

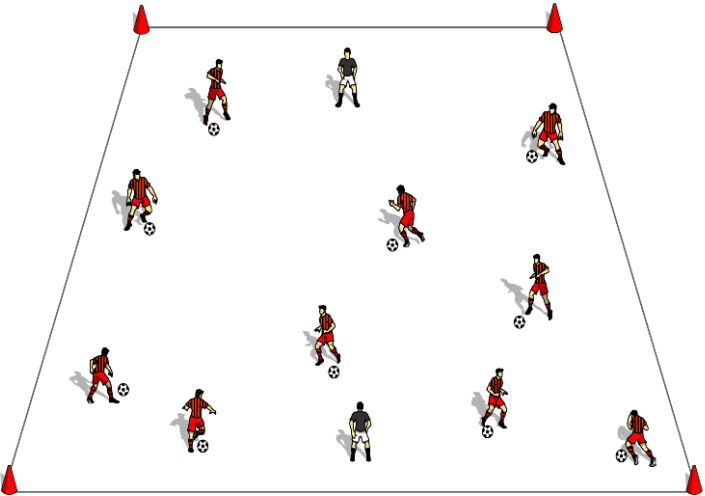


## U6 Academy Session 2

### Main Topic: Change of Direction Move - Pullback

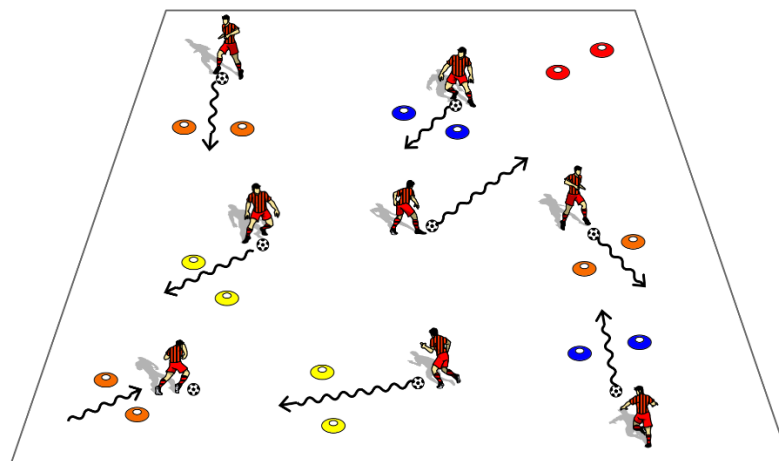
The pullback is a change of direction move that is executed by placing the bottom of the foot on the ball, rolling it backward, and turning with it. Teaching young players to keep their eye on the ball while they turn and to keep the ball close to them after they make the turn will help them complete 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 two 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. Identify the players who are not getting the ball and try to provide them the "new ball."</li> <li>- By the 3<sup>rd</sup> session the players should start understanding the diamond formation.</li> </ul>	<p>The diagram shows a diamond formation on a soccer field. Four red cones are placed at the corners of a rectangle, and four yellow cones are placed at the midpoints of the sides. Eight players are positioned in a diamond shape: one at the top (yellow), one at the bottom (red), and two on each side (one yellow, one red). A soccer ball is located near the top 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.</li> <li>- Don't worry about them passing, at this age they most likely won't do it.</li> <li>- Instead encourage them to dribble to one of the two goals to score.</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. 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>- Before they start dribbling have the players touch the correct part of the foot they need to use to help them understand which part of the foot to use.</li> </ul>	 <p>The diagram shows a large equilateral triangle defined by three red cones at its vertices. Inside the triangle, there are 12 soccer players, each with a soccer ball at their feet. The players are distributed throughout the triangle, some near the center and others closer to the sides. This setup is used for a dribbling activity where players experiment with different parts of their foot to move the ball around the field.</p>	<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>

#### 4<sup>th</sup> Activity – Gate Escape

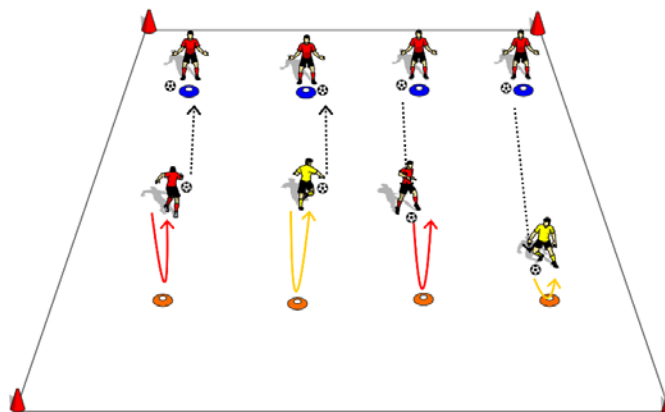
- The purpose of this activity is to introduce the players to dribbling under pressure, change of direction, and moving to a target.
- Two cones are placed approximately 2 ft apart as gates all over the playing area (try to have as many gates as you have players).
- Players dribble through one gate and then proceed to dribble through another gate.
- Once they get the hang of it, encourage them to try to do it a little faster but it is important to ensure once they pick up the speed they are still dribbling under control.



