



U6 & U7 Community Soccer School: Week 6

Category: Technical: Dribbling and RWB
Difficulty: Advanced

Thomas Connor , Warwick , United States of America
Individual-Adult Member

U6 & U7 CSS Week 6: Warm Up

Justin Bieber is in town and he wants you to dance at his concert! When the music stops everyone must freeze

Organisation:

Players react and dribble to the noises and music being sung by the PARENTS & Coaches

When the music stops, players must freeze and trap the ball with their foot

Can change to clapping if people are unresponsive to singing. Encourage them!

Coaching Points:

Players should keep the ball close to them

Keep head up while dribbling and move into space

Travel at a pace that allows players to trap the ball still quickly



U6 & U7 CSS Week 6: Fun Game

Everyone is going exploring with Dora and we have 4 places to visit with her; the jungle, desert, sea and sky. What will you find when you get to each place?

Organisation:

4 coloured corners representing each area to visit

Players visit each area and the coach asks them what they have found. (skill) the players must perform that skill before reacting to the coaches next destination

Coaching Points:

Players should keep the ball close to them at all times

Keep their head up and look for space

Be going at a pace which allows them to stop the ball

Ask them what they see in each area? a skill and an animal for example



U6 & U7 CSS Week 6: Fun Game

Spongebob is planning a trip to see Patrick, however Squidward the Giant Crab isn't happy and doesn't want them to pass!

Organisation:

Each player has a ball and tries to dribble the ball past the crab to the other side

Defenders can be made to hop or walk like crabs to make it easier or increase enjoyment

Coaching Points:

Moving with ball into space

Use of moves and skills to beat the defender

Keep the ball close when dribbling

Have head up at all times



Organisation:

Area 55ft x 65ft

3 v 3 no GK

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

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 must score with their weaker foot

