



U6 & U7 Community Soccer School: Week 5

Category: Technical: Ball Control
Difficulty: Advanced

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Individual-Adult Member

Description

Focus: Shielding the ball from an opponent

U6 & U7 CSS Week 5: Warm Up

The Dragon wants to protect all his eggs from the children who want to steal them and keep them.

Organisation:

Each player waits in the corners as the Dragon sleeps in the middle beside the eggs. (balls)

Players have to sneak into the middle and steal the eggs

If the Dragon wakes up, players must run back to their corner

Coaching Points:

Players must tip toe into the Dragon's den

Must dribble the ball back with their feet

Knees bent with a low centre of gravity



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U6 & U7 CSS Week 5: Fun Game

Nemo is swimming along in the sea, but here is a problem as Bruce the Shark is looking for him

Organisation:

Each player has a ball except "Bruce the Shark"

Players must dribble with around the area with their ball avoiding Bruce. If Bruce comes close they must trap the ball in the shielding position

Bruce can try and get the ball for 3 seconds before moving on to another player

Coaching Points:

Players should keep the ball close to them to get into the correct shielding position quickly

Keep their head up and be aware of where Bruce is

Nudge the ball to the side to keep control and away from the Shark



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U6 & U7 CSS Week 5: Fun Game

It's the Big Fight Night all the way from Las Vegas! Two teams compete to see who will be crowned the winner

Organisation:

Players are in 2 teams, each team sitting in their designated corner

Teams of 1/2 players enter the ring to compete to keep their ball and knock the other's out of the ring to win

If your ball gets knocked out you have 8 seconds to bring it back in

If your ball gets knocked out 3 times you are out of the round

Coaching Points:

Moving with the ball into space

Strong shielding stance to protect the ball

Keep the ball close when dribbling

Have head up at all times



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Organisation:

Area - 55ft x 65ft

3 v 3 no GK

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

No positions

Matches should be competitive but played in a fun/fair environment, if one 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

