

Name: LeeJay Templeton

Team: U6 B/G

Date: 04/15/2024

Week: 2

Day: 1



TRAINING OBJECTIVE(S):

1. Basic ball handling and movements.
2. Stuck in the Mud Game.
3. Remember you only have 1 hour of training.
4. Have Fun!

<ol style="list-style-type: none"> 1. Toe Taps 2. Shuffles 3. Dribbling (goal line and back) <ol style="list-style-type: none"> a. Using pinky toe b. As fast as you can! 4. Dribbling in an area changing directions and trying not to run into a teammate or coach. Try teaching soccer knockout. 	<table border="1"> <tr> <td>I. WARM-UP</td> <td>Intensity: <table border="1"><tr><td>Low</td></tr></table></td> <td>Activity Time: <table border="1"><tr><td>10</td></tr></table></td> </tr> <tr> <td>Duration: <table border="1"><tr><td>10</td></tr></table></td> <td>Intervals: <table border="1"><tr><td>1</td></tr></table></td> <td>Recovery Time: <table border="1"><tr><td>0</td></tr></table></td> </tr> </table> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>Each player has a ball and does a number of individual warm ups and dribbling movements.</p> <p>COACHING POINTS / KEY CONCEPTS</p> <ol style="list-style-type: none"> 1. Use all surfaces of the foot to do the warmups. 2. Practice Throw-ins. (Feet stay on ground, ball over head, behind the touchline) 3. Practice dribble changing direction. 	I. WARM-UP	Intensity: <table border="1"><tr><td>Low</td></tr></table>	Low	Activity Time: <table border="1"><tr><td>10</td></tr></table>	10	Duration: <table border="1"><tr><td>10</td></tr></table>	10	Intervals: <table border="1"><tr><td>1</td></tr></table>	1	Recovery Time: <table border="1"><tr><td>0</td></tr></table>	0
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<p>Ball Handling Activities</p>	<table border="1"> <tr> <td>II. SMALL-SIDED ACTIVITY</td> <td>Intensity: <table border="1"><tr><td>Med</td></tr></table></td> <td>Activity Time: <table border="1"><tr><td>10</td></tr></table></td> </tr> <tr> <td>Duration: <table border="1"><tr><td>10</td></tr></table></td> <td>Intervals: <table border="1"><tr><td>1</td></tr></table></td> <td>Recovery Time: <table border="1"><tr><td>0</td></tr></table></td> </tr> </table> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>Each player has a size 3 ball, 12 cones per line.</p> <p>COACHING POINTS / KEY CONCEPTS</p> <ol style="list-style-type: none"> 1. Dribble with any part of the foot through the cones. 2. Use only the inside part of the foot. 3. Use only the outside part of the foot. 4. Shoot with the laces. 	II. SMALL-SIDED ACTIVITY	Intensity: <table border="1"><tr><td>Med</td></tr></table>	Med	Activity Time: <table border="1"><tr><td>10</td></tr></table>	10	Duration: <table border="1"><tr><td>10</td></tr></table>	10	Intervals: <table border="1"><tr><td>1</td></tr></table>	1	Recovery Time: <table border="1"><tr><td>0</td></tr></table>	0
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<p>Stuck in the Mud</p> <ol style="list-style-type: none"> 1. Players dribble in coned area. 2. One player wearing pinnie to try to touch players dribbling. 3. When player is touched they pick up ball and spread legs until a teammate dribbles ball through their legs and unsticks them. 4. Switch tagging player often or when all players get stuck in mud. 	<table border="1"> <tr> <td>III. EXPANDED ACTIVITY</td> <td>Intensity: <table border="1"><tr><td>Med</td></tr></table></td> <td>Activity Time: <table border="1"><tr><td>5</td></tr></table></td> </tr> <tr> <td>Duration: <table border="1"><tr><td>10</td></tr></table></td> <td>Intervals: <table border="1"><tr><td>3</td></tr></table></td> <td>Recovery Time: <table border="1"><tr><td>0</td></tr></table></td> </tr> </table> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>Each player has a size 3 ball. Determine an area using 4 cones depending on the number of players in the game. Start with an area 20 yds by 20 yds.</p> <p>COACHING POINTS / KEY CONCEPTS</p> <ol style="list-style-type: none"> 1. Keep the ball close when dribbling. 2. Eyes up to find the teammates stuck in the mud. 3. Change direction using inside and outside of foot. 	III. EXPANDED ACTIVITY	Intensity: <table border="1"><tr><td>Med</td></tr></table>	Med	Activity Time: <table border="1"><tr><td>5</td></tr></table>	5	Duration: <table border="1"><tr><td>10</td></tr></table>	10	Intervals: <table border="1"><tr><td>3</td></tr></table>	3	Recovery Time: <table border="1"><tr><td>0</td></tr></table>	0
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<p>Scrimmage! Have Fun!!</p>	<table border="1"> <tr> <td>IV. GAME</td> <td>Intensity: <table border="1"><tr><td>High</td></tr></table></td> <td>Activity Time: <table border="1"><tr><td>20</td></tr></table></td> </tr> <tr> <td>Duration: <table border="1"><tr><td>14</td></tr></table></td> <td>Intervals: <table border="1"><tr><td>2</td></tr></table></td> <td>Recovery Time: <table border="1"><tr><td>2</td></tr></table></td> </tr> </table> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>U6 sized field and one size 3 ball. Break teams into 4 or 5 per team. 2 halves with a short halftime to for feedback. Be finished after 60 minutes of training.</p> <p>COACHING POINTS / KEY CONCEPTS</p> <ol style="list-style-type: none"> 1. Emphasize modified rules of the game. 2. Changing Direction. 3. Dribbling over booting the ball down the field. 	IV. GAME	Intensity: <table border="1"><tr><td>High</td></tr></table>	High	Activity Time: <table border="1"><tr><td>20</td></tr></table>	20	Duration: <table border="1"><tr><td>14</td></tr></table>	14	Intervals: <table border="1"><tr><td>2</td></tr></table>	2	Recovery Time: <table border="1"><tr><td>2</td></tr></table>	2
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