







U5 TSC TRAINING GUIDE WEEK 5

Activity 1	Activity Description	Coaching Considerations
	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air. Coach: Have the players count how many times they touch the ball before it hits the ground. Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<ul style="list-style-type: none"> • Hand, eye, foot coordination • Use foot and thigh <p style="text-align: right;">Time: 6 minutes</p>
Activity 2	Activity Description	Coaching Considerations
	<p>Free Dribble: All players are dribbling a soccer ball in a 20x25 yard grid using the inside, outside, and sole of their foot. Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<ul style="list-style-type: none"> • Challenge players to use different surfaces of foot • Players must dribble with their heads up • Encourage the players to try a new move <p style="text-align: right;">Time: 8 minutes</p>
Activity 3	Activity Description	Coaching Considerations
	<p>1v1 to End-Lines: Divide a 20x25 yard grid into two even grids. Make two groups, one with the balls and the other without the balls at opposite ends of the grid. At coach's command, the 1v1 game begins. The game ends when the player with the ball scores by dribbling under control over the opposing players' line. If the defender gets the ball, he/she tries to score. Coaches: After each 1v1 bout, players switch sides.</p>	<ul style="list-style-type: none"> • Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making <p style="text-align: right;">Time: 8 minutes</p>
Activity 4	Activity Description	Coaching Considerations
	<p>2v2 to End Zones: Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Make a one yard wide End Zone along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<ul style="list-style-type: none"> • Application of dribbling, and passing-receiving technique under pressure • 1v1 defending Decision making <p style="text-align: right;">Time: 8 minutes</p>
Scrimmage	Activity Description	Time
4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	30 minutes