

# PSC SOCCER U5/6 SESSION 2

To get started and get their attention:

Count down 5-4-3-2-1  
or 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.

**Play the games/activities.** Let the games/activities teach (guided discovery). Fix the rules on the fly. Note: for those who are trying to teach technique, they are too young and the other children are standing/watching when they all should be involved all the time. If you run out of activities please feel free to also play the ones they liked most from last week.

BE ENTHUSIASTIC  
BE POSITIVE  
BE ENCOURAGING

NO FRUSTRATION, send them on a water break

## **Warm-up:**

Every Player has a ball.

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

Ball Stretching, #4 2 minutes

Cross Over, #44 3 minutes

Water Break 3 minutes

## **Main Activities:**

The Glob, #42 3 minutes

Movable Goal, #64 5 minutes

Find the Coach, #43 4 minutes

Water Break 3 minutes

Red Light, Green Light, #87 4 minutes

Balls Galore, #89 8 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 of the children are playing all of the time.

**Warmdown:** Ball Stretching #4 2 minutes, Edge of the World, #95 2 minutes