- After doing the activity a couple of times without any pressure so the players understand the activity, add some defenders.
- Coaches/parents are trying to steal the ball. The players can escape by dribbling their ball through one of the gates.
- Once the player dribbles through the gate, the coach/parent must go try to find another ball to steal.
- Try to see how many gates we can dribble through without losing our ball.
- Ask them, "Once we lose our ball how quickly can we get it back."

#### 5<sup>th</sup> Activity – Change of Direction

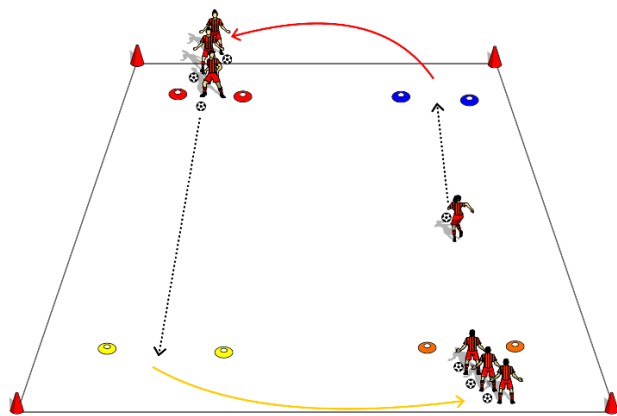
- Set up sets of two cones approximately 20 feet apart.
- Have no more than two players on each cone.
- 1st player dribbles to the other cone, performs one of the change of direction moves, and then dribbles back quickly to the first cone.
- 2nd player goes after the 1st player returns.
- Once the player has executed the move, they should accelerate away back to the starting cone.



- 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.

### 6<sup>th</sup> Activity – Stopped and Go

- Continue to work with the players to improve their confidence and control of the ball while dribbling with speed.
- Players must learn to recognize when they have space in front of them so they can make a big first touch to allow them to go faster quicker.
- Have the players focus on the player going the opposite direction. Don't tell them when to go but instead they should start when the opposite player crosses the gate.



- For this activity, the first player will make a big touch and then dribble with speed to the end gate.
- Once they cross the gate the player at the opposite ends makes a big touch and dribbles down to their end gate.
- Be sure the players are trying to dribble using their laces and not just kicking and chasing the ball.

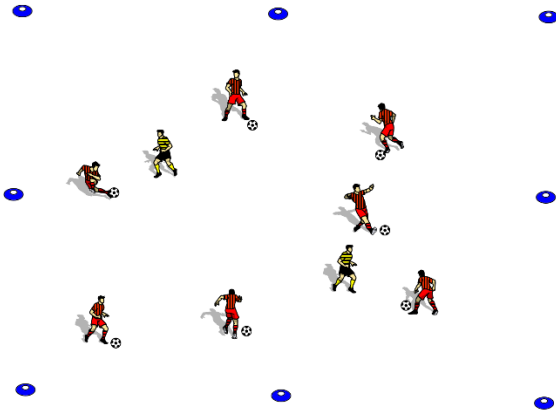
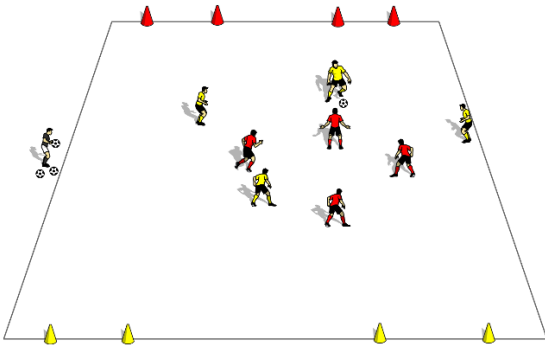
### Final Games

### 7<sup>th</sup> Activity - Diamond Formation

- Continue to work with your team on understanding the diamond formation.
- This is the preferred formation to use to get them ready to play 7v7.
- On the field set up four cones for each group that represent the diamond formation (top, left, right, and back).
- One coach can work with half of the players, the other coach can take the other half.



- Point to a player and tell them their position.
- The player should go stand next to the cone that represents their position.
- Do this for the 4 positions.
- Once the positions are filled tell another player a position.
- That player goes to that position, high fives the player that is there and takes that position.
- That player comes off the field to wait to be assigned a new position.

<p><b>Bandit</b></p> <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>- At the end of each round, each player with a ball wins.</li> </ul>
<p><b>8<sup>th</sup> Activity – Final Game</b></p> <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>- Players score only by dribbling through one of the cone goals.</li> <li>- This will encourage dribbling.</li> <li>- Additionally, having two goals at each end will encourage players not to just stand in front of a goal.</li> </ul>
<b>Cool Down</b>		
<p><b>Ball Catch</b></p> <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>