



September 25th - October 1st

First Kicks: U6 # 1

Yasamin Alipour

Category: Technical: Quality of pass

Whole

Objectives: Quality of pass

Organization:

Field size: 20m x 25m

Divide players into three teams of four. Two teams will play 3v3 for 5 minutes, while the third team will be on a break. After every 5 minutes switch the teams. Game rules apply.

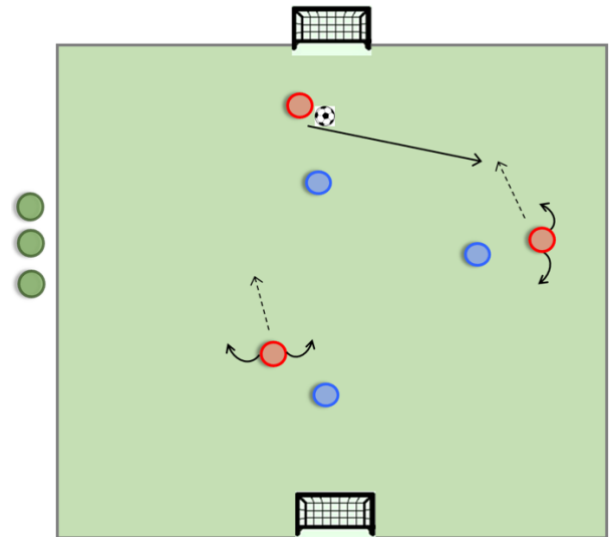
Coaching point:

- Quality of pass: intensity, angle, inside/outside/laces (**No toes!**)
- Receive the ball with open body position

Reminder!

Team shape: remind players to adjust their position to keep their team shape (diamond) as moving forward.

Duration: 10-15 min



Part (team base)

Objectives: Quality of pass

Organization:

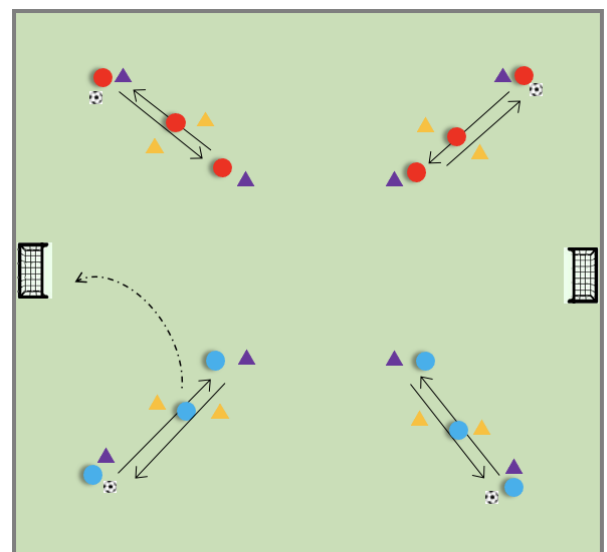
Divide players into four groups. For each group, one player stays at each jumbo cones (strikers) and one player defends the gate.

strikers will get the point when they make a pass through the gate, while the defenders earn points when they deny a pass. Switch the defenders after every 2 minutes.

Progression:

- Make a competition between four groups. The first team which passes 10 times through the gate is the winner. If the defenders win the ball, they can score on the pugs (See the dotted line).

Duration: 10-15 min



Whole

Objectives: Quality of pass

Organization:

Field size: 20m x 25m

Play 3v3. Game rules apply.

Coaching points:

- Team shape (i.e., triangle)
- Quality of pass: intensity, angle, inside/outside/laces (**No toes!**)

Progression:

You can give different tasks to the players of the team on the break to monitor and discuss the performance of a specific team. Tasks should be related to the coaching points. Try to highlight the positive performance of players in the game and discuss it with the players who are not playing at the moment.

Duration: 15-20 min

