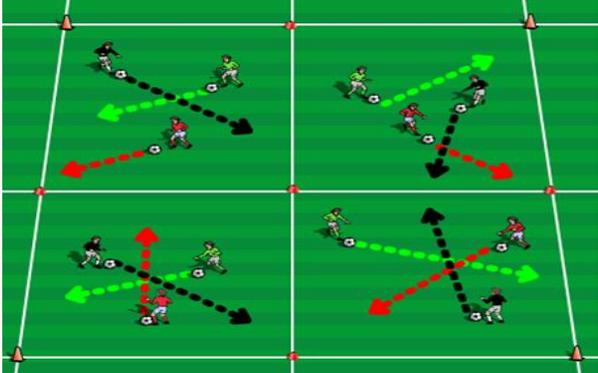


St. Mary's SOCCER

U-6/7 Academy Session 9

Main Topic: Final Session – Review what we have learned and have fun.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
<p>1st Activity – Warm up game Set up two cone goals (gates) at each end of the grid. Players must dribble through the gate goal to score. Prior to when practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 4v4. After all your players arrive or 5 minutes after the start time, you can move on to the other activities.</p>	<p>20 X 20 yard grid</p>  <p>Start 1 v 1 and add players as they arrive.</p>	<p>Limit the coaching, This should be only a warmup activity as you wait for your players to arrive and to get them focused on soccer. Coach should carry a couple soccer balls and if a ball goes out of bounds the coach can call out “new ball” and provide one to play. This will save time instead of waiting for your players to chase down a ball that went out of bounds.</p>
<p>2nd Activity – Paint the Field In this activity, the training grid will be divided into 4 sections with an equal number of players in each section. Explain that the ball is a paintbrush and players need to paint their section by dribbling their paintbrush around the grid. Have them paint using the 4 primary surfaces of the foot to use when dribbling. Outside (pinky toe), inside (big toe), laces and bottom (sole).</p>		<p>Have the players utilize the 4 different surfaces of the foot.</p> <p>Make sure to have them practice using their right and left feet.</p> <p>Additionally, have the players practice the Lean and Push and the Step Over Move that were introduced in previous weeks.</p>

3rd Activity – Sharks and Minnows

The purpose of this activity is to introduce the players to dribbling from one goal line to the other, dribbling under pressure, and trying to win the ball back if they lose it to another player. For this activity, the coaches are the defenders and attempt to steal the players' balls as they dribble down the field. The last two remaining players are the sharks for the next round.

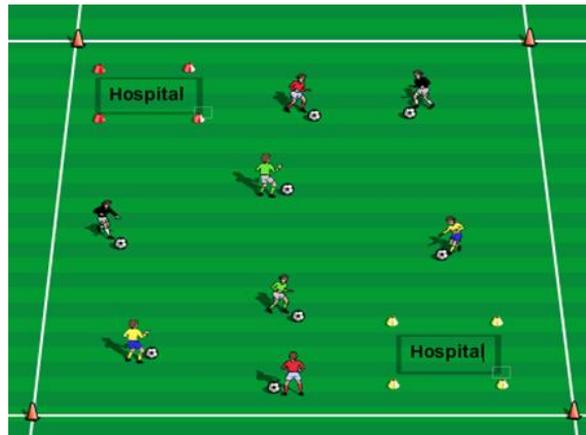


The player start at one end of the grid and when the coach says "Go", they attempt to dribble their ball to the other end of the grid. The coaches/players try to steal their ball. If they lose their ball, they must try to win it back. If they reach the other end of the grid, they wait for the coach's command and play again.

4th Activity – Hospital Tag

Set up two small squares with four cones inside your training grid. These squares will be the "Hospital" for the players to go to once they have been tagged two times.

Each player must keep their ball within playing distance (generally no further away than it would be if they were dribbling it like a basketball).

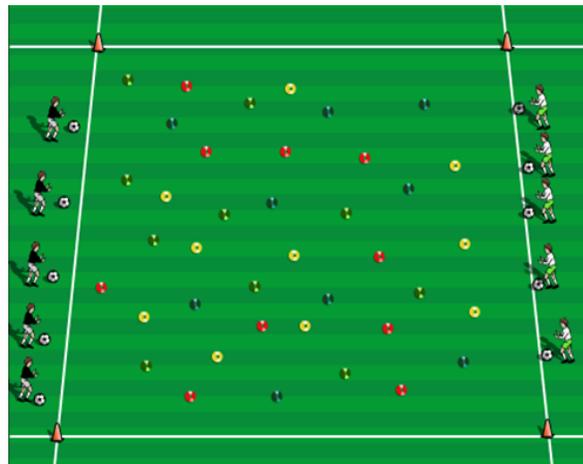


Players dribble their ball around the grid trying to tag the other players with their hand while at the same time trying not to be tagged. If a player is tagged they must place their hand ("Band-Aid") over the tagged area and continue to dribble. Once they have been tagged two times they must go to the "hospital." At the hospital they perform 5 toe taps (or another move assigned by the coach) to get well.

