



## U6/U7 Week 5 Protecting the ball

**Category:** Technical: Ball Control  
**Difficulty:** Beginner

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Individual-Adult Member

### Guardians of the Galaxy (10 mins)

#### **Story**

The Guardians are exploring universes (3x3 triangles of cones) looking for Infinity stones, they must visit as many universes as possible looking for them.

#### **Implementation**

When coach says, "Go explore the Galaxy". How many Galaxies can you visit? After the first go can you beat your score?

Progress the session by having players stop the ball or perform a turn in the galaxy before moving on.

#### **Coaching Points**

Can the players use their laces to dribble  
Accelerate between universes



### Guardians of the Galaxy 2 (15 mins)

#### **Story**

Thanos is hunting the Guardians and wants to blow up their space ships (Soccer Balls). The Guardians fly their space ship from galaxy to galaxy trying to get to as many Galaxies (3x3 triangles of cones) as possible.

#### **Implementation**

Guardians all have their own spaceship and dribble from galaxy to galaxy. Select 2 players to be Thanos, they carry their ball in their hands and try to throw the ball (underhand) to hit the Guardian Space Ships. The guardians can't be hit when they are in a galaxy (3x3 triangle of cones).

Progress the session by making the Triangles smaller.

#### **Coaching Points**

Head up and dribble away from Thanos.  
Shield the ball from Thanos to stop him hitting your ball.



### 1v1 to Goal (15 mins)

#### **Set Up**

Set up a goal with 2 teams in lines 5-10 yards from each post. (Lines of no more than 4) Another pair of cones is placed 10 yards in front of the lines.

The coach has all the balls between the second set of cones.

#### **Implementation**

On the coaches command "Go" the first players in line runs around the cone in front of them, the coach serves a ball inbetween the two running players. Once a player has the ball they attempt to score in the goal.

Progress the session by adding a Goalkeeper.

#### **Coaching Points**

Close touches when under pressure, bigger touches when attacking space.

Shoot or pass the ball into the goal (Don't dribble into the goal).

Turn away from the defender, protect the ball.

