

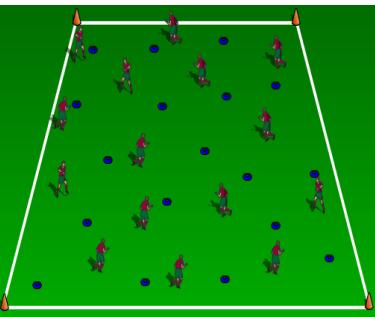
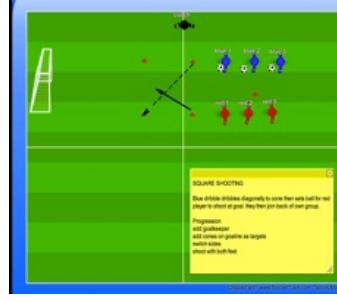
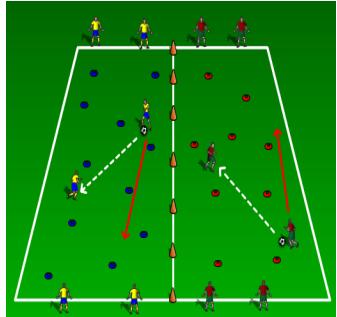
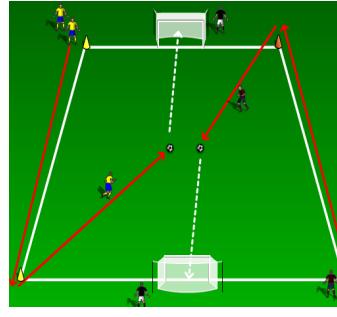


Ballymoney United Youth Academy
Under 6 Plans
Introductory Stage 2012/13

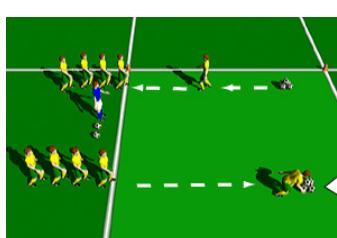




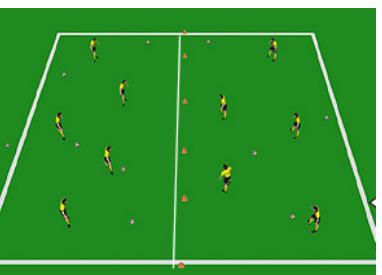
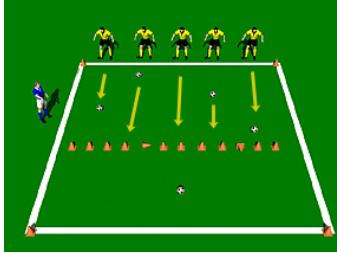
Group	Juniors	Session	1
Warm Up	Ball Familiarisation	Dribbling	
<p>7 Steps</p> <p>Players drill inside grid on call perform action</p> <p>1=on run 2=on shoe 3=on knee 4=on floor 5=drag back turn 6=on head 7= toe taps</p> <p>On coaches call exchange balls</p>	<p>7 steps players drill inside grid on call perform action 1-on run 2-on shoe 3-on knee 4-on floor 5=drag back turn 6-on head 7= toe taps on coaches call exchange balls coach calls your number give coach ball and go into goal.</p>	<p>RUN THE SLALOM</p> <p>in groups of 3, dribble through cones before dribbling quickly back to group Carry ball first Try weak foot? Pass through legs before starting etc. recap on technique</p> <p>QUICK DRAW</p> <p>on coaches call who can perform drag back first. progress to can you drag back and reach line before being caught try weak foot</p>	<p>DRIBBLE AND CLOSE CONTROL 1. dribble up and around cones using outside of foot only 2. Use studs and pushball in front 3. Drag using sole of foot 4. use inside of feet pendulum technique Progression Use of both feet Small groups Head up try weak foot</p>
<p>7 Steps</p> <p>Players drill inside grid on call perform action</p> <p>1=on run 2=on shoe 3=on knee 4=on floor 5=drag back turn 6=on head 7= toe taps</p> <p>On coaches call exchange balls</p>	<p>HIT THE NET in groups of 3, players have a ball each, player at front of line shoots at goal then collects ball and joins back of group. try weak foot? hit a moving ball/ hit a bouncing ball recap on technique</p> <p>TARGET PRACTICE Again in small groups, players have ball each and aim to hit a shot with accuracy to knock ball off cone, if they knock ball off bring it back to your group first to knock all 5 off are the winners.</p>	<p>WEIGHTED PASS THEN SHOT Players form small lines, player at front of line plays a weighted pass into square then quickly runs to catch up with ball before dribbling to end line. Progression 2 groups opposite go to back of other group Play weighted pass into box catch up with ball and have shot at goal.</p>	

