



United States Youth Soccer Association

Becoming Friends with the Ball (Individual)

Sean McKuras Bloomington Youth Soccer Club DOC UW-River Falls- Women's Coach	February 6th, 2010 Age Group: U6-U8 2010 MYSA Winter Symposium
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Diagram/Coaching Points

<p>1st Activity (warm-up) I can do this, can you? With and without the ball</p> <p>Challenge the players to do something that you can do without the ball, for example skipping, walking backwards. Then progress to challenges with the ball.</p> <p>Add-in- Ball stretching.</p>	<p>-Get the session started by introducing ideas and then let the players contribute by showing what they can do.</p> <p>-Have a well defined area for the players.</p>
<p>2nd Activity Ball Retrieval (Go Get it)</p> <p>Have all players bring the ball to you, toss the ball away and give the players a method to bring the ball back to you. Have them use all body parts and encourage quick thinking.</p>	<p>-Give them the method to bring the ball back and then encourage them to come up with a "new way" to bring the ball back.</p> <p>-Progress to them dribbling the ball back to you using their feet. Call out a number and the player has to bring it back with that number of touches.</p>
<p>3rd Activity Body Part Dribbling</p> <p>Have all players bring their soccer balls into a defined area (rectangle, circle). All players dribble around and try to avoid running to other players and their soccer balls. Call out a body part and the players must immediately stop the ball with that body part. The players will start dribbling after they have stopped the ball.</p>	<div data-bbox="909 1155 1104 1375" data-label="Diagram"> </div> <p>-Encourage them to look for "sneaky" people to help keep their head up.</p> <p>-Encourage players to keep the ball close to them so they can stop it quickly.</p>
<p>4th Activity Ships Across the Ocean</p> <p>Get all players to one side of the rectangle with a soccer ball. Players dribble ball to the other side while avoiding the SHARK (coach). When player is caught by the Shark they become a Shark with the coach.</p>	<div data-bbox="868 1438 1153 1638" data-label="Diagram"> </div> <p>-Be careful not to make Shark to scary.</p> <p>-When players are out make them a part of of the Shark tank.</p>
<p>5th Activity (the game) 3v3-5v5 New Ball</p> <p>Two teams play. Give out creative names (unicorns vs. meatballs) and a direction to play. Every time the ball goes out of bounds the coach calls out "New Ball" and the play begins again. Move around to avoid the bunching or bee-hive effect.</p>	<div data-bbox="925 1711 1339 1963" data-label="Diagram"> </div>