

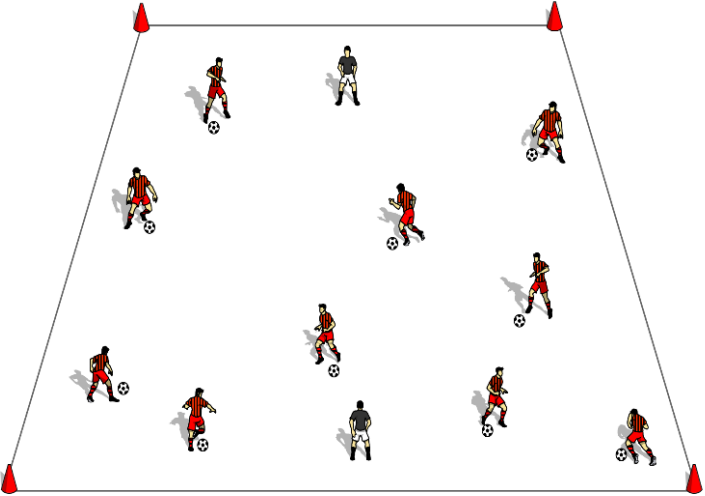


## U6 Academy Session 3

**Main Topic: Lean and Push.** The lean and push is an attacking move where the player makes a fake step “lean” opposite the direction they want to go and then beats the defender with an outside touch (pinky toe) with the opposite foot.

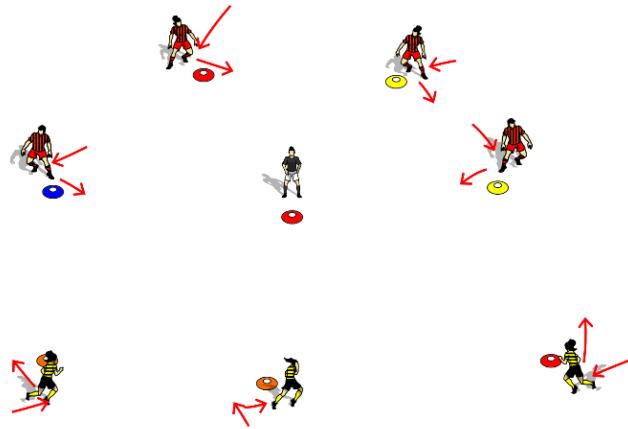
**REVIEW: Pull Back Move.** The pullback is a change of direction move that is executed by placing the bottom of the foot on the ball, rolling it backward, and turning with it. Teaching young players to keep their eye on the ball while they turn and to keep the ball close to them after they make the turn will help them complete the pullback properly.

Activity Name/Description	Diagram	Instruction/Coaching Points
<b>Warmup Activities</b>		
<b>Warm Up Game</b> <ul style="list-style-type: none"> <li>- As players arrive, assign them either a yellow or red penny and to one of the fields set up.</li> <li>- The coaches should have a couple of soccer balls in their hand so if a ball goes outside the area they can immediately call “new ball” and provide one to a player.</li> <li>- Identify the players who are not getting the ball and try to provide them the “new ball.”</li> <li>- By now the players should understand the role of each player in the diamond formation.</li> </ul>	<p>The diagram shows a diamond formation on a soccer field. Four red cones are placed at the top corners, and four yellow cones are placed at the bottom corners. Eight players are positioned in a diamond shape: two at the top (one yellow, one red), two in the middle (one yellow, one red), and four at the bottom (two yellow, two red). A soccer ball is shown near the top-left player.</p>	<ul style="list-style-type: none"> <li>- This should be a game without much coaching to get the players warmed up, expend some pent up energy from being in school, and focused on soccer.</li> <li>- At this age most of them will want to chase the ball around the field. Don't worry too much about them passing, they most likely won't do it.</li> <li>- Instead encourage them to dribble to one of the two goals to score.</li> <li>- BE SURE TO MAKE THE GATE GOALS WIDE SO THE PLAYERS HAVE SUCCESS SCORING BY DRIBBLING THROUGH THEM</li> </ul>

