

Week 2 Instructions (U4-U6)



PREPARATION

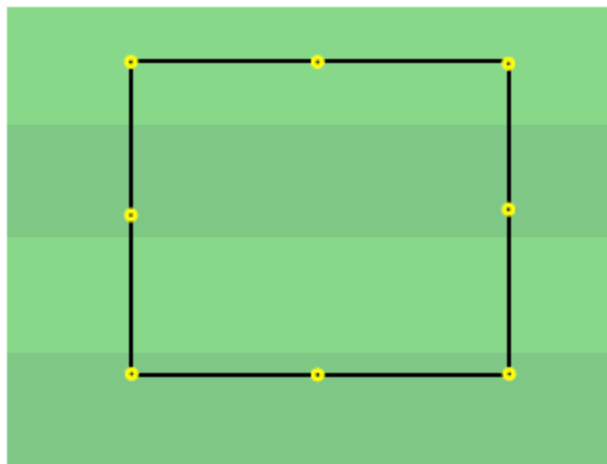
10 x 10 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 4 to 8 cones to create a 10yd x 10yd box. This will be used for both drills tonight. No other setup required.



Follow the Leader



PREPARATION

Cones not required
10 x 10 area

PLAYERS

1 players
(1 ball per player)

 **5 min**

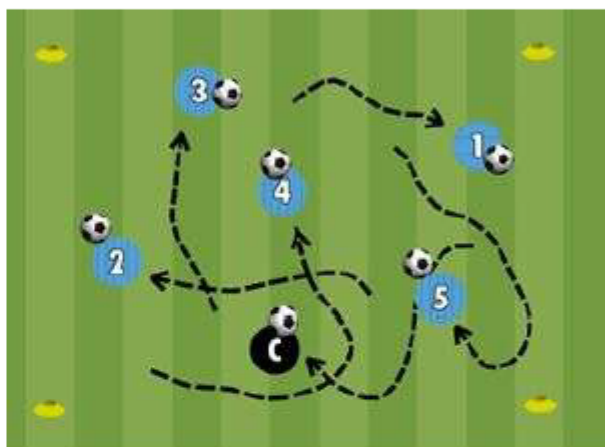
5 reps
1 min +

INSTRUCTIONS

Each player has their own ball. If the coach brought a ball they can serve as leader. If not, designate a player to be the leader, choosing a different leader for each rep. Players should line up behind the leader, leaving a little bit of space to control the ball.

The leader will start dribbling around within the area, and the followers should follow the leader while imitating the leader's movements. The leader should change directions or weave around and even stop occasionally before rolling the ball to their left or right using the bottom of their foot and restarting their dribble. Leader can also change their speed (slower or faster).

5 reps of 1 minute each with a 30 second rest after each rep (total 7 minutes).



COACHING POINTS

- Key Words: Laces, Outside (of the foot), Inside (of the foot), Eyes up
- Keep the ball close
- Keep your heads up so you can see the leader
- Coaching Tips: "Copy me (or the leader)", "Good following"

Ouch!



PREPARATION

Cones not required
10 x 10 area

PLAYERS

1 players
(1 ball per player)

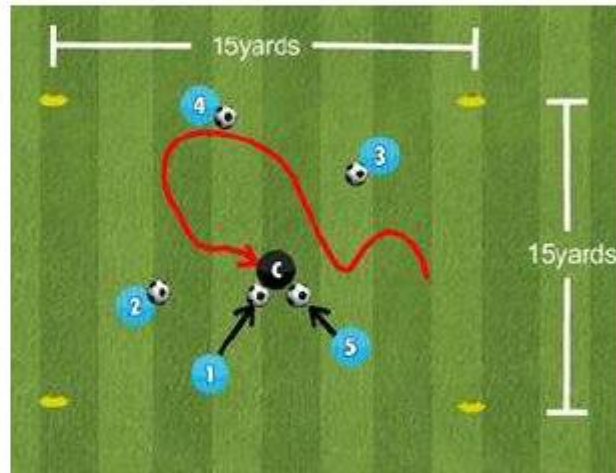
 **5 min**

5 reps
1 min +

INSTRUCTIONS

Each player has their own ball. Players can start anywhere within the area. When the coach says "go," the players should dribble (under control) toward the coach. The coach should move around within the area to create a moving target for the players. Players should try to kick the ball at their coach's legs. When hit, the coach should jump/say "Ouch."

5 reps of 1 minute each with a 30 second rest after each rep (total 7 minutes)



COACHING POINTS

- Key Words: Laces, Outside (of the foot), Inside (of the foot), Eyes up
- What part of the foot will help you go forward? Use your laces to push the ball forward.
- Don't forget to look up so you can find me.
- Coaching Tips: "Aim for me", "You can only use the inside or top of your foot"