



Week 5 | U4-U6 | Super Mario World

Category: Technical: Dribbling and RWB
Skill: U6

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

Arrival Goalscoring (10 mins)

Set-Up

20x30 yards blue area
Ball each inside the area

Instructions

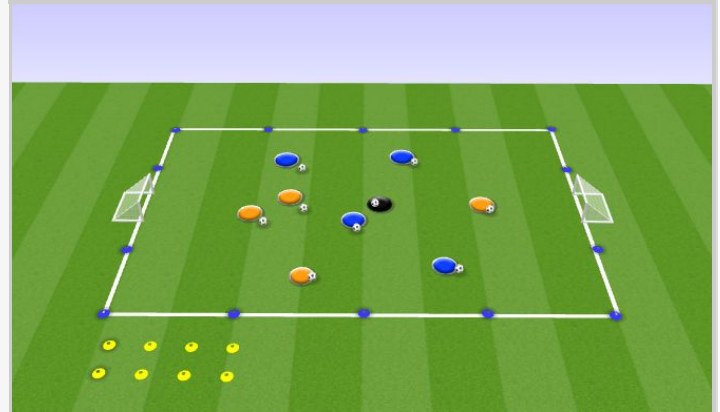
Coach challenges players to score as many goals as possible when they arrive at the field

Coaching Points

- head up while dribbling
- use different parts of the foot on the ball

Progressions/Regressions

- can you score 100 goals? - progression



Coin Collection (10 mins)

Set-Up

20x30 yards blue area
Ball each inside the area

Instructions

- Players choose a character from Mario World (Mario, Luigi, Princess Peach, Daisy, Yoshi, Bowser, Etc)
- Start without the ball then add a ball
- As players dribble around the area, they attempt to collect coins (cones). Every time they collect a coin, one at a time they return it back to coach who then replaces the coin on the ground
- Players keep track of how many coins they collected
- Final round, players collect as many coins as possible. Coach then counts to determine how many each player has
- Progression: Add a new challenge everytime they approach a coin in order to pick it up (Balance on one leg, squat, Mario Jump, Star Jump)
- Progression: STAR POWER - coach gives players star power (players dribble as fast as possible)

Coaching Points

- head up while dribbling
- use different parts of the foot on the ball
- Proper physical movement for balance activities



Mario Kart Racing (15 mins)

Set-Up

20x30 yards blue area

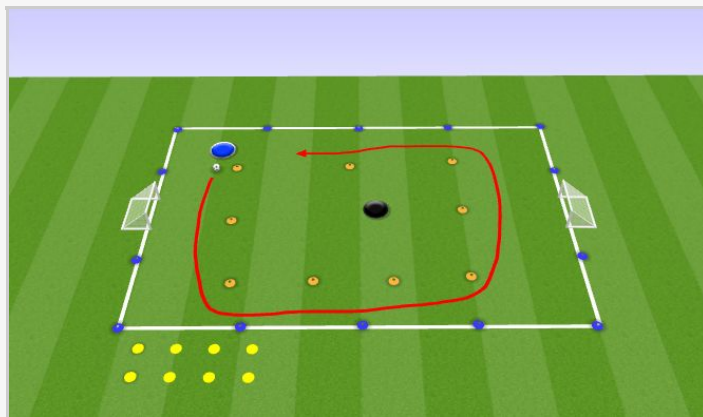
Create a 15x15 square or oval in the middle of the field

Instructions

- Start without a ball, players run around the "track" 3 times to determine a winner
- Then introduce the ball, players must race 2/3 times around the grid
- Progression: When coach yells "turn" players must turn and race around the opposite way (introduce pullback, inside chop, outside chop turns)

Coaching Points

- Head up dribbling
- Bog touches/small touches
- Introduce different types of turns



Bowser's Castle (15 mins)

Set-Up

20x30 yards blue area

3x yellow cones 5 yards apart twice over.

Instructions

Coach starts as Bowser and the players are their favorite Mario characters

Bowser should try to catch (tag) as many of the players as they can.

Mario Characters should freeze with their ball until another teammate high 5's them free again.

Coaching Points

- Head up to see Bowser coming
- Find the space away from Bowser
- Use "Star Power" (change of speed) to move past Bowser

Progressions/Regressions

Increase the number of Bowsers to start - progression

If caught, Marios leave their ball and become Bowser - progression

Play without a ball to build familiarity of the game and boundaries - regression



SSG (20 mins)

Set-Up

20x30 yards blue area

Instructions

Divide players into 2 teams .

Everytime a ball goes out coach adds a new ball to keep play going

Progression: Teams play game with normal rules - introduce laws of the game (i. who's ball is it if it goes out on the blue team?)

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

