

MU Camps Weekly Program AGES 5-8

Monday -Technical Training: Dribbling

You're It

- Award points for tagging people
- Award points for tagging people and holding a ball
- Award points while dribbling

Steal the Bacon

- Divide into 3 or 4 teams
- Place balls in middle
- All teams run (or dribble) ball into their camp
- After all the balls are gone, players can steal from other teams

Cops and Robbers

- Steal the bacon with two teams
- Add two prisons
- If a player is tagged on the foreign turf, they are sent to prison
- A team wins by either getting all the balls or putting the other team in prison

Commando:

Warm up by commanding the players to:

1. Dribble with right foot (left foot)
2. Turn and change direction (change speed)
3. Keep head up (call out number that coaches fingers are raised)

Be inventive: stop the ball with a body part, nose. Player has to do 3 flying Austrians.

Or a number called must be a group of that size or number

Crab Soccer:

Players start on one end of the sea with one or two crabs in the middle.

Each player has to dribble across the sea without the crab:

1. catching the ball between their legs (crab sandwich)
2. kicking the ball out of bounds

If this happens, the fish becomes a crab.

Modify: Crab Channel game

Make 3 or four channels with a crab in each channel

If a crab catches a fish, the fish are metamorphosed into a crab in that channel.

Kick-Out:

Each player has ball in area; the Coach tries to knock balls out.

When a ball is knocked out, 2-3 juggles and the player gets back in.

Pac-man:

4 PAC-mans with a soccer ball

PAC Mans try to hit other players with the ball (below knees)

Modify: Partners
Pac Mans 4 players 2 balls
They can pass to each other to hit players

Snake:

Label partners A, B, and C
“B” person has ball.
“A” person leads, “B” follows, “C” is tail.
After 20 seconds of leading, call switch, “B” stops ball, “C” picks it up and “A” becomes tail.

Golden Arches:

Partners: one partner makes an arch with their legs, ball on top of head
Other partner tries to see how many arches they get the ball thru in 1 minute

Tactical: Outlets

Have player save goal, turn, then score a goal
Stress a wide turn
Coaching points:
 Quick movement thru the line
 Play the ball into the goal area quickly, making the player’s hustle to get the ball out
Add a wide outlet player; stop the goal, then pass to outlet. Saver becomes outlet.

Tuesday - Passing & Receiving

Freeze Tag

- Choose two/ three Taggers
- Once players are tagged, they open their legs
- Teammates may crawl through legs to unfreeze teammates
- Modifications: use for dribbling. Once a person is tagged, place ball on head
- Use categories, TV Tag: To unfreeze, tag a frozen person and say an non-stated TV show

Hospital Tag

- 2 Taggers
- If a player gets tagged, go to the hospital
- 2 juggles in the hospital gets you out
- All soccer balls remain in hospital

Target Gallery:

Two teams, each player has ball
Two players from each team slowly walk to opposite end
If they get hit below the knees, they turn opposite direction
If they cross a line, team opposite that line is awarded a point

Sorcerer's Stone:

Each team has to defend 5 cones

A team wins by knocking over the other team's ball on disc or tall cone

If a player accidentally knocks a cone over, it stays over

Players are "out" if hit with a ball they don't trap correctly

Three, Five Players re-enter the game if a ball is knocked off a disc

Keep away:

2 teams, both in separate grids

Simultaneous competition to 6 passes in a row

Increase level of pressure: no defenders, defenders hopping, two defenders joined at elbow,

one defender regularly

Winning team is awarded points after the total series calculation

Switch defender after 1 minutes.

Tactical: Goal Kicks

Describe what a goal kick is

Work in groups of three

Place three cones: one on wide left and right, and a third at goal kick position. Rotate

Option 1, 2, 3. If 1 is covered, if 2 is covered, if 1 & 2 are covered, then ...

Corner Kicks (if time allows)

Describe a corner

Work in groups of three

Front of goal, support, and Corner spot rotation

Option 1, 2, 3 (option 3 is space ahead of the second option)

Wednesday – Shooting**The New Frontier**

- Make two grids, two teams
- Everyone runs in their grid, if they leave they must sit down
- At the call two players from opposite team and grid run to other grid to tag
- If they get tagged, they sit down, or sit outside of grid
- Team last standing wins
- Add soccer balls in hands, if it drops they lose "life"
- Then add soccer balls and dribble under control

The Chase:

Two lines next to goal

Offensive player dribbles quickly around near cone

Defender tries to catch them from a different cone

Modify: Different angles, a breakaway

Shooting:

Goal in the middle

2 Players on the outside, one goalie

Players on outside alternate shots on goalie from 12 yards away

Rotate goalie every 1 minute

Emphasize coming from side, using laces; but don't get bogged down with it

Tactical: Throw-ins (Emphasis on penetration)

Discuss points of Throw-ins.

Demonstrate and execute good throw ins.

Throw-in to coach, then get it back to score (simple wall pass)

Substitute player for the coach

Thursday - Passing**Chain Tag**

- Have partners link up into pairs
- Join at elbows
- Tagger chases chasee
- Chasee may avoid tagger by linking on the end of a pair
- Opposite partner in the newly linked pair becomes chasee

Four Team Cannonball:

Put four teams on opposite sides

Take Odd colored ball in middle.

Try to propel the ball across opposite side.

Award points: Opposite side 5 points, adjacent side 2 points, own side 0 pts.

Wild Horses:

Set out a series of gates in the area.

Each set of partners see how many gates they can pass the ball thru.

After each round, get a new partner.

Modify: Have different color of gates (red, yellow, orange, pink)

Partners must go thru different colors, or by the coach's call.

Star Wars:

Set out a grid of 30x 30 with a mid-line

Equal teams designate a Luke Skywalker or Princess Leia

Teams may not cross mid-line

If a player passes a ball, hits an opponent below the knee, the opponent is frozen

If the opponent traps the ball, freezing does not take place

Only Leia or Luke runs and crawls through peoples legs unfreezing people

If Leia or Luke is hit, they cannot be unfrozen

The Coconut Challenge:

Have two players play against two others, each player/ team alternate shots

Place 3 balls on cones between the two groups

The team which knocks 2 balls off cones first, wins

Rotate opponents

Tactics: Kick-off

At this age, stress playing the ball forward.

If they play the ball back, usually those players will lose it dribbling.

Have them touch it, then when a defender comes:

Option 1: dribble one side

Option 2: pass other side

Have them score on goal

Use cones as pretend defenders, coach as defender, then players

Use players hopping, then playing regular as defenders

Friday – Favorite Game

Favorite Tag Game

New Frontier

Star Wars

Coconut Challenge

Sorcerer's Stone