have them move back a few steps.... Players will learn to judge leg speed and not to kick the ball with the same force all of the time.

Shooting Activities – 10 minutes

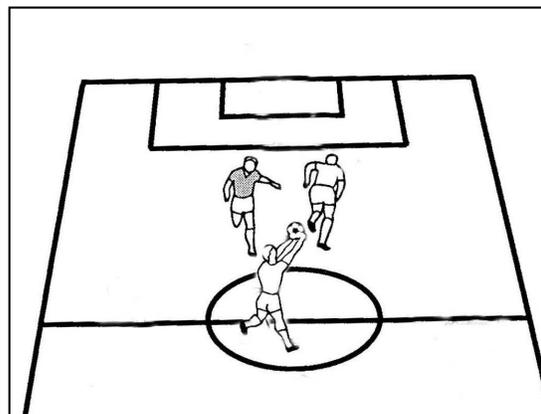
1v1 to goal (Play several times in 5 minutes)

Area: Random (10x15 yards)

The players stand shoulder to shoulder apart in two lines at midfield. The trainer has their balls.

The trainer will either throw the ball or pass the ball toward the goal. Two players will then run after the ball. The first player to the ball will be on offense and the second player will be on defense.

The defensive player will attempt to steal the ball and become an attacker. If the



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attacker loses the ball, he or she must become a defender. That continues until a shot is taken. The player who gave up the shot then retrieves the ball and brings it to the coach.

The players get back in line.

Water break

World Cup (Play several times in 5 minutes)

Area: Random (15x20 yards)

Players get into pairs to shoot as a team. The trainer will stand at the corner of the field and throw one ball out to the players to start play. As the game progresses, the trainer will throw out one or two additional balls to involve more players in the game. The object is for the players to try and score a goal. If the ball goes in the goal, they leave the field and help retrieve balls from the other players that missed the goal. The players give the balls back to the coach and continue to retrieve the balls until there is one team left. That final team must do star jumps to get back into the game.

The game is restarted from scratch. The teams could keep track on their own and get points for each victory.

The Game

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise shots when taken.

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Week 9 - Passing

Warm-up Activities– 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to introduce passing with the inside of the foot, which is the most accurate and most effective pass. It is important to demonstrate what you ask them to do. You may need to help each player point their toe up, rotate their heel, lock their ankle & strike the ball with the inside curve of their shoe.

Have pairs of players facing one another about five yards apart. Ask the players to point the toe of the kicking foot up and rotate the heel of that foot toward the target (their teammate). The ankle should be locked and that will enable the large curved inside of the foot to contact the ball. The foot should make contact with the upper half of the ball, which will help keep the ball low (flat) to the ground.

Show the players that they are forming an “L” with their feet. The plant foot (which will be about 6-inches to the side of the ball) will be pointing toward the target, while the kicking foot (right foot, most likely) will be facing out. Teach the players to exaggerate their follow-through with a high knee lift of the kicking foot.

Have the pairs play a ball back and forth using the “L’ technique. After several tries, have them move back a few steps.... Players will learn to judge leg speed and not to kick the ball with the same force all of the time.

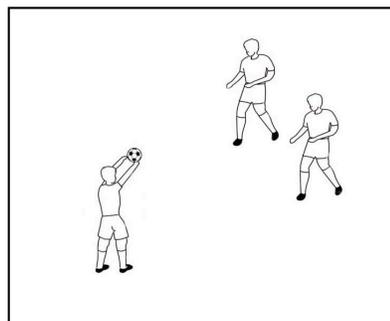
Passing Activities – 10 minutes

Ball retrieval (Play several times in 5 minutes)

Area: Random (20x20 yards)

Have the players get into pairs and facing the coach. There will be one ball per pair. The coach will call out a number between 2 and 10 and then toss the ball away. Each pair must retrieve the ball as quickly as possible in the number of passes you called out. (*They only pass; no dribbling*).

The final pass should be back to the coach. Repeat the same activity and vary the toss away from you. It could be over your shoulder, through your legs, off to the right...left, etc. The goofier, the more fun the players will have.



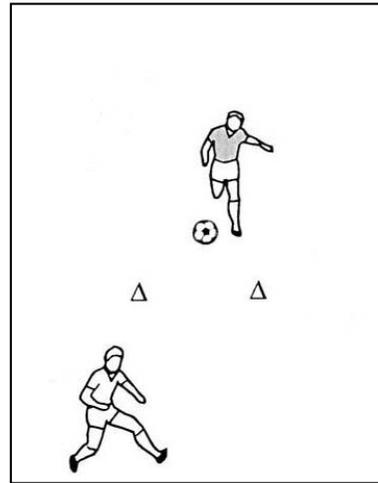
SABR Lesson Plans - Under 5 & Under 6

Pong (Play several times in 5 minutes)

Area: Random (10x15 yards)

Two players play against each other and share a ball. They place two cones 3-4 yards apart. Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground, and must go through the two cones without touching them. Whenever this is violated, the other person receives a point.

Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are to each other, the closer the pairs are probably going to be. Spread the cones farther apart, and the players will have to move laterally and look more like the old arcade “pong” game. Play for a minute or two and see who can become the PONG Champ!



ALTERNATE VERSION: The ball is passed through the cones, and the pair of players will each take one step backward. If the ball doesn't go through the cones, they must return to the starting point. The pair of players who are the farthest away from each other after 2 minutes wins.

Water break

The Game

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise any passes attempted or made.

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Week 10 – Dribbling with Body Fakes

Warm-up Activities – 10 minutes

Begin with juggling and a scrimmage while all of the players arrive.

Teaching Activities – 10 minutes

The objective for this week is to introduce body fakes. Fakes enable the players to get around and past defenders.

A body fake is a feint that requires some type of body movement such as starting to go right and then making a quick switch and going left. Other movements, like a dip of the shoulder help “sell” the move.

Be prepared to methodically demonstrate body fakes, including after making the fake, explode and dribble away with the next few touches.

Standing position: Ask the players to stand with the ball at their feet.

Fake Right/Go Left: Have the players take their right leg and come around the ball in a clockwise direction with the right foot finishing to the right of the ball as the right shoulder dips to “wrong foot” the defender.

Now have them step over the ball with the left foot continuing to shift body weight onto the right foot for balance, so the ball is eventually under the left foot. Take the ball forward and away with the outside of the left foot.

Have them dribble the ball around the area using all surfaces. They should try the move when they get near a trainer or another player.

Fake Left/Go Right: Have the players take their left leg and come around the ball in a counter-clockwise direction with the left foot finishing to the left of the ball as the left shoulder dips to “wrong foot” the defender.

Now have them step over the ball with the right foot continuing to shift body weight onto the left foot for balance, so the ball is eventually under the right foot. Take the ball forward and away with the outside of the right foot.

Have them dribble the ball around the area using all surfaces. They should try the move when they get near a trainer or another player.

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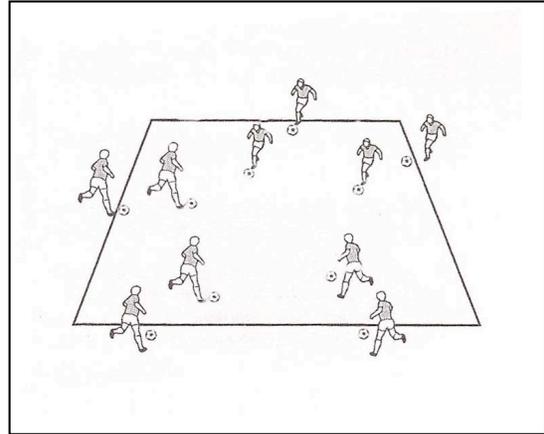
Dribbling Activities – 10 minutes

Follow the leader (Play several times in 5 minutes)

Area: Random (10x15 yards)

Players get in pairs: a leader & a follower. Each player has a ball. When the trainer says GO, the leader will dribble and fake whenever they get near a cone or another player. The follower tries to “mimic” the player in front by doing the same fake.

When the trainer says SWITCH, the players reverse roles where the follower then becomes the leader.



The trainers are encouraged to move the cones as the players are dribbling to increase the challenge.

Water break

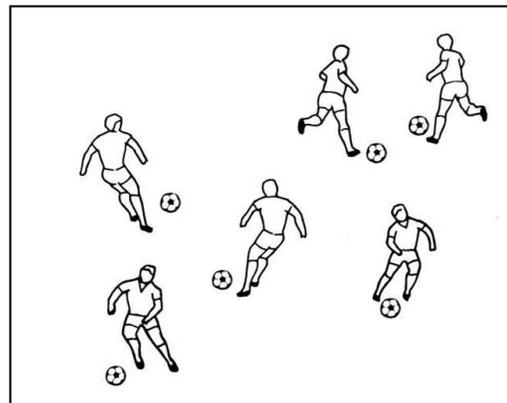
Everybody's it (Play several times in 5 minutes)

Area: Random (10x15 yards)

Each player has a ball and is dribbling when you say GO.

As they dribble within the area, the coach will attempt to tag a player while they try to use the fake to maintain possession and control of the ball.

Alternate: Each time a player tags someone, they receive a point. They continue to play for the allotted time without stopping.