<p><b>1<sup>st</sup> Activity – Body Awareness</b></p> <p>Balance – Stationary</p> <ul style="list-style-type: none"> <li>- Stand on one leg – Put the leg out as far as they can in front, behind, and to the sides using the arms for balance. Then do the other leg.</li> </ul> <p>Balance/Agility</p> <ul style="list-style-type: none"> <li>- 1. Hop in one place on one leg, then stop and repeat on the opposite leg, then switch while hopping</li> <li>- 2. Hop and move around in 360°. Change direction.</li> <li>- Jumping Jack and Skipping</li> </ul>	<p>WITHOUT A BALL.</p>	<ul style="list-style-type: none"> <li>- Continue to make the movements more difficult.</li> <li>- Start by demonstrating the movements and then asking the players to show you movements they can do.</li> <li>- Have them do jumping jacks and skipping. It is more important to teach them how to do it correctly then to do them fast.</li> <li>- Take it slow at first showing them the proper way to do them and speed up slowly once they understand.</li> </ul>
<p><b>Individual and Group Activities</b></p>		
<p><b>2<sup>nd</sup> Activity – Dribbling with the 6 parts of the foot</b></p> <ul style="list-style-type: none"> <li>- For this activity we want the players to move around experimenting with each part of the foot they can dribble with.</li> <li>- The 6 parts of the foot that can be used to dribble a soccer ball are the Inside, Outside, Toe, Heel, Sole (bottom), Instep (Laces).</li> <li>- Have them execute the “pull back” move that was introduced in the previous session whenever the coach says “turn” or “change”</li> </ul>		<ul style="list-style-type: none"> <li>- Have the players try using each part of their foot. They may not know their left foot from right so have them make two touches with one foot and then two touches with the other.</li> <li>- Verify they are using the part of the foot that was directed and give them a high five if they are.</li> <li>- For those that aren't, show them the part of the foot they are supposed to be using and then give them a high five when they use it correctly.</li> </ul>

### 3<sup>rd</sup> Activity – Lean and Push

- The lean and push is an attacking move where the player makes a fake step “lean” opposite the direction they want to go and then beats the defender with an outside touch (pinky toe) with the opposite foot.
- Start them practicing with a cone, then move to a stationary ball, and finally have them practice with a ball as they dribble around the grid.



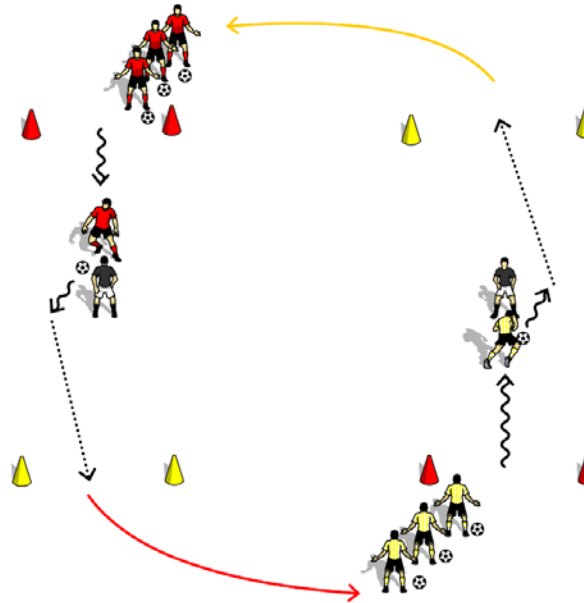
- To instruct young players on moves, it is easier to start them using a cone and break the move into individual steps.
- Initially have them work on just taking the fake step in one direction.
- Then add in where they next take a step in the direction they want to go.
- Finally, have them work in the entire move before moving to do the same thing with the ball.

