



U6 Academy Session 4

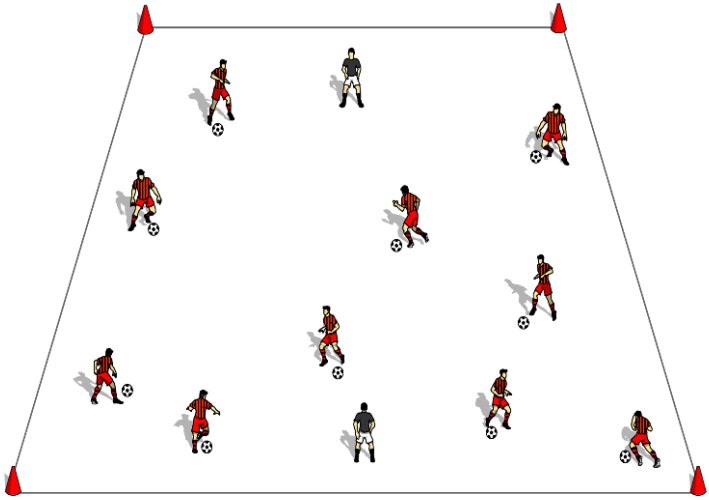
Main Topic: Step-Over Move. The step over move is an attacking move that has the player fake a pass using the inside of their foot and then take the ball away using the outside of the same foot.

REVIEW:

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.

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.

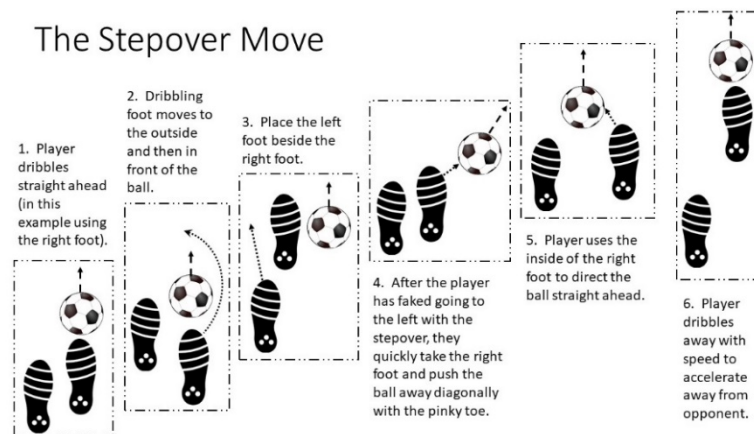
Activity Name/Description	Diagram	Instruction/Coaching Points
Warmup Activities		
Warm Up Game <ul style="list-style-type: none"> - The coaches should have a couple of soccer balls in their hand so if a ball goes outside the area they can immediately call “new ball” and provide one to a player. - Identify the players who are not getting the ball and try to provide them the “new ball.” - 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. 		<ul style="list-style-type: none"> - 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. - Instead encourage them to dribble to one of the two goals to score. - BE SURE TO MAKE THE GATE GOALS WIDE SO THE PLAYERS HAVE SUCCESS SCORING BY DRIBBLING THROUGH THEM

<p>1st Activity – Body Awareness</p> <ul style="list-style-type: none"> - Start out with the stationary and dynamic balance and agility exercise from previous weeks. <p>Move to introducing a ball</p> <ul style="list-style-type: none"> - Have them stand on one foot and move the ball forward and backward with the sole of the foot. They should go all the way from the heel to the toe. - Next have them move the ball left and right with the sole of the foot. 	<p>WITHOUT AND WITH A BALL.</p>	<ul style="list-style-type: none"> - Continue to make the movements more difficult and challenging. - Start by demonstrating the movements and then asking the players to show you movements they can do. - Take it slow at first showing them the proper way to do the exercise and speed up slowly once they understand.
<p>Individual and Group Activities</p>		
<p>2nd Activity – Dribbling with the 6 parts of the foot</p> <ul style="list-style-type: none"> - For this activity we want the players to move around experimenting with each part of the foot they can dribble with. - 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). - Have them execute the “pull back” and “lean and push” moves introduced in previous sessions when directed by the coach. 		<ul style="list-style-type: none"> - 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. - Verify they are using the part of the foot that was directed and give them a high five if they are. - 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.

