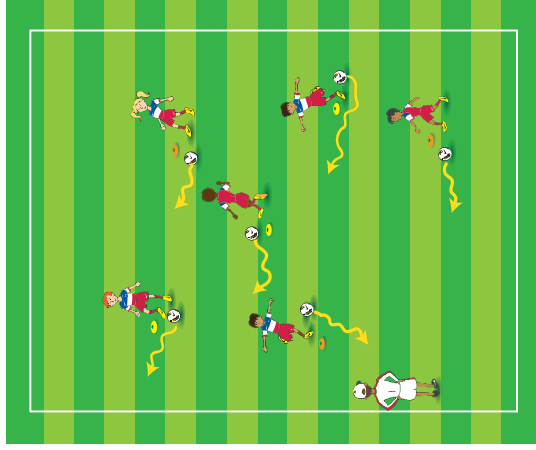




F LICENSE (5-6 YEAR OLDS) – WEEK 2

TRAINING OBJECTIVES: DRIBBLING WITH THE HEAD UP

- To improve dribbling and ball familiarity.
- To work on dribbling with the head up.



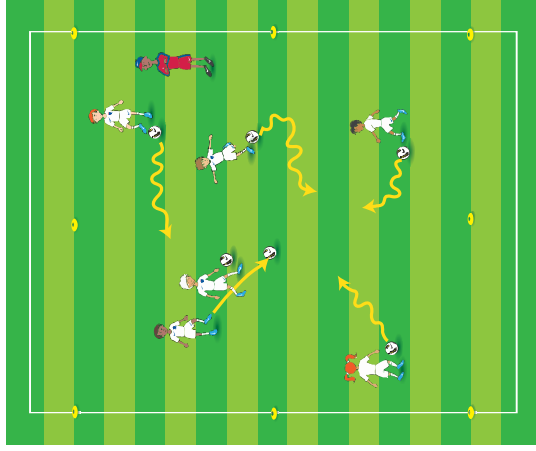
I. Warm-up: The Network

ACTIVITY INTENSITY: Low-Medium
ACTIVITY TIME: 1-2 minutes
DURATION: 8 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment /

Equipment / Players): Place different colored cones within a playing area. Each player has their own ball. At first, perform the activity without the ball. A) Run and touch cones with hands, B) Run and touch cones with feet, C) Run and hop over cones with two feet, D) Run and hop over cones with one foot. Then add a ball. Have the players dribble from cone to cone. A) Dribble around a cone, B) Dribble to a new color.

Coaching Points / Key Concepts: Dribbling with the head up. Working on movement ability (w/out ball).



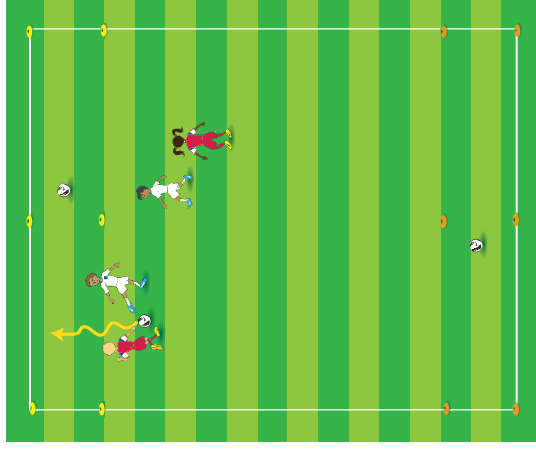
II. Main Part: Small-Sided Activity (Freeze Tag)

ACTIVITY INTENSITY: Medium
ACTIVITY TIME: 1 minute
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment /

Equipment / Players): To start, have players run with balls in their hands. If player gets tagged then 5 toe taps to get unfrozen. Then progress to dribbling a ball. If player gets tagged by the coach then a teammate has to unfreeze them by passing ball under the legs or dribbling around them. Play for a period then make the boundaries smaller.

Coaching Points / Key Concepts: Dribbling with the head up. Introduce how to turn the ball with the inside of the foot. Ask them to show how they get away from being tagged.



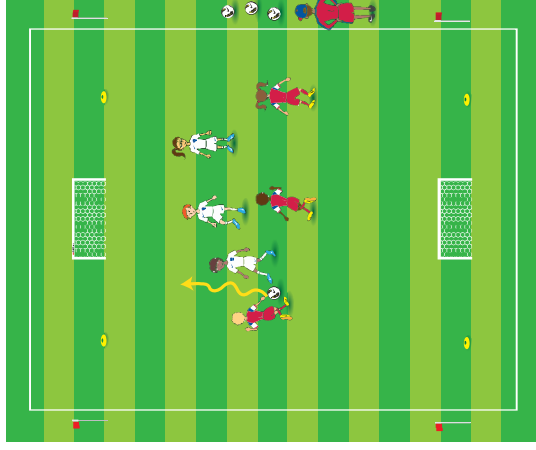
III. Main Part: Expanded Activity (2v2 / 3v3 to an end zone)

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 1 minute
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment /

Equipment / Players): Create two endzones and put a ball in each. There is also one game ball. Play 2v2 or 3v3. The objective is to dribble the ball into the other team's endzone. When a team is successful, they retrieve another ball from their defending endzone and try again. The first team to get all three balls in the other team's endzone wins.

Coaching Points / Key Concepts: Introducing how to dribble around an opponent. Ask players to show you how they go around someone.



IV. Game: 3v3

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 2 minutes
DURATION: 12 minutes
REPETITIONS: 3
RECOVERY TIME: 2 minutes

Organization (Physical Environment /

Equipment / Players): Play 3v3 to small goals. At first play "NEW BALL." Whenever a ball goes out of bounds the players will receive a new ball from the coach. Play until one ball is left. When one ball is left, play like a normal game and rules.