### 4<sup>th</sup> Activity – Make your move

- The purpose of this drill is to start building player's confidence to beat a defender using a move.
- Player will dribble out to practice a move to get by a static coach or cone.

#### Moves to perform

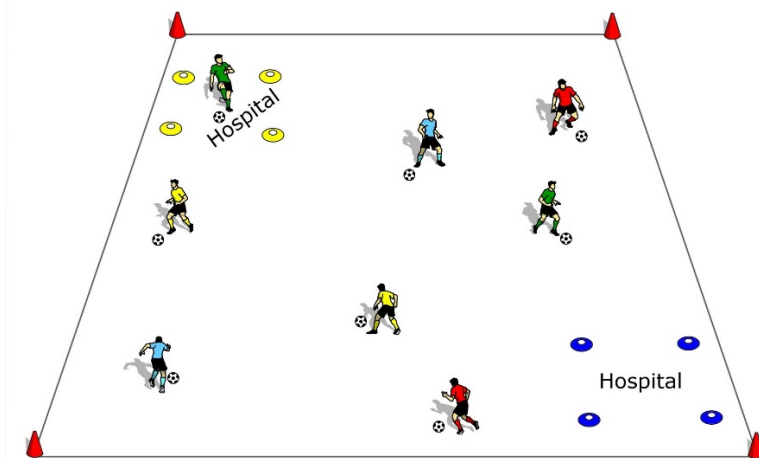
- Lean and Push
- Once a player uses their move to get past the opponent, we want them to dribble with speed to the end gate.
- Once they dribble through the end gate they join the line in the opposite direction



- To start, the player will dribble out slowly towards the defending target.
- If it is a coach, have the coach stand with one foot forward of the other. We want the player to attack the forward foot.
- Once they are the correct distance from the defending target, the player executes the move.
- After they have gotten comfortable performing the move, we want them to start working on selling the move by faking the defender with a fake pass, using a shoulder dip, or with their eyes.

### 5<sup>th</sup> Activity – Hospital Tag

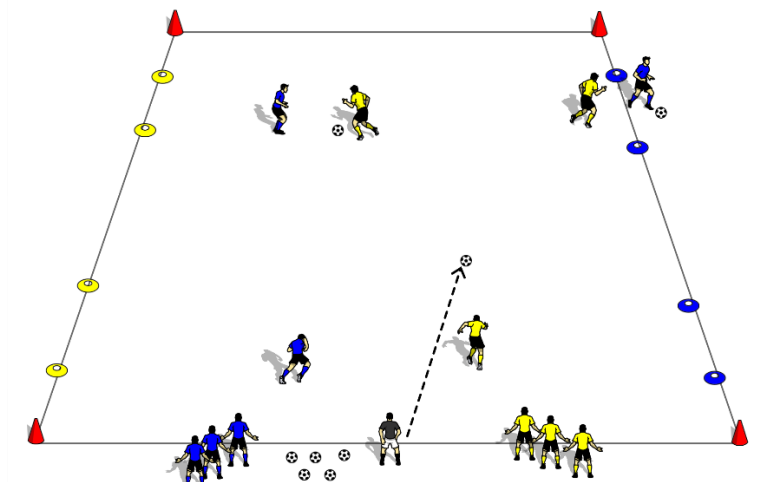
- Set up two small squares with four cones inside your training grid. These squares will be the “Hospital” for the players to go to once they have been tagged two times.
- Each player must keep their ball within playing distance (generally no further away than it would be if they were dribbling it like a basketball).
- Introduce this activity without a ball to understand the game, then have them play while dribbling



