

# PSC SOCCER U5/6 SESSION 1

To get started and get their attention:

Count down 5-4-3-2-1

Extend arms, palms up = noise, palms down = quiet

Kneel down to their level

Get started quickly, the 30 second rule. Every player should have a ball and be involved.

Let the games/activities teach (guided discovery). Fix the rules on the fly.

BE ENTHUSIASTIC

BE POSITIVE

BE ENCOURAGING

NO FRUSTRATION, send them on a water break

## Warm-up:

Toe taps, #1 2 minutes

Body part Dribbling, #16 3 minutes

Ball Stretching, #4 2 minutes

I Can Do Something without the Ball, Can you? #13 3 minutes

Water Break 3 minutes

## Main Activities:

Individual Ball Retrieving, #15 5 minutes

The Glob, #42 5 minutes

Water Break 3 minutes

Off to the Zoo, #27 3 minutes

Attacking and Defending Gates, #84 5-7 minutes

Water Break 3 minutes

**End of training scrimmage:** 15 minutes: Divide this into 2 or 3 segments. Each segment should be between 4 to 7 minutes. Take a break between segments. If two teams combine then play two games so that all the children are playing.

## Warmdown:

Get big/Get small 2 minutes