



U6 & U7 Community Soccer School: Week 4

Category: Technical: Ball Control
Difficulty: Advanced

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Individual-Adult Member

U6 & U7 CSS Week 4: Wam Up

Players are made of glue and they are kicking the ticking stink bomb. When it is passed to them it sticks to them. They must pass it back before because at the end of the game whoever has possession will have the stink bomb explode!

Organisation:

Players are with a partner and stand 10ft away from each other
1 ball of stink between two

Players gently pass the ball to each other

The ball must be received, controlled and passed back across
Progress practice - after passing players run around their partner and back before receiving the return pass

Coaching Points:

Encourage players to move side to side to meet the ball

Passes should be light and to the player's feet

Encourage players to pass with the inside of their feet

Placement of non striking foot (balance)



U6 & U7 CSS Week 4: Fun Game

Cops have to chase the robbers and tag them with the ball

Organisation:

Players are either Cops or Robbers

Cops have the ball and must dribble around after the robbers and try to catch them by passing the ball and hitting their feet

If tagged they switch roles

Coaching Points:

Use the inside of the feet to pass

Relax on the ball and strike at the right time

Placement of non striking foot (balance)

Pass in front of player



U6 & U7 CSS Week 4: Fun Game

Woody and Buzz are having a huge fight and you the toys in Andy's bedroom are trapped in the middle. Andy is coming up the stairs and Buzz is trying to get everything in the middle of the room where Andy wants everything on the outside. Who will win?

Organisation:

Players are in 2 teams

One team is in the middle and the other surrounding them on the outside

Those on the outside try to pass the ball into the middle and those in the middle try to keep the ball on the outside.

Coaching Points:

Players have to keep the ball down by using the inside of the foot to pass and keeping head over the ball

Be aware of where the balls are



Organisation:

Area - 55ft x 65ft

3 v 3 no GK

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

No positions

The matches should be competitive but played in a fun/fair 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

