

TRAINING SESSIONS



GRADES U5-U6 NO 4-6

SESSION 4 BALL MASTERY & DRIBBLING



1. JUGGLING 5 MINS

[Western Springs Football YouTube Link: Juggling](#)

- Start with 'bounce juggle catch'
- The juggle could be with the foot or thigh into the hands
- Aim to increase to 'bounce 2 juggles catch'

MINI CHALLENGE: Use different parts of the body.

HINT: Soft touches keep the ball lower

HINT: Keep your eye on the ball.

FINAL CHALLENGE: What is the highest number of juggles (allowed 1 bounce between juggles) you can do in 1 minute?

2. FIT4FOOTBALL 11+ KIDS 2-3 MINS

[YouTube Link: Shoulder roll](#)

- With a helper:
- Level 1 - Crouch and Roll
- 1 x 5 repetitions each shoulder

CHALLENGE:

Hold your balance for 2 seconds.

3. INSIDE-INSIDE ROLLOVER 8-10 MINS

[Western Springs Football YouTube Link: Inside-Inside-Rollover](#)

- Start with tick-tocks on the spot, inside-inside (1 minute)
- Rollover with each foot moving the ball from side to side (1 minute)
- Touch the ball with inside of the foot and rollover with the other foot then continue (1 minute), then swap feet (1 minute)

HINT: Soft touches keep the ball close

MINI CHALLENGE: How many inside-inside can you do in a row?

- Try Inside-inside-rollover as you're moving between 2 cones (2 minutes)

HINT: Keep your weight on the front of your foot to help movement

FINAL CHALLENGE: How many inside-inside rollover can you do in 1 minute? Tock touches can you do in 1 minute?

4. FIT4FOOTBALL 11+ KIDS 2-3 MINS

[YouTube Link: Plank - Leg Roll](#)

- Try the Plank:
- Level 2 - Leg ball Roll
- 3 sets of 30 seconds

CHALLENGE:

Roll the ball up and down your legs.

5. DRIBBLING - INSIDE-OUTSIDE 6-8 MINS

[Western Springs Football YouTube Link: Inside-Outside \(Stepover\)](#)

- Start on the spot with 1 minute per foot then repeat x2
- Start static touch the ball forward and try to do a stepover, then repeat with the other foot (1 minute)

MINI CHALLENGE: Try dribbling for one minute using stopovers to trick the imaginary defender

HINT: Soft touches keep the ball close

HINT: Use your arms to help balance.

FINAL CHALLENGE: How many static stepovers can you do in 1 minute ?

6. DRIBBLE CRAZY 3-5 MINS

Use an area up to 10x10metres and scatter some cones (or other objects) within the area.

MINI CHALLENGE: You have 100 seconds of freestyle dribbling around the area showing off your skills.

FINAL CHALLENGE: Challenge another member of your household to show off their skills also!

HOMework TASK 1

Task #1 Create a video of your dribbling skills and share with your coach, teammates or club - Instagram or Facebook.

HOMework TASK 2

Find out more about Ronaldo, Megan Rapinoe or another player (you could use YouTube). Then tell somebody what they are awesome at!

SESSION 5 BALL MASTERY & TURNS



1. JUGGLING 5 MINS

[Western Springs Football YouTube Link: Juggling](#)

- Start with 'bounce juggle catch'
- The juggle could be with the foot or thigh into the hands
- Aim to increase to 'bounce 2 juggles catch'

MINI CHALLENGE: Try using different parts of the body.

HINT: Soft touches keep the ball lower

HINT: Keep your eye on the ball.

FINAL CHALLENGE: What is the highest number of juggles (allowed 1 bounce between juggles) you can do in 1 minute? You could ask a family member to help!

3. AERIAL CONTROL 7-8 MINS

[Western Springs Football YouTube Link: Aerial Control](#)

- Start with the ball in your hands, throw the ball up and try to control with your feet - trying with each foot (2 minute)
- Repeat and use others parts of your body (2 minute)
- Let someone else throw you the ball (2 minute)

HINT: Pull the foot away as you make contact with the ball

HINT: It's easier when contact with the ball is closer to the ground

FINAL CHALLENGE: How high can you throw the ball and still control it closely?

5. MARADONA 6-8 MINS

[Western Springs Football YouTube Link: Maradona](#)

- Start with 3 touches of the ball each time using the touch-touch-roll video example. Reset the ball and repeat continuing to take the first touch with the same foot (2 minutes)
- Repeat using the other foot to take your first touch (2 minutes)

MINI CHALLENGE: Use a cone as a defender and try to dribble past it using the Maradona.

HINT: Touch-touch-roll

HINT: A lower position of your hips will help to keep control of the ball

FINAL CHALLENGE: Without any obstacles, how many Maradona's can you do in 1 minute?

6. DRIBBLE CRAZY 3-5 MINS

Use an area up to 10x10 metres and scatter some cones (or other objects) within the area.

MINI CHALLENGE: You have 100 seconds of freestyle dribbling around the area showing off your skills.

FINAL CHALLENGE: Challenge another member of your household to show off their skills also!

