



Week 3 | U4-U6 | Pirates of the Caribbean

Category: Technical: Ball Control
Skill: U6

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

Sail the Seas (10 mins)

Set-Up

20x30 yards blue area

Instructions

Players will dribble freely around the area (BOAT). Coach commands:

- Walk the plank - Without a ball, players walk heel to toe in a straight line for 5 steps
- Sail the Seas - Dribble freely with small touches
- Anchors Down - Players put their foot on top of the ball
- Man Overboard - Players dribble out of the grid as quickly as possible
- AARRGGHHH - Players can try to knock their "cannonball" (soccer ball) into another players

Progression:

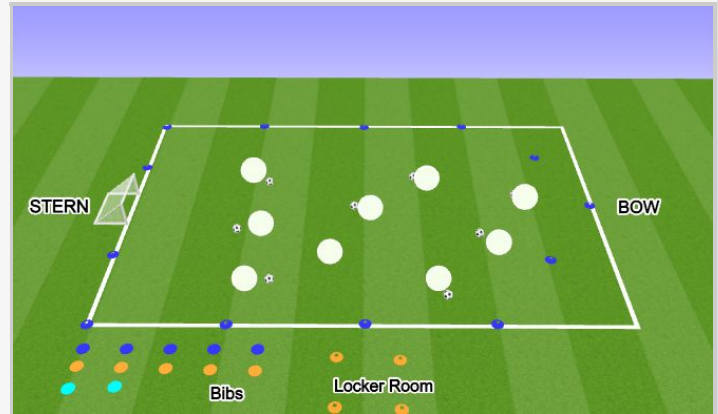
Coach commands Bow or Stern, players dribble towards the Bow (Front of the ship) or Stern (Back of the ship)

Coaching Points

- head up (and point) to see where to sail next
- small touches on sailing the seas
- use a big part of your foot to kick the ball
- celebrate when you hit another ball

Progressions/Regressions

- add in "scrub the deck": sole of the foot, rolling the ball back and forth - progression
- add in "cannonball": aiming to kick your ball against the coach - progression
- with "cannonball" try to score



Sharks & Pirates (15 mins)

Set-Up

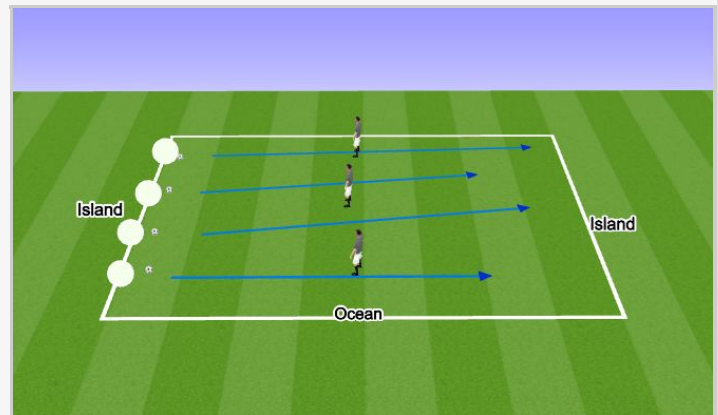
- All players on one side of the field with a ball

Instructions

- Players must cross the ocean without getting eaten by a "shark"
- Coach will act as shark for the first round. If the coach steals the ball, player becomes a shark
- Play until there is a winner. Winner is Captain Jack Sparrow!
- Winning Pirate becomes shark next round

Coaching Points

- Keep ball close to you
- Bigger touches into space
- Keep head up, look where the defenders are and dribble into the space



Steal the Treasure (15 mins)

Set-Up

- 20x30 yards blue cones
- All soccer balls in the center

Instructions

Divide the group into 2 teams and line them at a cone either side of coach.

Number each team 1-4.

Coach calls a number and the player for each team runs in to the center, takes some treasure back to their treasure chest.

Players should use their feet only where possible and run back to their group once they have collected some treasure

Encourage players to make pirate noises ("arrrggghh!" "ahoy there!").

Coaching Points

- Head up to see the treasure and treasure chest
- Get the treasure to the chest as fast as you can
- use a big part of your foot to kick the ball into the treasure chest
- celebrate when you get the treasure in the chest

Progressions/Regressions

- Encourage players to turn with inside/outside of foot - Progression
- Bring the goals closer - Regression
- Start with players using hands to carry the ball back to the goal - Regression



SSG (25 mins)

Set-Up

- 20x30 yards blue area
- 3v3 or 4v4

Instructions

- Set players up in a triangle or diamond shape
- Any ball that goes out of bounds, coach throws in "New Ball"
- Keep the game continuous, no corner kicks

Coaching Points

- Players should keep head up and take small touches on the ball

