

# East Bay United – Bay Oaks Soccer Club

*The Premier Club for Player and Coach Development*

## East Bay United – U6/U8 Examples of a Seasonal Training Plan

### Dribbling (Without Opposition) - Weeks 1-4

#### U6/U8 Week One – Dribbling w/out Opposition

##### Warm-Up Game – “Freeze Tag”

In a 20 x 20 grid. Two or three players (with red pinnies) are “it”. When they tag a player, that player has to stop moving. To be unfrozen, the players still running around free have to tag them. Time the game & then rotate the taggers.

##### Teaching Game – “Simon says...”

Same grid, see if the kids will start responding to your instructions.

Now add balls, & make the instructions related to using all parts of both feet.

Eg “...left foot only”, or “use the outside of your foot”, or “stop, stand still”

(w/foot on top of the ball)

##### Playing Game – 3 v 3 or 4 v 4 w/Goals

#### U6/U8 Week Two - Dribbling w/out Opposition

##### Warm-Up Game – “Follow the Leader”

In a 20 x 20 grid. Start w/out the ball. Coach is the 1<sup>st</sup> leader & the players follow in a line doing whatever the coach does, including hopscotch type & soccer movements but also goofy stuff like “bark like a dog” etc.

Have any assistant coaches & players take turns being the leader.

Add a ball for each player & have coach focus on start/stop movements w/the ball

##### Teaching Game – “Red Light Green Light”

Same grid. Each player is a car & has a ball on one side of the grid. Coach is on the other side of the grid & is the traffic light. When the coach is facing the players (red light) they stop! When the coach turns their back (green light) they go! If they run out of bounds (off the road), bump into each other or another's ball (crash), or don't stop on time (bad brakes), they have to go to the shop (assistant coach) for quick repairs.

##### Playing Game – 3 v 3 or 4 v 4 w/Goals

#### U6/U8 Week Three – Dribbling w/out Opposition

##### Warm-Up Game – “Musical Cones”

20 x 20 grid. Have a cone for each player spread out in the grid.

Start without the ball, then add it later. Have players jogging around at 1<sup>st</sup> but change to hopping & skipping etc. Have the players sing a verse of a popular song, or Row-Row-Row Your Boat, & when they stop, everyone needs to find a cone.

After each round, take a cone or two away. Have the players out of the game for only a few rounds, & let them pick the song to sing.

##### Teaching Game – “Relay Races”

Individual then small groups. Mostly straight ahead dribbling. From

one side of the grid to the other. Can add cones in a line for each player for them to stop & start as they go. If they go there & back, show them how to pull the ball back. Can add silly components like “quacking” etc. to the races.

Playing Game – 3 v 3 or 4 v 4 w/Goals

### **U6/U8 Week Four – Dribbling w/out Opposition**

Warm-Up Game – “Blob Tag”

20 x 20 grid. Start with a two-player blob. Each time they tag someone, that person becomes part of the tagging blob.

Teaching Game – “Find a Color”

Same grid. Each side is different colored cones, or just designated different places like home, school, store, beach or things like bananas, oranges etc. Players dribble around & the coach says “Yellow”, & the players change direction & accelerate towards the targeted sideline.

Playing Game – 3 v 3 or 4 v 4 w/Goals

### **Dribbling (With Opposition) - Weeks 5-8**

#### **U6/U8 Week Five – Dribbling w/Opposition**

Warm-Up Game – “Shuffle Tag”

25 x 30 grid. At least two cones per player (eg blue cone & red cone) spread out around the grid. Cones are safe. Players each start at their blue colored cone. A couple of players in red pinnies are mixed in between the rest of the team. The players need to shuffle back & forth the whole time they are safe, preparing to run to one of the alternately colored cones without getting tagged. Coach gives a cue for them to go.

Teaching Game – “1 v 1 Line Soccer”

10 x 10 grid(s). Attacking player starts at one end line & scores by dribbling over the opponents end line. Another variation is for the players to score by stopping their ball on the end line.

Playing Game – 3 v 3 or 4 v 4 w/Goals

#### **U6/U8 Week Six – Dribbling w/Opposition**

Warm-Up Game – “Stomp the Grapes (Fake & Take) Tag”

Just like last week's “Shuffle Tag” but now each non-tagger has a ball. Taggers now try to steal the ball instead of just tagging a player.

(Player shuffles feet, fakes to one side of the ball (left or right) then takes the ball the other way with the outside of the foot.)

Teaching Game – “Big Goal Little Goal”

Similar to last weeks 1 v 1 line soccer game, but now the end line is segmented into one 3 yard section & one 7 yard section. Players can now choose to dribble over their opponents end line by getting more points for the 3yard section, or less points in the easier 7 yard section.

Playing Game – 3 v 3 or 4 v 4 w/Goals

#### **U6/U8 Week Seven – Dribbling w/Opposition**

Warm-Up Game – “Name & Number”

While dribbling around, players listen for the coach to call out particular ball movements & move names (eg fake & take or pull back). Then assign numbers to particular moves etc. For example “one” may be a pull back, “two” may be switching balls with a teammate, “three” could be something silly etc.

Teaching Game – “Choose a Goal”

20 x 20 grid. End line now has two gates on each end line for the attacking player to choose from. Encourage them to fake towards one gate & then dribble through the other. Gates are cones about 2 yards apart, each gate being closer to the sideline than each other. Extra points for using particular moves to fake out a player.

Playing Game – 3 v 3 or 4 v 4 w/Goals

**U6/U8 Week Eight - Dribbling w/Opposition**

Warm-Up Game – “Steal the Bacon”

20 x 20 grid. Split the team in half. Assign numbers to each player, pairing one player from each team with an opponent. For example, if you have eight players, there will be numbers one through four on each team. Teams are across from each other on their own end lines. The coach rolls a ball into the grid & calls out a number. The player from each team with that number tries to get the ball back over their teams goal line. Second player to get to the ball defends. If defender wins the ball, the become attacker & tries to get the ball over their own end line.

Teaching Game – Marbles

20 x 20 grid (made smaller by the coach as the game progresses). Each player has a ball & tries to kick everybody else's ball out of the grid while protecting their own. Keep the players moving/dribbling at all times. Don't let them go to the corner & stand still. It is OK for players to team up to go after an opponents ball.

Playing Game – 3 v 3 or 4 v 4 w/Goals