

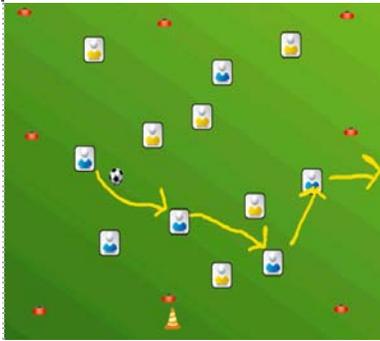


NYSW Recreation Soccer

Lesson 7 1 v1

Under-6

Hand Ball



1. Set up the field 15 x 20 Yd
2. Two teams
3. Each team moves the ball with their hands.
4. Each player gets two steps then must throw the ball to another teammate
4. The team tries to toss the ball over the end line.
5. Their other team can defend them closely but cant touch the player with the ball
- 6.) If they win ball they counter towards their end line.

Coaching pts:

1. Movement Education: repetition in ball touches; balance, eye-foot coordination, change of speed, change of direction, decision making

6 minutes

1 v1 Dribbling



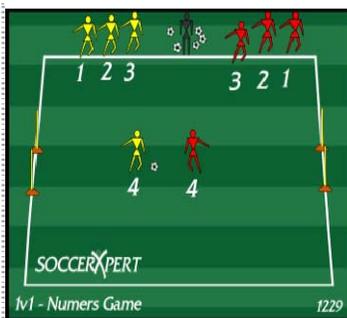
1. 5 sets of goals around the outside the circle
2. place your players in pairs.
3. The player with the ball tries to maintain possession of the ball and tries to score in any of the five goals
4. To Score the player must dribble through the 2 Yd goals
5. If other player wins the ball they now try to score

Coaching Points:

1. Fun....Dribbling under pressure
2. Turn away from opponents and not into opponent
3. Keep an eye on the ball, but with head up to avoid collision and to see which goal is open

6 minutes

The Number Game



1. Set up a 15 x 20 Field
2. Divide the players into two teams
3. Each player is given a number
- 4 Coach will Yell out a number and that number will go and meet the ball
5. player will try to gain possession of the ball and try to score a goal

Variations:

1. Players can go to either goal to score
2. Players must go to one goal to score

Coaching pts.

1. Take on your opponent
2. Shoot when you have the chance
3. protect the ball when necessary
4. Chang of direction
5. Defending

6 minutes

Play the Game 3v3



- 1 Set up the field 20 X 25 YD
2. No Goalies

Coaching Points:

1. Free play
2. have Fun.
3. Directional

25 minutes