



MANCHESTER SCHOOL OF SOCCER

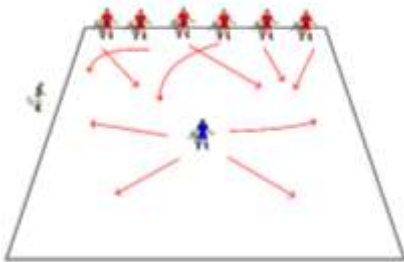
U5/U6



Week 1

Dribbling

1 hour



Warm Up Sharks and Minnows 10 Mins

Set up: Use length of area. One player in the middle the rest of the players lined up on the baseline with penny's acting as a tail.

Rules of game: Players must get from one baseline to the other without being caught (tail being taken), if caught they then become a shark in the middle.



Technical Traffic Lights 15 Mins

Set up: Use a 30x20 area size. The coach will need Colors Green-Go Red-Stop Orange-Speed Up Yellow- Put ball between legs and hop.

Rules: Ask players to dribble around the area, when coach holds up one of the colors the players must perform this command.

Coaching points: Make sure players are keeping their heads up to see colors. Using laces to dribble. Little touches



Tactical 20 Mins

Set up: Players split evenly in 2 lines in either corner. 1 cone 15 yards in front of them, with a ball in-between the goal and cone.

Rules: on coaches call the first players from each line runs around the cone in front of them then towards the ball which they strike into the goal. Then next 2 go.

Coaching points: Can they use their laces



GAME TIME

15 Mins

4v4

Diamond formation