3rd Activity - Step Over Move

- Approach the ball as if you are going to pass or strike it with the inside of the foot.
- Step in front of the ball instead so your foot lands on the other side of it.
- Place the opposite foot along the step over foot.
- Push the ball in the opposite direction with the outside of the step over foot (pinky toe).
- Accelerate past your opponent.

The Stepover Move



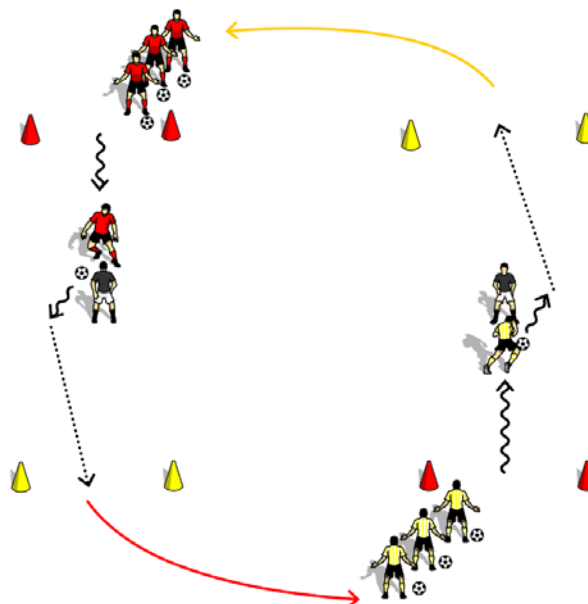
- Introduce the step over by breaking it up into the individual steps.
- We will introduce the step over move with the players performing it over a cone.
- Next we will have them perform the step over with a stationary ball.
- Once they become proficient we will have them dribble and perform the step over.

4th 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

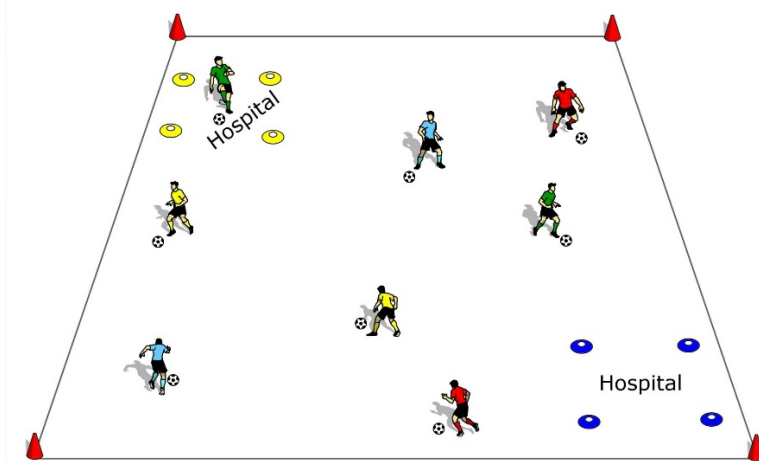
- Lean and Push
- Step over
- Once a players uses their move to get past the opponent, we want them to dribble with speed to the end gate.
- Once they dribble through the end gate they join the line in the opposite direction



- 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.