2. FIT4FOOTBALL 11+ KIDS 2-3 MINS

[YouTube Link: Statues Running Game](#)

- With a helper try the Statues Game:
- Level 3 - Hold the Ball and Listen
- 3 sets of 30 seconds.

CHALLENGE: Hold your balance for 2 seconds.

4. FIT4FOOTBALL 11+ KIDS 2-3 MINS

[YouTube Link: Spiderman - Ball Taps](#)

- Try the Spiderman:
- Level 1 - Ball Taps
- 3 sets of 30 seconds

CHALLENGE: Raise your hips off the grounds

HOMework TASK 1

Create a video of your Maradonas and share with your coach, team mates or club - Instagram or Facebook.

HOMework TASK 2

Find out more about any All White or Football Fern (you could use YouTube). Then tell somebody what they are awesome at!

SESSION 6 BALL MASTERY & CHANGE OF DIRECTION



1. JUGGLING 5 MINS

Western Springs Football YouTube
Link: [Juggling](#)

- Start with 'bounce juggle catch'
- The juggle could be with the foot or thigh into the hands
- Aim to increase to 'bounce 2 juggles catch'

MINI CHALLENGE: Use different parts of the body.

HINT: Soft touches keep the ball lower

HINT: Keep your eye on the ball.

FINAL CHALLENGE: What is the highest number of juggles (allowed 1 bounce between juggles) you can do in 1 minute? You could ask a family member to help!

2. FIT4FOOTBALL 11+ KIDS 2-3 MINS

YouTube Link: [Single Leg Stance](#)

- With a helper try the Single Leg Stance:
- Level 2 - Thread the Needle
- 3 sets of 30 seconds

CHALLENGE: Hold your head & body upright using core and back muscles to be straight and strong

3. PASS AND RECEIVE 5-7 MINS

Western Springs Football YouTube: [Pass & Receive](#)

- With a partner or a wall, use instep part of your right foot to pass the ball and then control with inside part of either foot. Ensure the ball is still before passing (2 minutes)
- Repeat but passing with your left foot (2 minutes)

MINI CHALLENGE: How many times can you pass and control the ball against the wall (3 touches maximum) in 1 minute?

HINT: Use inside part of your foot to control towards other foot

HINT: Standing foot is placed next to and slightly behind the ball pointing in the direction of the pass

FINAL CHALLENGE: Pick a part of the wall (use chalk to mark it off) and standing about 2-3 metres away try to hit that target with your pass as many times as you can in 1 minute.

4. FIT4FOOTBALL 11+ KIDS 2-3 MINS

YouTube Link: [Single Leg Hop](#)

- With a helper try the Single Leg Hop:
- Level 3 - Lateral Hop
- 2 sets of 10 hops on each foot

CHALLENGE: Keep your knee bent on landing to cushion impact.

5. INIESTA 6-8 MINS

Western Springs Football YouTube
Link: [Iniesta](#)

- Start doing tick-tocks for 1 minute
- Now try to use the second touch to move the ball forward with inside of the foot. Repeat for up to 2 minutes
- Progress as above but after taking a touch forward repeat with the sideways pass 1st and the 2nd touch forward - keep travelling forward and change direction when you run out of space (2-3 minutes)

MINI CHALLENGE: Place a cone in the middle of your area and each time you move towards the cone, perform an Iniesta to change direction and move past the cone (90 seconds)

HINT: Make an accurate touch sideways

HINT: Angle your other foot to take a second touch forward

FINAL CHALLENGE: Without any obstacles, how many times can you use the Iniesta to change direction in 1 minute??

6. BE THE COACH 3-5 MINS

MINI CHALLENGE: Explain and show a family member how to perform the Ronaldo Chop. They then have 1 minute to do as many as they can in an open space.

FINAL CHALLENGE: You now have 50 seconds to do more Ronaldo Chops than them!

HOMEWORK TASK 1

Create a video of your Iniestas and share with your coach, teammates or club - Instagram or Facebook

HOMEWORK TASK 2

Learn about a different trick you haven't tried before (you could use YouTube to search football tricks). Then practise it and show it to a family member!

ADDITIONAL TRAINING ACTIVITIES



Here are some additional training activities you can try, giving you the opportunity to try something new whilst you are at home.

They only require a small space and you can view on a TV or any portable devices through YouTube. Trying anything new for the first time can be a bit tricky but once you go for a second and third time then it gets easier and you'll get used to the movements/skills involved. To make it even more fun then ask somebody at home to join in with you! [Western Springs Football Youtube channel](#)

5 MINUTE KIDS WORKOUT

8 MINUTE KIDS WORKOUT

ANDRES INIESTA - THE LAST OF HIS KIND

LIONEL MESSI - BEST SOLO GOALS

CRISTIANO RONALDO - TOP 20 GOALS

ALEX MORGAN - SKILLS GOALS

SAM KERR - GOALS SKILLS

If you try any of the above activities and enjoy them then let a friend and/or your coach know as they can then let your other team mates know. If you find other training sessions online that you enjoy then share them also and let me know too! Video clips are a great way of sharing but do check with somebody at home first.