5th Activity –Pirate's Treasure

To begin you will need to get the players excited about the pirate treasure. What noise do pirates make?" "Arrr!" When they return to the ship with treasure they must make the pirate sound before going out to get more treasure. Make sure they are only picking up one cone at a time.

Split the players into two teams on either side of the grid. In the middle of the grid put down numerous cones (treasure).

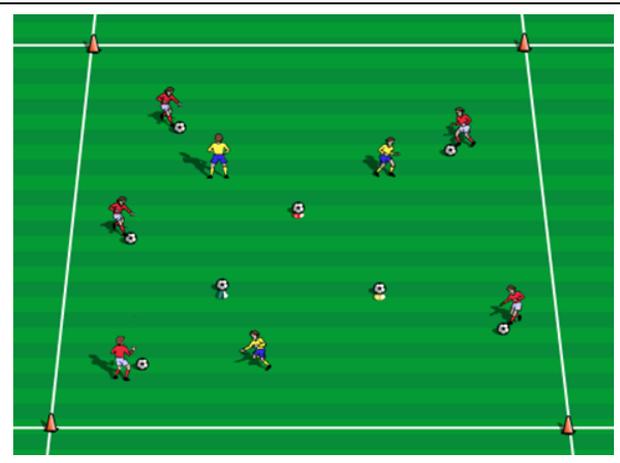


The pirates will start at one of the end lines and must go out and find a doubloon (small cones). They can only bring back one piece of treasure at a time. Once they have taken it back to their team they can go out and find another piece of treasure. To pick up the treasure they must be touching their soccer ball (with a hand, knee, foot, etc.) Once they have picked up all of the cones, have each team count to see who collected the most treasure.

6th Activity – Bandit Game with Shooting
 Set up two or three balls on top of a cone inside the grid. The players whose ball is on the cones will start out as the bandits.

When the coach say, “Watch Out for Bandits”, the bandits try to steal the other player’s soccer ball.

Once they steal a soccer ball, they are no longer a bandit and the player that lost the ball is now a bandit.



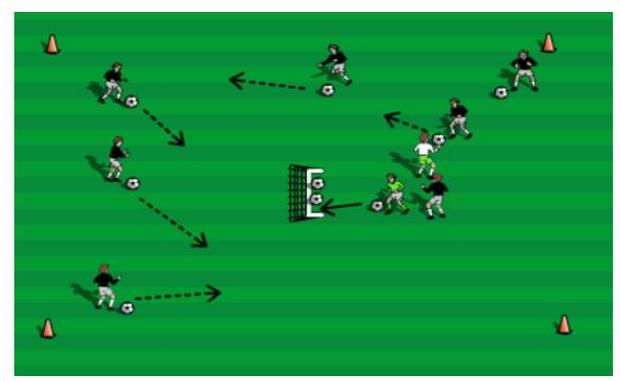
If a soccer ball is kicked out of the grid, it can be brought back in once the player has completed 5 toe touches.

After 30-40 seconds, the coach will yell “It’s a shootout” and every player with a ball tries to shoot the balls placed on top of the cones.

The players who shoot the balls off the cones get to start out as the bandits in the next game.

7th Activity – Pirate Game
 In this game the players dribble within the area trying not to have their ball stolen by one of the ghost pirates (players without a ball). If a ball gets stolen, the player who steals it tries to shoot it into the goal in the middle of the area. If the ball goes in the goal, the player who lost their ball becomes a ghost pirate trying to steal other players’ balls.

Remember, you don’t become a ghost pirate until the other player shoots your ball in the goal so try to win it back before they do.



The coaches start out as the first ghost pirates. When they steal a ball they attempt to shoot it into the goal.

If they do, the player that lost the ball becomes a ghost pirate trying to steal the ball from the other players.

The final two players with their ball become the ghost pirates for the next game played.

Cool Down – Juggling



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