



U6 & U7 Community Soccer School: Week 1

Category: Technical: Dribbling and RWB
Difficulty: Advanced

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Individual-Adult Member

Description

U6 & U7 CSS Week 1: Warm Up

Cece and Rocky want to see how well you can dance with your ball. Lets see you dance moves!

Organisation:

Each player has a ball and dribbles around the area

The coach shouts out a body part and the players must attempt to place that body part on the ball

Coaching Points:

Players look to keep the ball close to them using lots of small touches

Keep the head up when dribbling, always looking to move into space

Players should realise trapping the ball with their foot and then placing the body part on the ball is easier.



U6 & U7 CSS Week 1: Fun Game

Shrek has arrived home to find all the magical creatures in his swamp and he wants them off his land!

Organisation:

Each player dribbles a ball around the area except Shrek who attempts to steal their ball away

Players have to dribble and avoid Shrek. If they trap the ball with their foot then they are safe and Shrek cannot steal the ball

If players allow the ball to get away from them and it is caught by Shrek then they must hold their ball above their head. To be released a team mate must pass their ball through the caught player's legs

Coaching Points:

Keep the ball close using lots of little touches on the ball

Keep head up and look to move into space at all times

Travel at a pace that allows them to trap the ball at any time



U6 & U7 CSS Week 1: Fun Game

One Direction's Harry Styles is preparing for a concert and has decided to take a nap. You have to set up the stage but all the equipment is in Harry's room. Can you sneak in and get it all without waking him?

Organisation:

Each player has a ball and attempts to dribble into the dressing room to get the equipment

Harry pretends to be asleep but if he wakes up players must freeze. If frozen they can't be seen by Harry and he can't steal their ball

If players move Harry can chase them back to their base

Coaching Points:

Moving with the ball using both sides of the foot

Trap the ball with the foot when frozen

Keep the ball close when dribbling

Keep head up when dribbling to notice Harry waking up



Organisation:

Area - 55ft x 65ft

3 v 3 no GK

No referee, coach drops in a new ball every time it goes out

No positions

The matches should be competitive but played in a fair/fun environment. If a team is winning considerably mix the teams around.

Possible Constraints:

Every player must touch the ball before scoring

Players must perform a "skill" before shooting

Players can only score with their weaker foot

