

# PSC SOCCER U5/6 SESSION 7

To get started and get their attention:

Count down 5-4-3-2-1  
or Extend arms, palms up = noise, palms down = quiet

Kneel down to their level

Get started quickly, the 30 second rule. Every player should have a ball and be involved.

**Play the games/activities.** Let the games/activities teach (guided discovery). Fix the rules on the fly. Note: for those who are trying to teach technique, they are too young and the other children are standing/watching when they all should be involved all the time. If you run out of activities or it is too wet to play an activity, please feel free to also play the ones they liked most from previous weeks.

BE ENTHUSIASTIC  
BE POSITIVE  
BE ENCOURAGING

NO FRUSTRATION, send them on a water break

## **Warm-up:**

Every Player has a ball.

Up and Down, #6 (3 minutes)  
Stationary Ball Pickup #3 (2 minutes)  
Sitting Soles, #29 (4 minutes)  
Human Obstacle Course, # (4 minutes)  
Water Break (2 minutes)

## **Main Activities:**

Like Magnets, #41 (3 minutes)  
Find the Coach, #43 (4 minutes)  
Math Dribbling, #47 (4 minutes)  
Water Break (2 minutes)  
Gladiator Ball, #99 (5 minutes)  
Ball Galore, #89 (5 minutes)  
Water Break (3 minutes)

**End of training scrimmage:** (15 minutes): Divide this into 2 or 3 segments. Each segment should be between 4 to 7 minutes. Take a break between segments. If two teams combine then play two games so that all of the children are playing all of the time.

**Warmdown:** Ball Stretching, #4 (2 minutes); Toes, #17 (2 minutes)