Group	Juniors	Session	2
Warm Up	Passing	Shooting	
 	<h3>Passing Sequence</h3> <ul style="list-style-type: none"> Each group has a football in their area, and each group numbers each other 1-5. Number 1, passes to 2, to 3, to 4, to, 5, to 1 in their area. On coaches call move to new grid leaving ball behind 	 <p>SQUARE SHOOTING: Blue dribble dribbles diagonally to some their sets ball for red player to shoot at goal. They then join back of own group. Progression add goalkeeper add cones on goal line as targets switch sides shoot with both feet</p>	<h3>Square Shooting</h3> <p>Blue dribble dribbles diagonally to cone then sets ball for red player to shoot at goal. they then join back of own group.</p> <p>Progression add goalkeeper add cones on goal line as targets switch sides shoot with both feet</p>
<h3>Musical Cones</h3> <p>Range of coloured cones spread out in area. Coach calls out colour players must dribble to that colour. Call out few colours players must dribble in sequence. P. Enough cones for one each, on go players dribble and coach removes cones. On call you must get to a free cone if none left go to skills square.</p>	<h3>Passing Gates</h3> <p>1 football provided for every 2 players. Randomly place cones throughout area, they should be rather close together, 3 yards apart on average and no set pattern, Players dribble inside grid and score a point by passing ball through cones to their partner. How many goals can you get in 1 minute? Try and better your score!</p> 		<h3>Numbers Game</h3> <p>Two teams of 5 numbered 1 to 5, both teams in opposite corners. Coach calls out number i.e 1 and the number 1's from each corner compete to score first. Coach can call out more than 1 number at a time.</p>

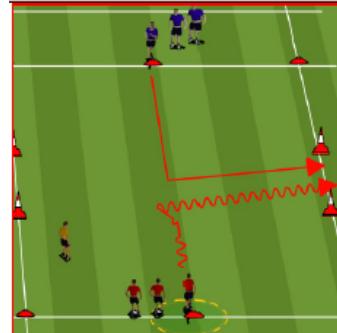
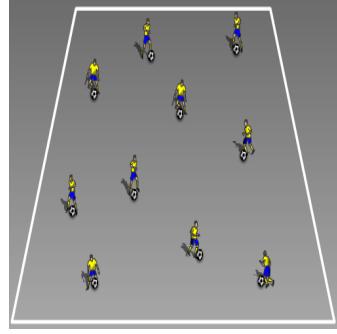
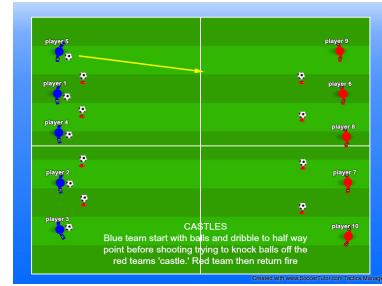


