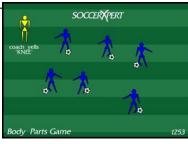


NYSW **Recreation Soccer**

Lesson 1

Under-6

Meet and greet



Players dribble in confined area. 20 Coaching pts: x 20 area

When coaches yell stop. Players Meet and introduce themselves to the closest player to them when.

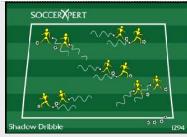
Then continue to dribble Different Greetings

1. Hand shake 2. High five. 3. Low five 4. Elbow touch. 5. Fist pound

Keep ball close to body Working with new teammates

6 minutes

Shadow Dribbling



Set up 20 x 20 area

- 1.First Partner dribbles around the grid
- 2.Second partner shadows their partner around the field with a ball
- 3. Shadow partner
- 4. Change roles
- 5. Use different surfaces while dribbling
- A. Left foot, b. right foot, c. Bottom

Coaching pts.

- 1. doesn't have to be fast
- 2. Control the ball, keep it close to your body
- 3. Keep ball in the grid
- 4. Shadow player should try keep their head up

6 minutes

Coach Ball Toss



- 1. Coach tosses the balls out over the field
- 2. Players have to retrieve the ball and bring The ball back to coach
- Coach then gives players instruction on how to return the ball variations: sole of foot, instep, outside of foot, left foot, right foot, laces only
- 1. Solve problems
- 2. Try new surfaces to dribble with
- 3. Control over speed

6 minutes

3v3 scrimmage

Set up 15 x 20 yard field, play 25 minutes 3v3 rotate players

Shared by Chris Paiclio, NYSWYSA Recreation Director cpacilio@nyswysa.org Some activities and Diagrhams provided by SoccerXpert. www.soccerxpert.com