



U6U7 Week 6 Protect the Ball

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Robin Hood

Story

The Dragon wants to protect all his eggs from the children who want to steal them and keep them.

Implementation

Each player waits in the corner as the dragon (Coach) sleeps in the middle of the area with all the "eggs" soccer balls

Players have to run into the middle to steal a ball.

At any moment the dragon (Coach) can choose to chase players with their ball.

Players must steal the ball and accelerate back to their cone, before high fiving the next person in line. for them to go and steal a ball.

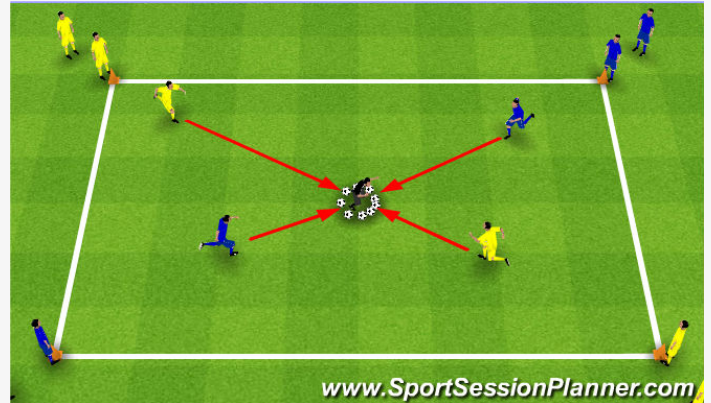
Team with the most balls when all have been collected wins.

Coaching Points

Steal the ball with a quick sharp turn.

Accelerate back to their team.

Get your body between the defender and the ball.



Knockout

Story

It's the big fight straight from Las Vegas. 2 Teams will duke it out to be knockout king champion

Implementation

Players are in 2 teams with each player having a soccer ball.

Player attempt to kick opponents soccer balls out of the grid, whilst keeping their soccer ball in the grid.

If your ball gets knocked out you have 10 sec to get your ball back in.

If your ball is knocked out 3 times you are out for the round.

Coaching Points

Moving with ball into space

Strong shielding stance to protect ball

Keep the ball close when dribbling

Keep your body between the defender and your ball.

Have head up at all times



1V1 Back to goal

Set Up

Players are split into 2 teams and are lined up on either side of the goal.

There is a cone 10-15 yards in front of the goal.

Implementation

On the coaches command the first players in each line run out to the cone. The coach passes to who ever gets to the cone first.

The palyer who recieves the ball needs to protect the ball, before trying to turn and score.

Progress the session by adding a goalkeeper.

Coaching Points

Keep your body between the defender and the ball.

Turn quickly and sharply away from the defender.

Look up to see where the goal is before shooting.

