



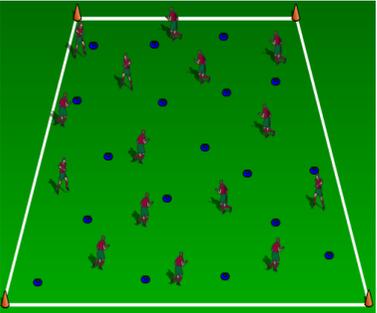
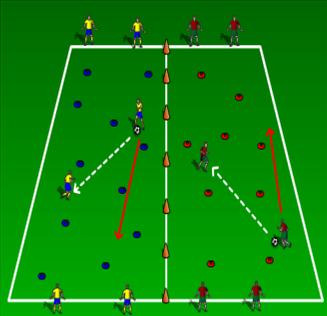
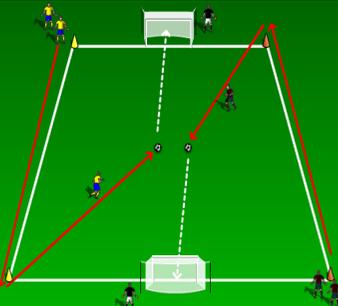
**Ballymoney United Youth Academy**  
**Under 6 Plans**  
**Introductory Stage 2012/13**





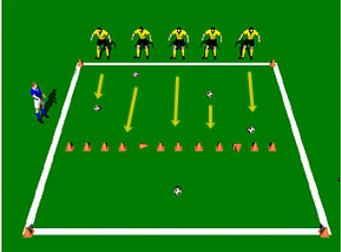
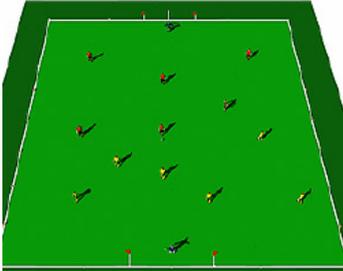
Group	Juniors	Session	1	
<b>Warm Up</b>				
<p style="text-align: center;"><b>Warm Up</b></p> 	<p style="text-align: center;"><b>Ball Familiarisation</b></p> 	<p style="text-align: center;"><b>Session</b></p> <p><b>RUN THE SLALOM</b> in groups of 3, dribble through cones before dribbling quickly back to group Carry ball first Try weak foot? Pass through legs before starting etc. recap on technique</p> <p><b>QUICK DRAW</b> 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 style="text-align: center;"><b>Dribbling</b></p> 	<p style="text-align: center;"><b>Dribbling</b></p> <p><b>DRIBBLE AND CLOSE CONTROL</b></p> <ol style="list-style-type: none"> <li>1. Dribble up and around cones using outside of foot only</li> <li>2. Use studs and pushball in front</li> <li>3. Drag using sole of foot</li> <li>4. use inside of feet pendulum technique</li> </ol> <p>Progression Use of both feet Small groups Head up try weak foot</p>
<p style="text-align: center;"><b>7 Steps</b></p> <p>Players drill inside grid on call perform action</p> <ol style="list-style-type: none"> <li>1=on run</li> <li>2=on shoe</li> <li>3=on knee</li> <li>4=on floor</li> <li>5=drag back turn</li> <li>6=on head</li> <li>7= toe taps</li> </ol> <p>On coaches call exchange balls</p>	<p style="text-align: center;"><b>7 Steps</b></p> 	<p style="text-align: center;"><b>HIT THE NET</b></p> <p>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><b>TARGET PRACTICE</b> 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 style="text-align: center;"><b>WEIGHTED PASS THEN SHOT</b></p> <p>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.</p> <p>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	
		<p><b>Passing Sequence</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>On coaches call move to new grid leaving ball behind</li> </ul>		<p><b>Square Shooting</b></p> <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>
<p><b>Musical Cones</b></p> <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>		<p><b>Passing Gates</b></p> <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>		<p><b>Numbers Game</b></p> <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	4
Warm Up	Passing		SSG	
		<p><b>The Cone Challenge Champion</b>                      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.</p> <p>The emphasis should be on power and accuracy of the kick.</p>		<p><b>Chase Me</b>                      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><b>Clear the Yard</b>                      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><b>Passing Relay</b>                      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.</p> <p>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><b>SSG</b>                      Range of 4v4 games                      Awards presentation</p>





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