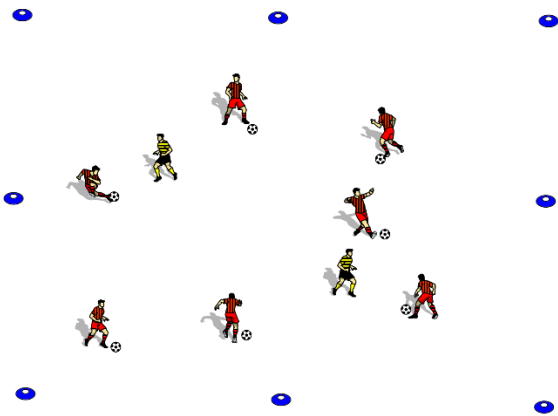
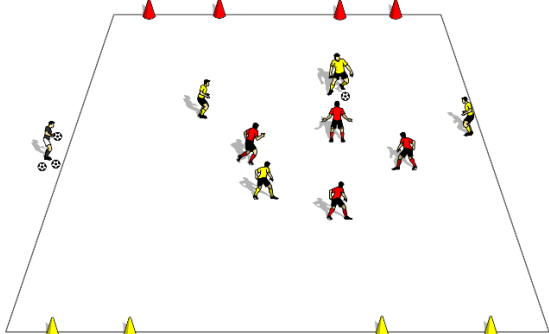
- Players dribble their ball around the grid trying to tag the other players with their hand while at the same time trying not to be tagged.
- If a player is tagged they must place their hand (“Band-Aid”) over the tagged area and continue to dribble.
- Once they have been tagged two times they must go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

### 6<sup>th</sup> Activity - Get Outta There (1v1)

- Set up the grid with two cone “gate” goals at both ends of the grid.
- Coach is in the middle of the sideline with all of the soccer balls.
- Players are divided equally with half to the left and half to the right of the coach. Players try to score by dribbling through one of their “gate” goals.
- If they use the “lean and push” move to beat a defender, they get an additional point.



- Coach serves a soccer ball into play. First player from each team enters the field and plays 1v1 until a goal is scored or the soccer ball goes out of play.
- When the ball goes out of play both players leave the field and the coach sends out a new ball for the next 2 players.
- Coach can have more than one 1v1 going on at a time by sending balls to different areas in the grid

Final Games		
<b>Bandit</b> <ul style="list-style-type: none"> <li>- All but 2 players dribble their ball.</li> <li>- The 2 without soccer balls are bandits.</li> <li>- When the coach say, “Watch Out for Bandits”, the bandits try to steal the other player’s soccer ball.</li> <li>- Once they steal a soccer ball, they try to keep it and are no longer a bandit.</li> </ul>		<ul style="list-style-type: none"> <li>- If a player loses their soccer ball, they become the bandit and attempt to steal any soccer ball (it doesn’t have to be their soccer ball).</li> <li>- If a soccer ball is kicked out of the grid, it cannot be brought back in.</li> <li>- Each round should last ~2 minutes.</li> <li>- At the end of each round, each player with a ball wins.</li> </ul>
<b>Final Game</b> <ul style="list-style-type: none"> <li>- The purpose of this activity is to start to introduce the players to playing a game.</li> <li>- A 4v4 with goals scored when a player dribbles through the cone goal.</li> <li>- This provides appropriate targets to attack and numerous 1v1 opportunities.</li> </ul>		<ul style="list-style-type: none"> <li>- Set up two cone goals at each end of the grid.</li> <li>- BE SURE TO MAKE THE GATE GOALS WIDE. WE WANT THE PLAYERS TO HAVE SUCCESS SCORING BY DRIBBLING THROUGH THEM</li> <li>- Additionally, having two goals at each end will encourage players not to just stand in front of a goal.</li> </ul>
Cool Down		
<b>Ball Catch</b> <ul style="list-style-type: none"> <li>- The purpose of this activity is to help develop Hand-Eye Coordination.</li> <li>- Players gently toss the ball and catch it.</li> <li>- Some will only be able to toss their ball a few inches and catch it. Others may be able to toss it higher.</li> </ul>		<ul style="list-style-type: none"> <li>- Be careful that they are tossing it too high and not able to catch it.</li> <li>- For those that get the hang of it, get them to walk around tossing their ball, clapping and then catching it.</li> <li>- We want each player to challenge themselves to the current limits of their ability.</li> </ul>