The Game

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise fakes when attempted or made.

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Week 11 – Dribbling with a Ball Fake (1)

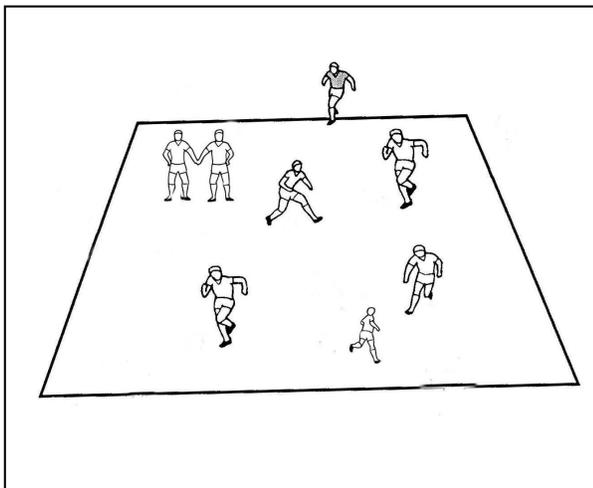
Warm-up Activities – 10 minutes

Begin with juggling and/or a scrimmage while all of the players arrive. Then play Chain Tag.

Chain Tag Warm-Up (Play several times in 3-5 minutes)

Area: Random (10x15 yards)

Two players start by holding hands (forming a chain) while the other players are all free and run around the grid. The players holding hands must move around the grid and try to tag a player. As the players are tagged they must also join the chain. Any player who runs outside of the grid, they must also join the chain. The game ends when there is only one player left.



Note: Players do not join the chain if a player tags them and the chain is “broken” (meaning the players are not holding hands). Players can avoid being tagged by running around the chain.

Teaching Activities – 10 minutes

*The objective for this week is to introduce ball fakes using a combination of two surfaces: **the bottom of their left foot** and **the instep of their right foot**. Fakes enable the players to get around and past defenders.*

Be prepared to methodically demonstrate this fake, including after making the fake, that they explode and dribble away with their next few touches.

Have the players roll the ball sideways with the bottom of their left foot.

Have the players move the ball sideways across their body using the bottom of their left foot to the front of their right foot. Now the player pushes the ball forward with the instep (laces) of their right foot, and dribbles.

Have the players dribble in the area, and use the combination whenever they approach another player or any cones you have placed in the area.

Make the area smaller or larger and/or use cones to create opportunities to use the combination.

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Dribbling Activities – 10 minutes

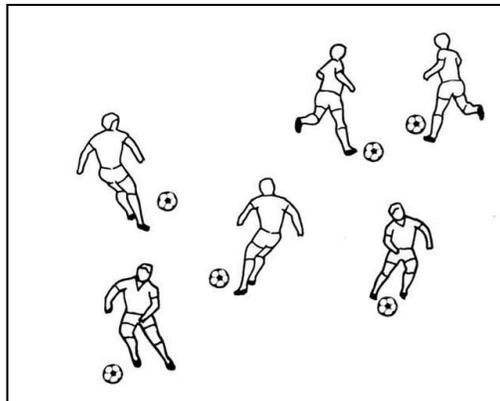
Water break

Dribble Kings/Queens (10 minutes)

Area: Random (10x15 yards)

Vary the pace at which the players dribble in and out of one another, at fast, slow motion, and medium speeds. (*Observe ball control and balance*).

Put out as many cones as there are players. Have players dribble randomly until you command they dribble to a cone. They should all run to the nearest cone and freeze with the ball. (*Some may dribble the ball to the cone; others may pick it up. Either is ok – at first. However, if some players do pick up the ball a few times, then change the rule that no one can pick up the ball; everyone has to dribble to the cone.*)



Play follow the trainer. Every player follows the trainer dribbling around the field. Along the way, the coach does some things like hopping on one foot, rolling on the ground, sitting on and spinning on the ball, etc. Show players that the coach has fun too.

Note: The varied movement patterns that you demonstrate will simply put the players in positions that will help improve their general coordination and balance. Along the way, enjoy yourself.

The Game

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise fakes when attempted or achieved.

