

Week 2 U5-U6

1. **Game:** Put half the players in pinnies. Don't take the pinnies off until the end of the session. Play (12 min)
2. Collect the players in sit them down. Welcome them tell them. Introduce yourself and any other coaches on the same field. Tell them how excited you are to coach them today.
3. **Train:** Driving Around (4-5 min)

Tell kids we are going driving (no ball). Call out different instructions as they run around be as creative as you want but here are some suggestions:

- Driving: Jog around change directions
- Raining: Windshield wipers (do 5 Jumping Jacks)
- Speed limit: Walking
- Stuck in the mud: Run in place
- Narrow Road: Galloping
- Bumpy Road: Skipping
- Road Construction: Leap over potholes (spots on field, like lines or cones)
- Crosswalk: Slow Motion Walking
- Highway driving: Running
- Flat Tire: Hopping (one foot)
- Out of gas: take a break at your spot, and fill up
- Ambulance Coming: run to closest sideline

4. **Train :** Flamingo Tag (4-5min)
If tagged, you must balance on 1 leg. You are freed when someone high 5's you. (this promotes practicing balance which you need to strike a ball)

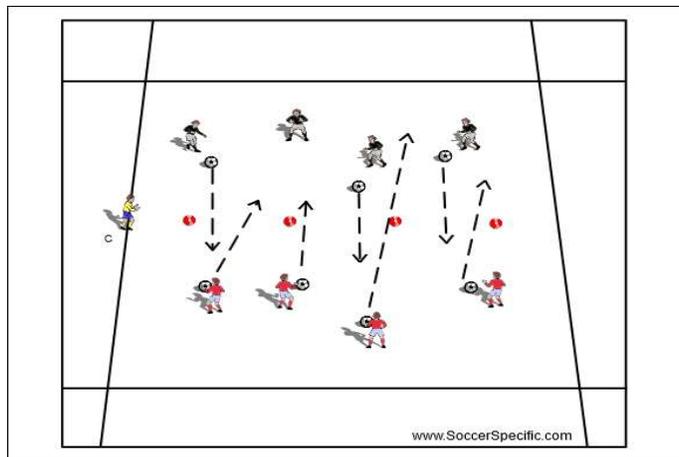
5. Break (1-2 min)

6. **Train:** Clean Your Room (7-9 min)

Put cones across half the field to mark off where one room is (for half the kids) and the other room is the other half of the kids. The soccer balls represented the mess in their room, and they need to get the mess (balls) out of their room.

All the soccer balls are placed randomly on either side and the players need to kick the balls (mess) that are on their side (in their room) into the other room. Coach can stop the game every 2 minutes (play few times). The team with the dirtiest room (most balls) must make funny faces, or do two jumping jacks etc. Make it fun!

Object of the game is to practice their strong kicks and clean their room faster than the other side!



7. Break (1-2 min)

8. **Game:** Final Game

Items of Note

All - When the ball goes out have another ball in your hand to throw in to keep the game going. No Throw-ins or throwing the ball in the year, the ball in the air at this age encourages use of hands and fear of the ball hitting them which we want to avoid.

U5-U6 try to have a max of 6 v 6 on the field at a time during the game. Too many on the field while seen as having lots of kids active reduces the number of ball touches per player. Use subs and change players every 2-3 minutes so no player is off long, and everyone gets lots of field time