

Workout U7 – U12

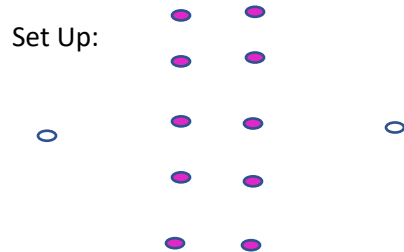
Intro

Coach Trisha Wellock with her daughter Addison Wellock on the CW3 2013 Girls Green Team

Materials: 12 cones

Warm Up: Competitive player vs parent game

Technical Skill: Dribbling in a small space and first touch



Competitive Warm Up Player vs Parent

Step 1 Directions: Player stands on white cone without a ball. Parent stands in the “river” (channel). Player tries to cross the river without getting tagged by the parent.

Time: Parent should be tagger 5 times and player 5 times (10 times total)

Step 2 Directions: Player and parent has a ball. Parent stands in the river with the ball and tries to keep the ball at their feet while tagging the player. The player tries to cross the river while dribbling the soccer ball.

Time: Parent should be tagger 5 times and player 5 times (10 times total)

Technical Session

Directions: Keep the same set up with the cones.

1st Skill – Dribble with the inside and outside of just your right foot get around the pink cones, get around the white cones then do the other side.

Time – Complete 5 times

2nd Skill - Dribble with the inside and outside of just your left foot get around the pink cones, get around the white cones then do the other side.

Time – Complete 5 times

3rd Skill – Do a “v” with the inside or outside of your foot around each pink cone then dribble around the white cone and go to the other side.

Time – Complete 5 times

4th Skill – Roll/Push with inside. Roll across your body with the bottom of one foot and push the ball forward with the inside of the other foot. Do this on all 5 pink cones then dribble around the white cones and do the same thing on the other side.

Time – Complete 5 times

5th Skill - “U” or “box without a top”. On each cone make a U shape by pulling back with the bottom of your foot, rolling across with the same foot, and then pushing the ball forward with the inside of your other foot. Do this on all 5 pink cones then dribble around white cone and complete same thing on the other side.

Time – Complete 5 times

6th Skill – “L” turn. On each cone pull back with the bottom of the foot behind your planting foot, push inside with same foot, then an inside forward touch with the other foot. Do this to all 5 pink cones then dribble around white cone and complete same thing on the other side.

Time – Complete 5 times