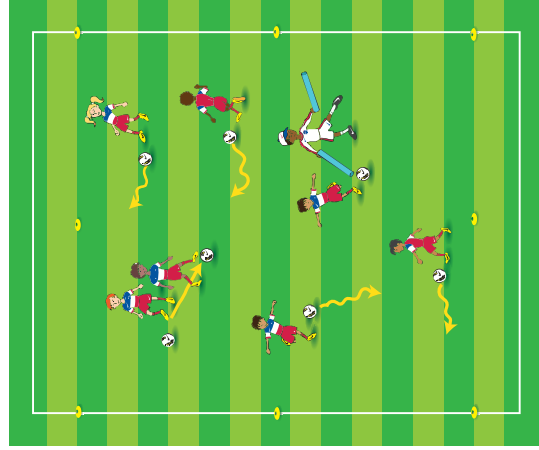
Coaching Points / Key Concepts: Play and enjoy!

F LICENSE (5-6 YEAR OLDS) – WEEK 3



TRAINING OBJECTIVES: DRIBBLING (TURNING THE BALL)

- To improve dribbling and turning the ball with the inside of the foot.
- To continue to work on dribbling with the head up.

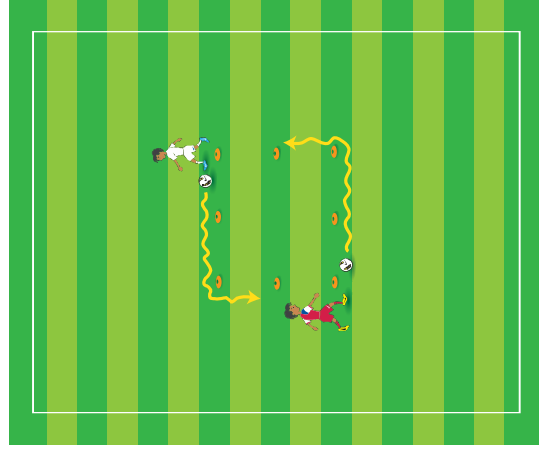


I. Warm-up: The Octopus

ACTIVITY INTENSITY: Low-Medium
ACTIVITY TIME: 1-2 minutes
DURATION: 8 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Each player has their own ball. A coach holds two vests or two pool noodles. At first, perform the activity without the ball. A) Try to tag the players. B) Every player now has their ball and now you attempt to touch their ball. C) If a player's ball gets touched, they are frozen. They can be unfrozen if a teammate comes and passes a ball between their legs.

Coaching Points / Key Concepts: Dribbling with the head up. Working on movement ability (w/out ball).

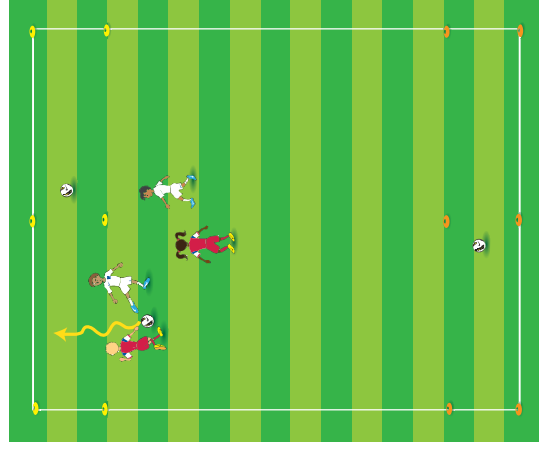


II. Main Part: "Chase"

ACTIVITY INTENSITY: Medium
ACTIVITY TIME: 1 minute
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): To start, players run without a ball. Players start on opposite ends. When coach says "Go" one player is "it," the other tries to get back to starting cone. Switch roles. Then add a ball to it. Switch groups around. Variation: Put three players in a grid and have them race back to their starting cone.

Coaching Points / Key Concepts: Introduce how to turn the ball with the inside of the foot. Ask them to show how they get away from being tagged?

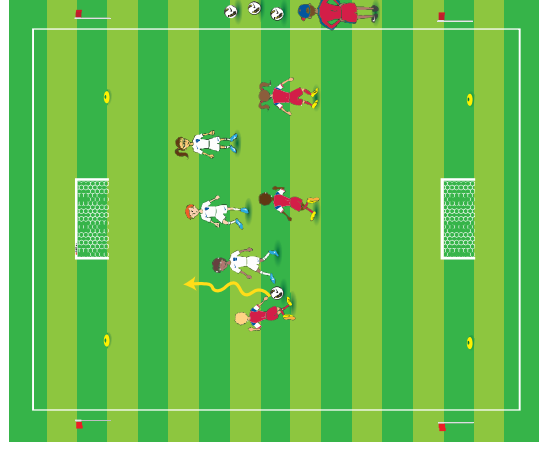


III. Main Part: Expanded Activity (2v2 / 3v3 to a line)

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 1 minute
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Play 2v2 or 3v3. The objective is to dribble the ball into the other team's endzone. A point is scored when the ball is dribbled into and controlled in the other team's endzone. Switch teams around.

Coaching Points / Key Concepts: Ask players to show you how they go around someone? How do they protect their ball?



IV. Game: 3v3

ACTIVITY INTENSITY: High
ACTIVITY TIME: 2 minutes
DURATION: 16 minutes
REPETITIONS: 4
RECOVERY TIME: 2 minutes

Organization (Physical Environment / Equipment / Players): At first, play "NEW BALL." Whenever a ball goes out of bounds the players will receive a new ball from the coach. Play until one ball is left. When one ball is left, play like a normal game and rules.

Coaching Points / Key Concepts: Play and enjoy!