

Name: Vince Ganzberg

Team: F License (5-8 year olds)



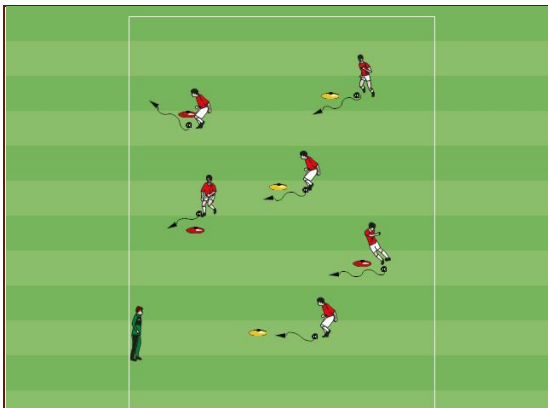
Date: May 2014

Mesocycle:

Microcycle / Day: Any

### Training Objectives:

- To improve dribbling and ball familiarity.
- To work on dribbling with the head up
- To work on dribbling to penetrate.
- To work on dribbling to turn the ball



#### I. Warm-up: The Network

ACTIVITY INTENSITY: Low-Medium      ACTIVITY TIME: 1-2 minutes

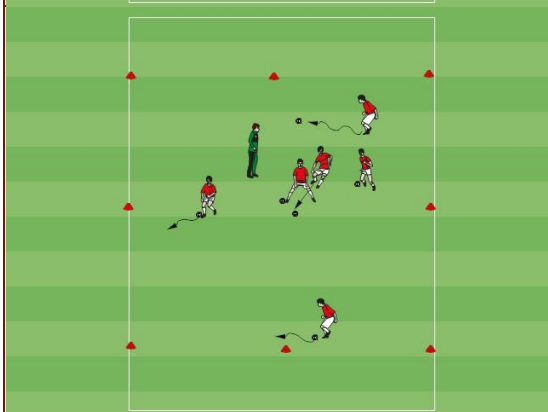
DURATION: 8 min.      # OF REPETITIONS: 4      RECOVERY TIME: 1

##### Organization (Physical Environment / Equipment / Players):

Place different colored cones within a playing area. Each player has their own ball. At first perform activity without the ball. A) Run and touch cones with hands, B) run and touch cones with feet, C) Run and hop over cones with two feet, D) Run and hop over cones with one foot. Then add a ball. Have the players dribble from cone to cone. A) Dribble around a cone, B) Dribble to a new color.

##### Coaching Points / Key Concepts:

Dribbling with the head up. Working on movement ability (w/out ball)



#### II. Main Part: Small-Sided Activity (Freeze Tag)

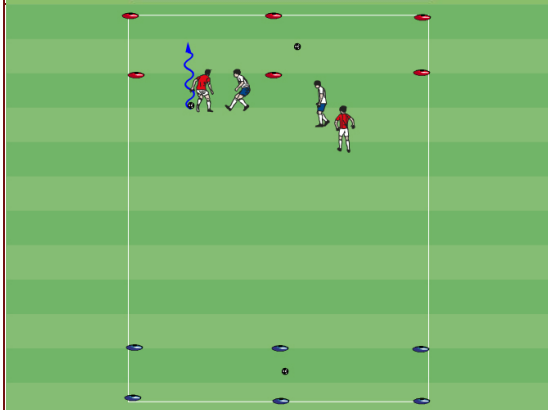
ACTIVITY INTENSITY: Medium      ACTIVITY TIME: 2 min

DURATION: 12 min      # OF REPETITIONS: 4      RECOVERY TIME: 1

##### Organization (Physical Environment / Equipment / Players):

To start players run with balls in their hands. If get tagged then 5 touch ups to get unfrozen.. The progress to dribbling a ball. If player gets tagged by the coach then a teammate has to unfreeze them by passing ball under the legs or dribbling around them. Play in this manner for a period then make the boundaries smaller.

**Coaching Points / Key Concepts:** Dribbling with the head up. Introduce how to turn the ball with the inside of the foot. Ask them to show how they get away from being tagged.



#### III. Main Part: Expanded Activity (2v2/3v3 to an end zone)

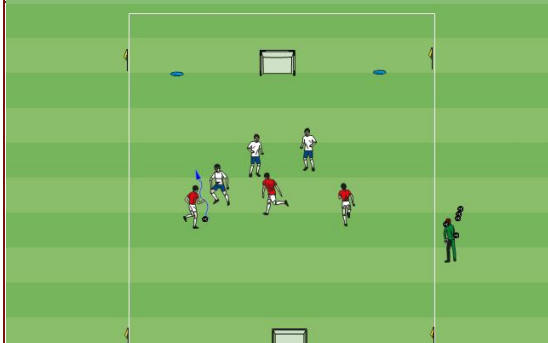
ACTIVITY INTENSITY: Medium-High      ACTIVITY TIME: 2

DURATION: 12      # OF REPETITIONS: 4      RECOVERY TIME: 1

##### Organization (Physical Environment / Equipment / Players):

Create two endzones and put a ball in each. There is also one game ball. Play 2v2 or 3v3. The objective is to dribble the ball into the other team's endzone. When this occurs the team that scores retrieves another ball from their defending endzone and tries again. The first team to get all three balls into the other team's endzone wins.

**Coaching Points / Key Concepts:** Introducing pressure and going around an opponent. Ask players to show you how they go around someone.



#### IV. Game: (3v3)

ACTIVITY INTENSITY: Med-High      ACTIVITY TIME: 3

DURATION: 10 minutes      # OF REPETITIONS: 2      RECOVERY TIME: 2

##### Organization (Physical Environment / Equipment / Players):

Play 3v3 to small goals. At first play "NEW BALL". Whenever a ball goes out of bounds the players will receive a new ball from the coach. Play until one ball is left. After that show what occurs after the ball goes out of bounds (kick-in, goal kick, corner kick, etc.) End with "Super High Fives". Make them jump in the air to slap the coach "five"