



Learn the Rules Week 1

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Description

Learn the Rules session for U6

Activity 1 - Cross the river (10 mins)

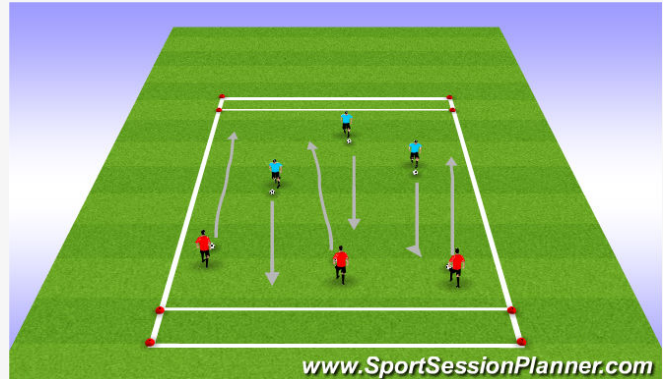
Organization

15 x 20 grid

Players placed opposite each other. At the coaches command the players must try and dribble to their soccer ball to the other side of the grid. They will try and cross the river as fast as possible. As they arrive at the other side they must try and stop the ball within the endzone to earn a point.

Coaching Points

1. Players use the laces to dribble the ball and the sole to stop the ball
2. Players use the insdie/outside to dribble the ball and sole to stop the ball
3. Players use either surface to dribble the ball and the sole to stop it.



Activity 2 - Get outta there (10 mins)

Organization

15 x 20 Grid with a goal on each side

Divide the players into two teams, with each player given a number.

Players are setup either side of the coach, coach has all of the soccer balls, calls out a number and serves the ball into the grid on the ground, the player tries to gain possession and score on their opponent - if they score, or the ball goes out of play the coach yells "OUTTA THERE" players should then return quickly back to their lines.

Rounds/Coaching Points

1. 1v1 encourage quick/direct play (1 ball)
2. 2v2 (2 balls)
3. 3v3 (3 Balls)



Game 3v3 (20 mins)

Organization

15 x 20 grid 3v3 No Goalkeepers.

Out of Bounds - Side Line

If the ball goes out of bounds on the side line - call RED LIGHT, place the ball on the side line and call YELLOW LIGHT which means the player can pass or dribble the ball back into the game.

Out of Bounds - End Line

If the ball goes out of bounds on the endline call RED LIGHT (send the opposing team to the middle of the field)

Kicking team places ball 1-2 yards in front of their goal and kick it to a teammate.

