

Week 6 Instructions (U4-U6)



PREPARATION

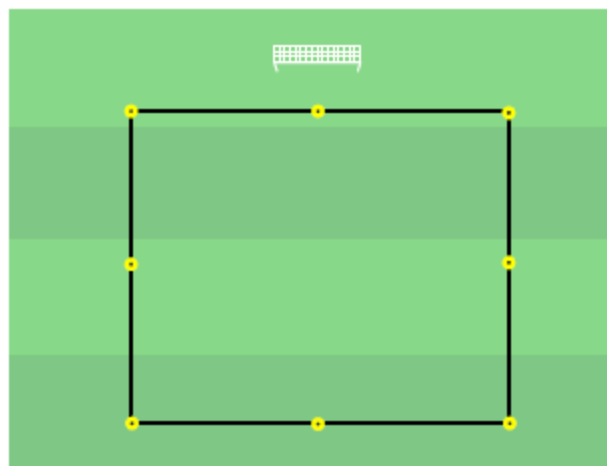
10 x 10 area

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.



Kick the Cones



PREPARATION

Cones, Balls
10 x 10 area

PLAYERS

2 players
(Partners share one ball)

 **5 min**

5 reps
1 min +

INSTRUCTIONS

Set up cones as pictured to create a 10x10 yard area. Scatter additional cones in the middle of the box. Split players on opposite sides of the box (does not have to be equal numbers per side). The goal of this game is to try to hit the cones with the ball while kicking to a player on the opposite side of the box.

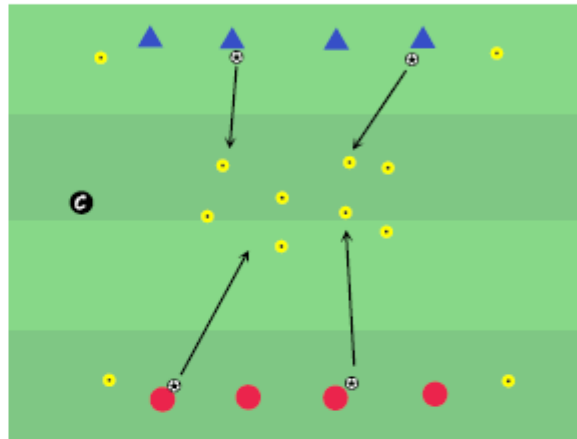
Shooters should look up to locate a target (cone) and focus on striking the ball with the laces. Receivers should be prepared to stop a ball that comes their direction before taking their turn at hitting a cone. Coach should watch for anyone using the point of their toe to kick and encourage the use of the laces.

Coach will keep score for the whole team (one point for each cone hit). If using tall cones, the coach will need to reset any cones that get knocked over. The team should try to beat their prior score with each rep.

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

COACHING POINTS

- Looking up before hitting the ball
- Plant foot toe points towards your target
- Shooting foot toe pointed down to show laces
- Shooting foot strikes through the ball
- Arms out for balance
- Coaching Tips: "Where does our toe point to kick with our laces (down)"



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!

