

Menasha Area Soccer Club
Training Activities for U-5, U-6 and U-8

*****Your practice session should consist of at least 2 soccer-oriented activities and 2 tag games!**

*****DO NOT mix dribbling and passing on the same day! Only one technical aspect of the game per day!**

Dribbling: All dribbling activities are run in the same area (15 yards by 15 yards)

Coaching points to consider:

- Part of foot being used (i.e. outstep, instep, sole, but not the toe!)
- Change of direction
- Change of pace
- Head up
- Keep ball close
- Stopping the ball

"Freeze Tag" - (no balls)

- Coach is "it"
- A couple players are "it"

"Foot Parts Dribble" or "Simon Says" - (each player with a ball)

- Coach calls out part of foot to dribble with (i.e. outstep, instep, sole, but not the toe!)
- Can also be silly and throw in their head (so they have to crawl, etc.)

"Islands" - (each player with a ball)

- Have 3-5 grids (islands) within the area that players can dribble to and stop the ball
- Once the ball is stopped on an island the player can move to another island
- How many island visits can a player have in 40 seconds?

"Freeze Tag with balls" - (each player with ball)

- Person/persons "it" do not have a ball and have to knock balls out of square to freeze a player
- If player loses their ball they are frozen and can only be unfroze by another player dribbling between his/her legs
- Once player is unfroze they can get their ball and return to the area to continue play

"Mine Field" - (each player with ball)

- Mines are random cones placed in the area that players have to maneuver past to get to end-zone/end-line
- How many end-zones can a player visit in 40 seconds?

"Red Light/Green Light" (each player with a ball)

- All dribble wherever they want within the area
- Red = stop, Green = dribble fast, yellow = dribble slow

"Soccer Tag" (each player with a ball)

- Coach is "it"
- If player is tagged that have to do 5 taps on the ball
- Once taps are done they can continue dribbling within the area

"Attack of the Crabs" (half with balls)

- Half are crabs (crab walking in middle)
- Other half try to get to the end-line and back with out getting their ball taken by a crab
- How many end-lines can you do in 40 seconds?

Passing: All passing activities are done in the same area (15 yards by 15 yards)

Coaching points to consider:

- **Plant foot is next to ball with toe pointing toward the target**
- **Ankle locked up (point toe to sky)**
- **Step into ball and follow through hitting the ball with your instep**

"Team Tag" - (no balls)

- Start with one person "it"
- When a player is tagged they have to join hands with the person "it"
- Go until everyone has been tagged and joined the team

"Random gates" - (one ball for every pair)

- Place random gates (2 cones about 2 yards apart) all over the area
- Players have to pass through as many as possible in 40 seconds

"Person Gates" - (one ball for every pair not acting gates)

- Half of the players pose as randomly placed gates (legs spread)
- The other half of the players are paired up and try to pass through as many person gates as possible in 40 seconds
- Switch roles

"Ball Boss" - (each player with a ball) ➡ **area can be much larger for this!

- Coach moves around in area and players have to dribble to find a pass to the coach
- Coach then passes the ball out in open space for the player to retrieve

"Soccer Marbles" (each player with a ball)

- Half of the players are on one end line and half are on the other
- Ball is placed in middle and players have to use their ball to knock the middle ball towards the other team
- It may be necessary to shorten the field depending on ability

"Buffalo run" (each player has a ball)

- Half of the players are on one end line and half are on the other
- Coach has to try to run through the middle without getting hit by balls players are passing to him
- If coach is hit, he or she needs to grab the part that was hit and continue
- Play stops when coach can no longer run without falling

"1 gate per couple" (one ball for each pair)

- Partners pass through gate as many times as they can in 40 seconds
- Make sure they are about 3-5 yards apart!

"Switch" (half with balls and half without)

- Coach says "switch" and players find open player to pass to