Group	Juniors	Session	3
Warm Up	Skill Development	Dribbling	
<p>Warm Up</p>  <p>Area 15 x 15 yards. 4 cones. 1 ball per player</p>	<p>Skill Development</p>  <p>Lets Go Dribbling The group is positioned inside a square. Each player has a ball. The players dribble their ball around the square using the instep, outside, toes, laces and heel of the foot. The exercise is started slowly but the pace is increased as the players get more comfortable with the ball.</p>	 <p>The Wiggles Divide your players into two small groups. Each player has a ball. Place 4 cones in a line, approximately 1 yard apart. The two teams play a competition to see which team can dribble (wiggle) through the cones first.</p>	
<p>Meet Billy Ball</p> <ol style="list-style-type: none"> 1. Tap the ball back and forth from left to right foot. 2. Roll the ball forward and backward using the sole of the feet. 3. Move the ball in a circle using the outside of each foot. 4. Move the ball in a circle using the inside of each foot. 5. Alternate tapping the ball with the sole of the right and left foot. (Tap dance). 	 <p>Bob the Builder Divide your group on two teams. Each player has a ball. The object of the game is for each team to build a pyramid using their balls. First team to complete wins.</p> <p>On the coaches command the first player on each team has to dribble their ball out 6-8 yards. They leave their ball and run back to the end of their line. The next person dribbles their ball and does the same. This is repeated until the last player who picks up the ball and places on top of the bunch of balls. Balls should be group together.</p>	 <p>Cops and Robbers Select two or three volunteers to be the "cops." All the "robbers" line up at one end with their "diamonds" (soccer balls). The robbers attempt to dribble their "diamond" from one end to the other without having their diamond kicked out by a cop. If their diamond gets kicked out, they go to jail (a designated area outside the grid).</p> <p>If a robber successfully dribbles across the grid 5 times, then a jailbreak occurs and all those in jail get to re-enter the game.</p>	



Group	Juniors	Session	4
Warm Up	Passing	SSG	
	 <p>The Cone Challenge Champion In this game each player has a ball. The object is for each player to knock down as many cones as possible within 2 minutes. On the coaches command the players kick the ball from the end line. Players get 1 point each time they knock down a cone. Player with most points after 2 minutes wins. You can also have the first player to 3 wins etc. The emphasis should be on power and accuracy of the kick.</p>		<p>Chase Me Divide your group into two teams. Position both teams in line with each other at the starting cones. A goalkeeper is placed in goal and the coach is positioned on the end line and in between both groups. When the coach serves the ball into the square, the first player from each team chases the ball. The first player to the ball is the attacker and the other becomes the defender. The player with the ball must try and score. If the defender can steal the ball they then become the attacker. After the attack has ended, both players join the end of their groups.</p>
<p>Clear the Yard This is a fun kicking game to develop each players passing skills. Players are divided into 2 teams. Each player has a ball. The idea of the game is to see which team can end up with the least number of balls in their side of the square (yard). One the coaches' command the players kick the ball into the other teams end (yard). Players get 2 minutes to before the balls are counted. Team with least balls in their side wins. The emphasis should be on power and accuracy of the kick.</p>	 <p>Passing Relay Players are divided into 2 teams. The players receive the ball from the server. The receiver must pass the ball back to the server and only scores a point for each pass back through the cones. After each pass the receiver must turn and join the end of the line. First team to score 10 points wins, or how many points can your team get in 2 minutes. The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball.</p>		<p>SSG Range of 4v4 games Awards presentation</p>



Group	Juniors	Session	5
Warm Up 	Ball Familiarisation 	Body parts <p>One ball each. Try the following skills –</p> <ul style="list-style-type: none"> “1 knee and 1 hand” = kids must put one knee and one hand on their ball. “1 foot and 1 hand” = kids must put one foot and one hand on their ball. “2 knees” = kids must put two knees on their ball 	Dribbling 
Ball Tig <p>Split group into two groups, one group has a ball each and dribble inside grid, the other group have a bib and must try and steal a ball from the group. if they get ball they give dribbler the bib and they become a catcher.</p> <p>Variation Group still split into 2 groups. 1 group has ball and others are catchers but don't have a bib this time. this encourages dribblers to keep head up while on the move</p>		Happy Feet <p>“1” = Toe Taps – One foot on top of ball then the other, then the other, then the other etc....</p> <p>“2” = Side to Side – move the ball from foot to foot using the inside of the feet.</p> <p>“3” = Push & Pull – Move ball back and forth using the sole of the foot on top of the ball.</p> <p>Try some of the COERVER skills</p>	 <p>Each team has a castle (5 cones with a ball on them)</p> <p>One team starts with a ball at their feet and dribble to half way line and attempt to knock the balls off their opponent's castle. Game continues until someone's castle is defeated.</p>



	Player Name	D.O.B.	Medical Information	Emergency Contact (name)	Number (mobile)
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