

SIU
U5/U6 RECREATIONAL SOCCER
Week 1

**FUNDAMENTAL-
WARM UP**

1. Over and Under (1-2 minutes)
2. I Can Do Something Without the Ball , Can You? (2-4 minutes)
3. I Can Do Something With the Ball, Can You? (2-4 minutes)

ACTIVITIES

1. Body Parts Dribble (4 minutes)
2. Ball Retrieval (3-4 minutes)
3. Ball Stretch (2 minutes)

WATER BREAK

4. Everybody's It! (4 minutes)
5. Balls Galore(6 minutes)
6. Cool Down- Ball Stretch

**ORGANIZATION of Warm Up
Activities**

1. Players stand back-to-back. One player passes the ball over their head, the other player passes the ball between their legs. Switch directions players are passing.
2. Purpose is to improve balance, agility and body awareness. Coach says, "I Can Do Something Without the Ball, Can You?", then models some movement such as, standing on one foot; walking a swinging arms forwards and backwards while clapping; hopping on one foot etc. Give players a chance to be the leader.
3. Same as #2 but with a ball.

ORGANIZATION of ACTIVITIES

1. Purpose is to improve listening skills, knowledge of body parts, and dribbling. Each player dribbles around at random. Coach calls a body part and the player stops the ball with that body part. Coach then says dribble on before calling another body part.

2. Purpose is to encourage quick thinking, problem solving, and improve motor skills. Coach throws the player's ball away giving a command on how the ball should be returned to the coach. Player's run to retrieve their ball and bring back to the coach according to the command.
3. Purpose is to improve balance, coordination and stretching. Have players bend at knees over the ball. With their hands, players role the ball on the ground in a figure 8 around their legs. Then have players place one leg forward with the other leg back, to rolling the ball around the forward leg.
4. Purpose is to improve dribbling. On command everyone starts dribbling trying to tag as many other players as possible in 30 sec. Ask players how many players they tagged. Repeat 3 more times asking them to see if they can tag more each time.
5. Purpose is to improve the concept of dribbling toward the goal. Set up a small sided field (15 x 20). Use discs for goals. Play 3 v 3 to two goals using more than one ball. When balls are scored or played out of bounds serve in another ball. Always have two or more balls in play at a time. When coach is out of balls have players retrieve balls and restart.

ALTERNATIVE ACTIVITIES:

1. Substitute Gate Dribbling for Ball Retrieval.