



FC TEANECK U6 WEEK 2

Category: Technical: Ball Control
Difficulty: Beginner

Redz Mor, edgew ater, United States of America
Individual-Adult Member

Copycat



SET UP
30x20 Grid
Coach asks if players can do a certain action.
Coach doesn't believe and says no they can't.
When young players demand they can let them.
PROGRESS to
Hopping skipping running jumping, throwing and catching.
Dribble around.
Show stops and turns
Name the moves and ask them to do them again.
Beat their record in a minute.

Blob



SET UP
30x20 grid
Create 5-10 yard channel in middle of grid.
One player the blob begins in the channel. All other players form a line at one end of the grid and attempt to make their way past the blob with their treasure.
If Blob gets their treasure they join hands (Lock Elbows) and make the Blob bigger until there is only one left.
Winner takes center position for next game.

What time is it Mr. Wolf



SET UP:
30x20 Grid
"Mr. Wolf" is coach at one end of grid.
Players at the other end ask what time is it Mr. Wolf?
MR. Wolf replies with a time eg. 6 o'clock.
Players move forward 6 small touches. This continues until Mr. Wolf calls out "Dinner Time" and chases the sheep back to the safe zone.
Coaching Points
Take soft touches when moving the ball with the little toe and the laces.
Look up to see the Wolf
Make a sharp turn using inside cut outside cut or drag back.
look over your shoulder to see where the wolf is.

3v3 SSG



SET UP
15x 20 Grid
Play two 3v3 games side.
Coaching Points:
None observe and let kids play a game uninterrupted.