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Week 12 – Dribbling with a Ball Fake (2)

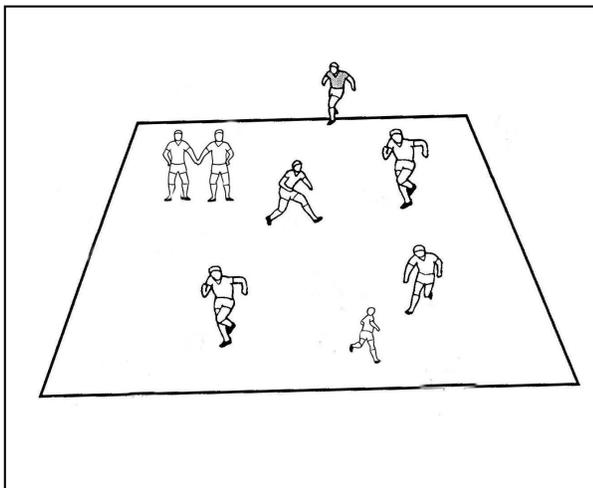
Warm-up Activities – 5 minutes

Begin with juggling and/or a scrimmage while all of the players arrive. Then play Chain Tag.

Chain Tag Warm-Up (5 minutes)

Area: Random (10x15 yards)

Two players start by holding hands (forming a chain) while the other players are all free and run around the grid. The players holding hands must move around the grid and try to tag a player. As the players are tagged they must also join the chain. Any player who runs outside of the grid, they must also join the chain. The game ends when there is only one player left.



Note: Players do not join the chain if a player tags them and the chain is “broken” (meaning the players are not holding hands). Players can avoid being tagged by running around the chain.

Teaching Activities – 10 minutes

*The objective for this week is to introduce ball fakes using a combination of two surfaces: **the bottom of their right foot** and **the instep of their left foot**. Fakes enable the players to get around and past defenders.*

Be prepared to methodically demonstrate this fake, including after making the fake, that they explode and dribble away with their next few touches.

Have the players roll the ball sideways with the bottom of their right foot.

Have the players move the ball sideways across their body using the bottom of their right foot to the front of their left foot. Now the player pushes the ball forward with the instep (laces) of their left foot, and dribbles.

Have the players dribble in the area, and use the combination whenever they approach another player or any cones you have placed in the area.

Make the area smaller or larger and/or use cones to create opportunities to use the combination.

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Water break

Dribbling Activities – 5 minutes

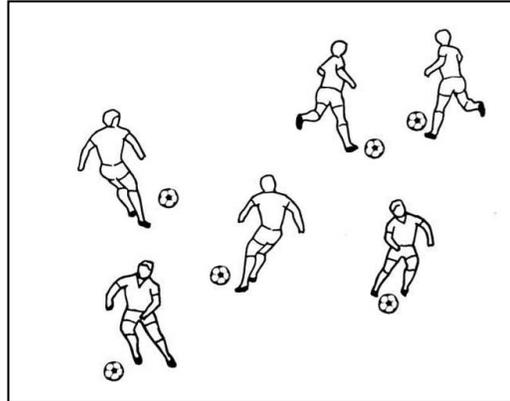
Everybody's it ((Play several times in 5 minutes)

Area: Random (10x15 yards)

Each player has a ball and is dribbling when you say GO.

As they dribble within the area, the coach will attempt to tag a player while they try to use the fake to maintain possession and control of the ball.

Alternate: Each time a player tags someone, they receive a point. They continue to play for the allotted time without stopping.



The Game

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.

Praise fakes when attempted or achieved.

SABR Lesson Plans - Under 5 & Under 6

Week 13 –Trainers' Choice

Warm-up Activities (10 minutes)

Begin with juggling and a scrimmage while all of the players arrive.

Trainers' Choice Activities (20 minutes)

Trainers' should pick two or three of the players' favorite activities or games, and play each one several times. Here's a list of the activities played each week:

1. Red Light, Green Light (Dribble)
1. Soccer Maze (Dribble)
2. My Ball (Dribble)
2. Dribble Up the Mountain (Dribble)
2. Soccer Ball Mountain (Dribble)
3. Sharks & Minnows (Dribble)
3. Knockout (Dribble)
4. & 8. 1 v 1 to Goal (Shooting with side of foot)
4. & 8. World Cup (Shooting with side of foot)
5. 1 v 1 to Goal (Shooting with instep)
5. Goal on the Move (Shooting with instep)
6. Math Dribble (Dribble)
6. Steal The Bacon (Dribble)
9. Ball Retrieval (Passing with side of foot)
9. Pong (Passing with side of foot)
10. Follow the Leader (Dribble with body fake)
10. Everybody's It (Dribble with body fake)
11. & 12. Chain Tag (Dribble with ball fake)
11. Dribble Kings/Queens (Dribble with ball fake)
12. Everybody's It (Dribble with ball fake)

Water break about halfway through

Stretching: Have them stretch before the next activity. Show them a couple of different stretches and use a ball to help whenever possible.

The Game (10 minutes)

Play a small-sided game (5v5, 5v4, 4v4) whatever the numbers work out to be.

“Dribble, Dribble, Dribble” while they are playing.