

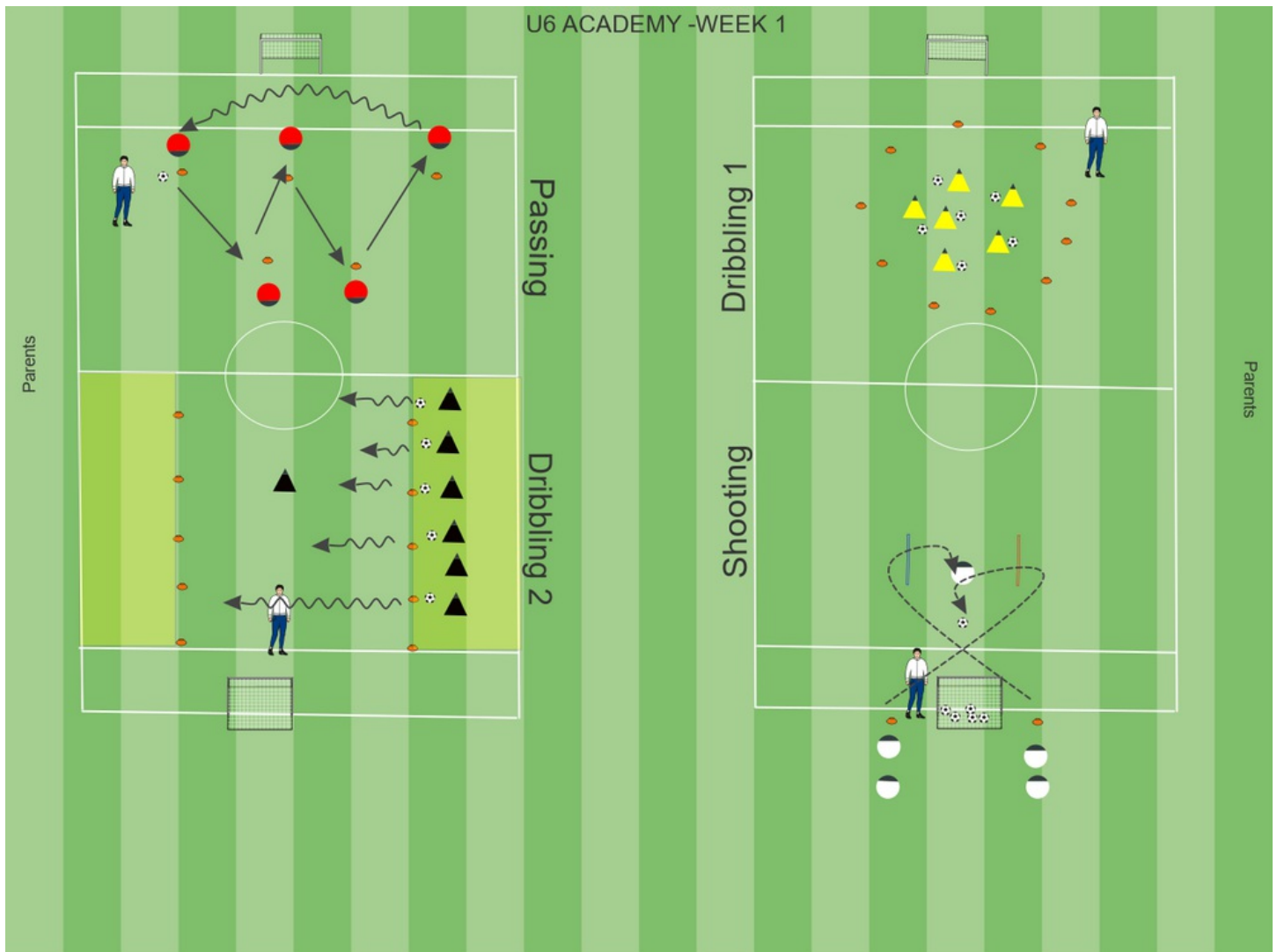
U6 ACADEMY - WEEK TWO

OBJECTIVE: FUN

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Initiative

John Burnworth



ORGANIZATION:

Passing - See diagram - Kids will pass to the diagonal player and follow their pass. Last kid dribbles to first cone and restarts. Dribble 1 - Sharks and Minnows. Start with one shark. Move to two. Then start sharks behind the kids. Shooting - Have kids alternate turns. This week they will run across to the opposite pole. After 3 rounds, make it a game. Start a kid on each side have them race. Dribble 2 - Refresh skills: ball taps, side to side. Add in new skills: skip, skip with ball. Turn into a game with kids doing things when numbers are called out. Next week move to holding up numbers. Switch balls.

KEY WORDS:

Passing - on toes, follow pass, soft pass. Inside of the foot. Dribble - keep the ball close. Go fast. Shooting - hit the target. Dribble 2 - head up, ball close.

🕒 **MOMENT:**
Attacking

👤 **AGE:**
U6 / 4v4

👤 **PLAYERS:**
4 vs 4

🕒 **DURATION:**
25:0 min

