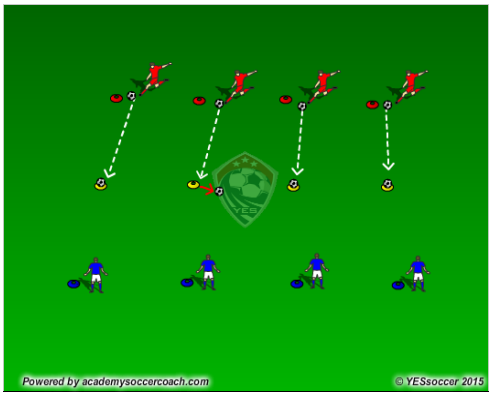
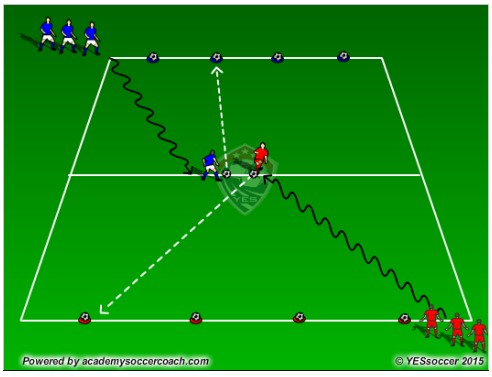
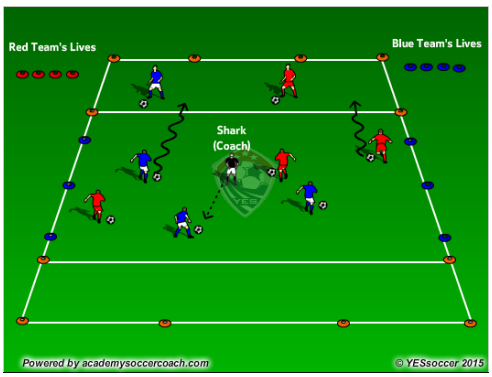
YESsoccer

Duration	1 Hour
Team/Age:	U6s
Organization	Baldwin Whitehall Soccer Association

Theme: WEEK FIVE: Dribbling and Introduction To Passing

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
World Cup Passing Progression: - Outside cones further apart. - Smaller ball or no soccer ball, instead the must hit the flat cone. -Weaker foot passing. - Competition (In Pairs, against the rest of the group) -Blues vs Reds with Team Lives: More than 3x player		-Players stand on a cone either side of the cone with a ball on top (or a tall orange cone). -The objective is to knock the ball off of the cone (or knock over the tall orange cone). -If a player knocks the ball the get two points. If a player touches the ball without it falling off, they get one point. If a ball falls off, it must be replaced. -The coach can rotate the blue players, so they play a new player.	-Head up (Looking for space and target ball) - Upper body over the ball (to keep it low) - None kicking foot (At the side of the ball and pointing towards the target) - Striking foot (Can use different parts of foot, most accurate=Inside) - Ball contact (Middle of the ball) -Follow through (Striking foot pointing at target) -Don't cross legs on follow through -Quality of Pass: Good weight to hit target with control.
Station Two *Coconuts Passing Game* Progressions: -(Easier) Move coconuts closer (Harder) Move coconuts further away. - (Easier) the more coconuts knocked over the more balls there is to pass. - (Harder) Have players 2nd in line pass the ball to the 'Passer'. Progress to 1 or 2 touches maximum before		-Divide players into two teams -Objective is for one team to knock over all "coconuts" before the opposition team. -Players dribble beyond the halfway turn and pass at the coconuts next to their teammates. (Must pass before the halfway line, see diagram). -Only one passing ball. Once a pass is made, the player who passed, passes to the person at the front of the line. -One player goes at a time.	-Head up (Looking for space and target ball) - Upper body over the ball (to keep it low) - None kicking foot (At the side of the ball and pointing towards the target) - Striking foot (Can use different parts of foot, most accurate=Inside) - Ball contact (Middle of the ball) -Follow through (Striking foot pointing at target) -Don't cross legs on follow through -Quality of Pass: Good weight to hit target with control.
Station Three *Shark Attack* Progressions: -(Easier) Shark moves around on his/her knees -Add more Sharks (Assistant Coach or Players) - Smaller/Bigger Area depending on player's progression.		-Split players into two teams, both teams start on one of the islands (see diagram), while the Shark (Coach) starts in the middle of the ocean. -When the coach shouts "SWIM ACROSS", the players have to dribble across the ocean to the opposite island, without being tagged by the shark. (By hand or a ball in the shark's hand) -When a player is tagged their team loses a life (Use cones a visual aid). - The team that has the most lives at the end of the game, wins.	- Head Up (Look for free space & Shark) - 1st touch (out of feet and into space) - Light on toes (Like a boxer) - Use all different parts of foot (Mostly laces to keep a natural running position) - Keep ball close but out of feet (small touches) -Creative and experiment to perform different feints and trick Shark. - Use both feet to dribble -Accelerate into to space once
Station Four *Spiders and Moths* Progressions: -(Easier): Spider's web must dribble a ball around. - (Easier): Add 2x Safety zone (5 second time limit) -(Harder): 2 spider's webs. -(Harder): Coach is the spider, gets players to join the web by throwing pinneys at Moth's soccer balls.		-2 to 3 player link arms together to be Spider's web. - One the Coach's command 'GO' the 'Moth' players (reds) and 'Spider's web' players (blues) move around the square. - If any of the 'Moth' players' ball hits the web, A pinney throw by the ends of the web hits their ball or they go out of the jungle, they join the spiders web. -The game continues until one 'Moth' player is left. This player is declared the 'Super Moth'.	- Head Up (Look for free space) & 1st touch (out of feet and into space) - Light on toes (Like a boxer) - Use all different parts of foot (Mostly laces to keep a natural running position) - Keep ball close but out of feet (small touches) -Creative and experiment to perform different feints and trick to get passed spider's web. - Use both feet to dribble -Accelerate into to space once passed Spider's web.

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