



Week 4 | U4-U6 | Galaxy Adventures

Category: Technical: Shooting
Skill: U6

Pro-Club: New York City Football Club
NYCFC YOUTH, NEW YORK CITY, United States of America

Space Invaders (10 mins)

Set-up

20x30 yards blue area
cones (planets) spread out throughout the space (galaxy)

Instructions

- Start without a ball, players to visit all planets in the Galaxy, How many planets can you visit?

- Each time you arrive at a planet have players to complete a mission (i.e star jumps, Blast-offs [squat into, two-legged jumps], gravity balance [stand on one leg], etc)

- Introduce a ball, players to visit planets. How many planets can you visit?

Progression

- Players have to dribble the soccer balls (fly their spaceship) away from coach (the alien).

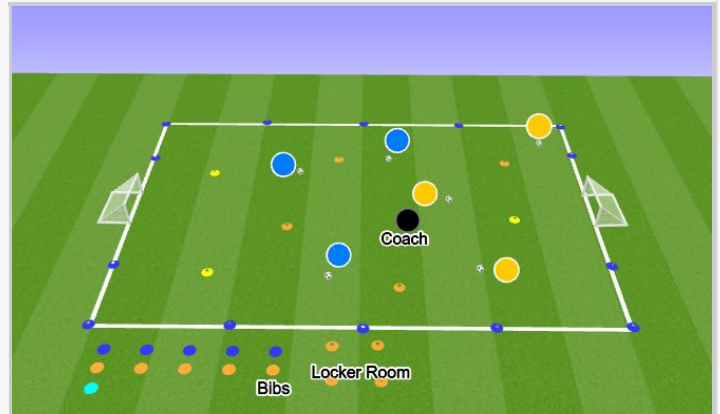
- Coach tries to tag them. If caught, 4 star jumps before flying again.

- If you arrive at a planet you are safe

Coaching Points

- Small touches when the alien is far away, bigger touches when running away from the alien

- Head up to see where the alien is



Space Wars (15 mins)

Set-up

20x30 yards blue area

Instructions

Players have to dribble the soccer balls close to the coach (spaceship) and shoot their ball towards the spaceship.

Coach tries to fly away from them. Can hop if one leg is hit, running on knees if both legs are hit.

Visual - throw pinnies in the air for explosion!

Coaching Points

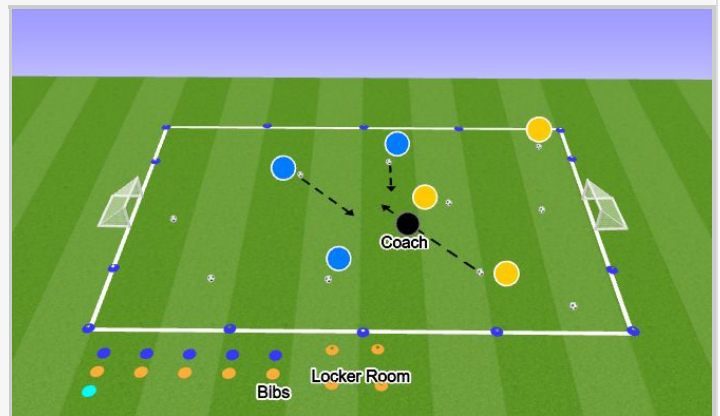
- Toe pointing down to shoot

- Aim for the center of the ball

Progressions/Regressions

- More than one spaceship to start - progression

- Use central gate (static spaceship) - regression



Battleships (15 mins)

Set-up

20x30 yards blue area

3 yellow cones at the halfway line

Instructions

Yellow line divides the field into 2 spaceships - 1 for the coach and 1 for the kids.

Kids try and kick their ball into the coach's spaceship and coach does the same.

Winning spaceship is the one with the least soccer balls in it after 90 seconds.

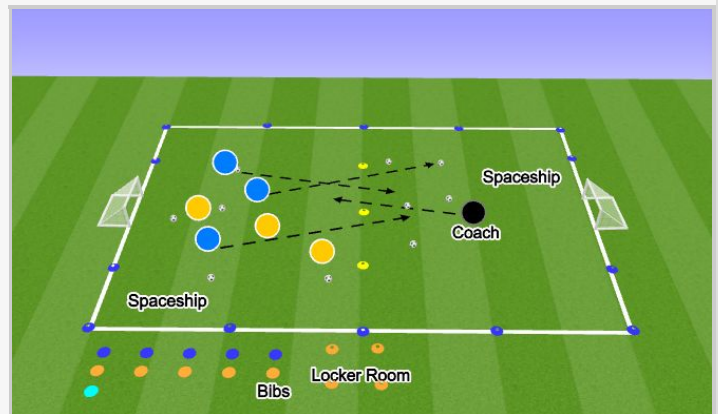
Coaching Points

- Toe pointing down to shoot

- Aim for the center of the ball

Progressions/Regressions

- Make the coach's spaceship larger - regression



Set-Up

20x30 yards blue area

Instructions

Divide players into 2 teams and number each player 1-4 in both teams.

Oranges shooting right to left and blues vice versa.

Coach calls a number and the player from each team with that number play 1v1.

Once the ball is out of bounds or in the goal then players return to their group.

Coach should remain close to both groups to minimize distractions.

Coaching Points

- Look up to see the goal
- Turn away from the defender to get to the goal
- Big touches to get close to the goal

Progressions/Regressions

- Start 1v0 so everyone gets a chance to score - regression
- Progress into 4v4 match

