

Coaching Outline

Name: Valley AFC Recreational Camp - 6-7 year olds

Topic: Dribbling and Ball Control

Area: Half Field

Objectives: Get players comfortable with ball and learn moves

Organization and Equipment:

Field Players: 8-10

Goalkeepers: 0

Balls: 10

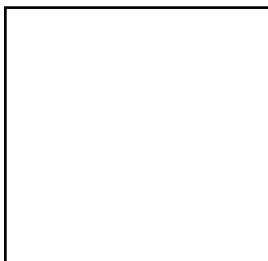
Other Equipment: Discs, Tall cones or flags

▲ = cone

● = ball

— = pass or dribble

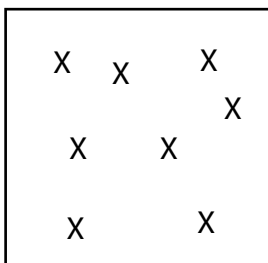
Warm Up: Moves



Set Up: Grid is 20X20, each player has a ball

Rules: Players each have their own ball. Demonstrate and help them learn each move. Recap moves they know from before. Do first standing still then moving. Coaches approach players as their dribbling to be the defender and watch them do it. Chop: Hard movement one way. Have them think about a karate chop with their foot. Matthews: Easier as Big Toe, Big Toe, Little Toe, this incorporates and outside chop, so use the same analogy as above. Coaching Points: Really sell the move, explode away, body position low, knees bent.

Game 1

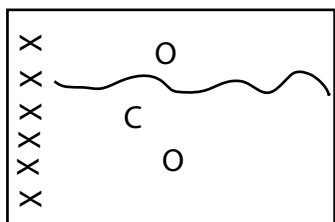


Hospital Tag

Setup: Same as above

Rules: Game is very similar to above, but this time when they get tagged wherever they get tagged they must hold. (exp. if your head was tagged you have to hold it with one of your hands while dribbling). They must keep dribbling, if they are tagged a second time they use their other hand. If they get tagged a third time, they must go to the doctor (coach) at the hospital for treatment (toe touches, juggles, etc) Coaching Points: Close control, try and get your head up.

Game 2

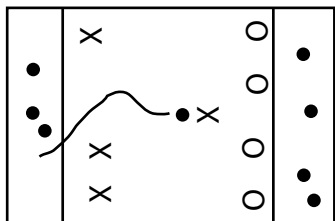


Red Rover

Setup: Grid is 20x20. Each player has a ball. There are three players that are the taggers in the center, they also have a ball. Make one of the coaches the taggers.

Rules: The taggers stand in the middle, and the other players are on one end with the ball. The coach calls "Red Rover, Red Rover, let.... come over." The players called try to dribble to the other side, while the players in the middle try and hit their ball or legs with their ball. When they get tagged they become a tagger. Play 3 games switching the starting taggers each time.

Game 3

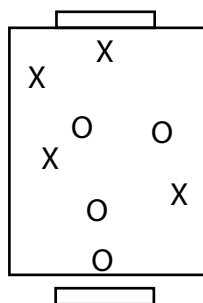


Cops and Robbers - The Crystal Bust

Setup: Grid is 20x20 with 5 yard safe zones on each side. There are two equal teams. One is called the cops, one is the robbers.

Rules: Players must run across and steal the crystals (balls) from the other team, and take it back to their safe house. The players cannot go in their own safe house only the other teams, so if an opposing player goes in there they cannot stop them until they come out of the safe house. Play a timed game and the team with the most crystals at the end is the winner. Switch which team is the cops and which are the robbers.

Final Game



4v4 Continuous Game

Setup: Grid is 30x25, there are two goals, one on each endline, players are in equal teams, there are no goalies.

Rules: Have two-three balls in play at a time. If the ball goes out the coach has two balls in his hand at all times and just plays a new one in. Once a player score a goal they pick up the ball and bring it to the coach.

Coaching Points: Encourage moves and creativity. Don't worry if it looks chaotic, that is good. You want as much movement by the players and as many touches as possible.