5th Activity – Hospital Tag

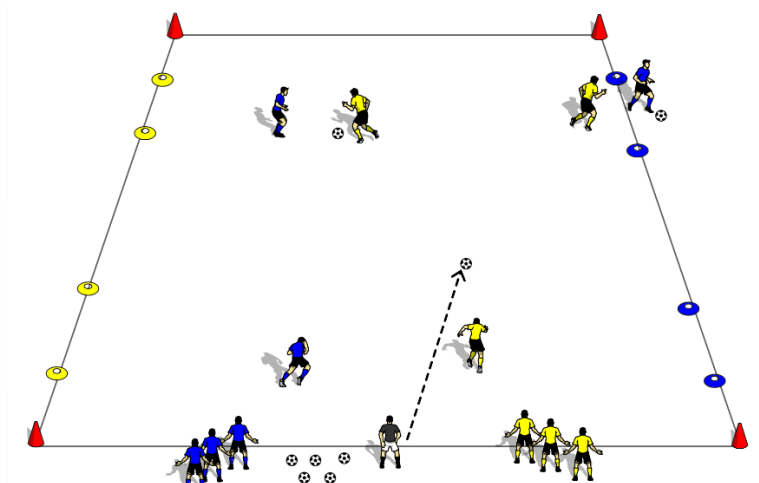
- Set up two small squares with four cones inside your training grid. These squares will be the “Hospital” for the players to go to once they have been tagged two times.
- Each player must keep their ball within playing distance (generally no further away than it would be if they were dribbling it like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



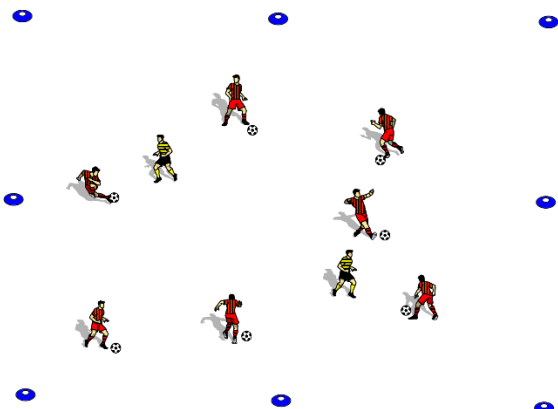
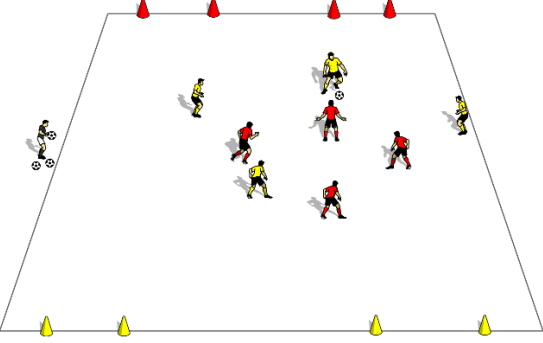
- Players dribble their ball around the grid trying to tag the other players with their hand while at the same time trying not to be tagged.
- If a player is tagged they must place their hand (“Band-Aid”) over the tagged area and continue to dribble.
- Once they have been tagged two times they must go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

6th 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		
Bandit <ul style="list-style-type: none"> - All but 2 players dribble their ball. - The 2 without soccer balls are 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 try to keep it and are no longer a bandit. 		<ul style="list-style-type: none"> - 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). - If a soccer ball is kicked out of the grid, it cannot be brought back in. - Each round should last ~2 minutes. - At the end of each round, each player with a ball wins.
Final Game <ul style="list-style-type: none"> - The purpose of this activity is to start to introduce the players to playing a game. - A 4v4 with goals scored when a player dribbles through the cone goal. - This provides appropriate targets to attack and numerous 1v1 opportunities. 		<ul style="list-style-type: none"> - Set up two cone goals at each end of the grid. - BE SURE TO MAKE THE GATE GOALS WIDE. WE WANT THE PLAYERS TO HAVE SUCCESS SCORING BY DRIBBLING THROUGH THEM - Additionally, having two goals at each end will encourage players not to just stand in front of a goal.
Cool Down		
Knee Juggling <ul style="list-style-type: none"> - Players gently drop the ball, bounce it once of the thigh and catch it. - Some may not be able to initially drop the ball and bounce it off the thigh. Instead have them hold the ball out in front of them waist high and have them bring their thigh up to touch the ball. 		<ul style="list-style-type: none"> - Have the players alternate juggling it off one thigh and catching it, then juggle off the other thigh. - For those that get the hang of it, see they can juggle it twice of the same knee. Next see if they can juggle it off one knee and then the other before catching it. - We want each player to challenge themselves to the current limits of their ability.