

Week 5 Instructions (U4-U6)



PREPARATION

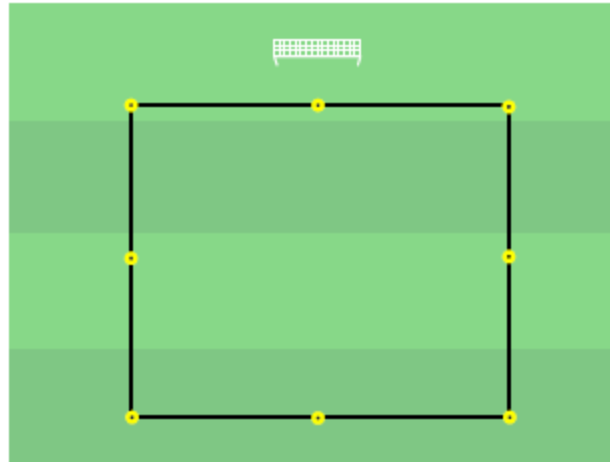
10 x 10 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 4 to 8 cones to create a 10yd x 10yd box. Create this box a couple of yards away from the goal with the box centered in front of the goal. This will be used for both drills tonight. No other setup required.



Car Races



PREPARATION

Cones
10 x 10 area

PLAYERS

1 players
(1 ball per player)

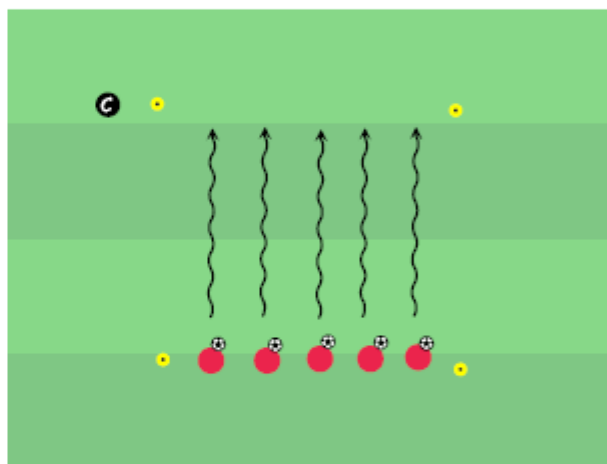
 **5** min

5 reps
1 min +

INSTRUCTIONS

Each player has their own ball and starts at one side of the box. Once all players are lined up, the coach says "Ready, set, go!" and the players proceed to dribble as fast as they can to the other end.

Encourage the players to go as fast as they can without losing control of the ball. Let them know to use stronger touches on the ball to push it further in front of them than a normal dribble requires.



COACHING POINTS

- Key Words: Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot) - No toes!
- What part of the foot will help you go faster?
Use your laces to push the ball forward.
- Don't push the ball too far forward. Keep control!
- Coaching Tips: Praise players for their speed and control. Cheer them on or make car noises to remind them to go fast!

Fill the Bucket



PREPARATION

Soccer goal, Cones

PLAYERS

1 players
(1 ball per player)

 **5 min**

5 reps
1 min +

INSTRUCTIONS

Use two cones to form a small soccer goal (the "bucket"). Form a single-file line 10 yards from the bucket and mark the starting point with a cone. Each player has their own ball and starts behind the cone.

Once all players are lined up, the coach says "Ready, set, go!" and the players proceed to dribble one-at-a-time as fast as they can toward the bucket, taking a shot on goal when they get close enough. If they score (fill the bucket), the coach will retrieve the ball and pass it back to the player who should proceed back to the end of the line and to go again. If the shot is missed, the player should retrieve their own ball and return to the end of the line. The coach should keep a count of how many balls went into the bucket for the entire rep, and then encourage the team to beat their previous score on the next rep.

Notes: Players should dribble with speed both toward the goal and back to the end of the line. Encourage players to use their laces or inside or outside of their foot for control (not their toe) and to chase the ball all the way to the goal.

COACHING POINTS

- Key Words: Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot) – No toes!
- What part of the foot will help you go faster? Use your laces to push the ball forward.
- Don't push the ball too far forward. Keep control!
- Eyes up so you can try to get the ball into the bucket.
- Coaching Tips: Praise players for their speed and control. Be excited!

