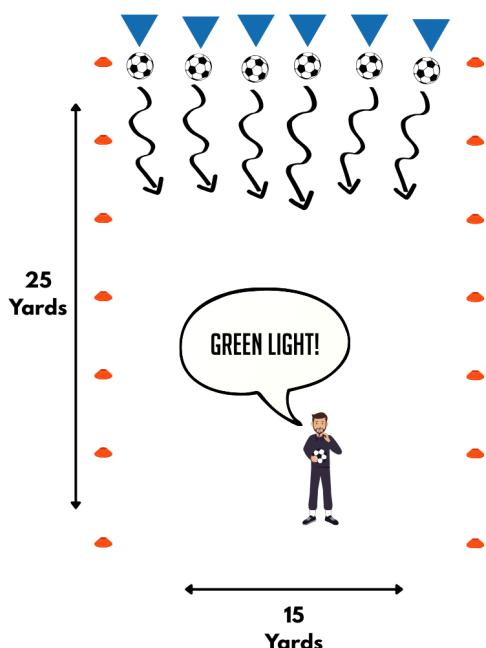


Week 6 - Turning, Shielding , and Decision Making

WARM-UP ACTIVITY: Red Light/Green Light



RED LIGHT/GREEN LIGHT

Activity Objective

Develop dribbling control, ball mastery, and listening skills by responding quickly to coach commands.

of players/Opponent

-

Size/Shape of Field

15 x 25

Ways of Scoring

Players “win” by reaching the opposite end line first while keeping control of their ball.

Bonus points for staying in control (not losing the ball or moving on “red light”).

Active/Recovery Duration

10-15 seconds/45 seconds

Repetition/Sets

3-5 repetitions / 1-2 sets

Total Activity Duration

10-15 minutes

Rules

Green Light: dribble with speed but under control.

Red Light: stop the ball quickly with the sole or inside of the foot.

Yellow Light: dribble in slow motion

Purple Light: dance party

Rotations (Substitutions)

All players start at one end and dribble toward the other end together.

Coach can rotate roles by letting one player be the caller (“traffic light”).

Coaching Interactions

WHAT (Coaching Points)

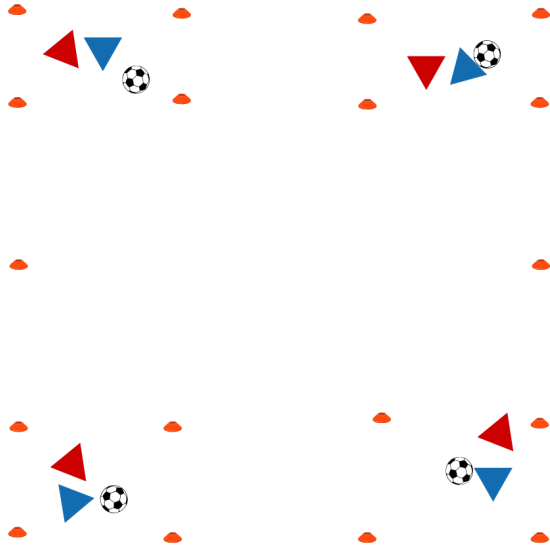
Encourage fun, energy, and competition while reinforcing control.

WHEN (You will enter the activity)

HOW (You will deliver the information)

Use both feet when dribbling and stopping.

ACTIVITY 1: Shield The Ball



SHIELD THE BALL

Activity Objective

Players learn to protect the ball using their body, maintain control under pressure, and develop confidence in shielding against a defender.

of players/Opponent

1/1

Size/Shape of Field

10 x 10

Ways of Scoring

The attacker (with the ball) scores by keeping possession inside the grid for a set time (e.g., 10–20 seconds).

The defender scores by stealing the ball or forcing it out of the grid.

Active/Recovery Duration

10-20 seconds /
45seconds-1minute

Repetition/Sets

3-5 repetitions / 2-3 sets

Total Activity Duration

10-15 minutes

Rules

- Play begins with the attacker having the ball inside the grid.
- Attacker must shield and protect the ball from the defender.
- Defender tries to win possession or knock the ball out.
- Round ends when time is up, ball is won, or ball leaves the grid.
- Switch roles after each round.

Rotations (Substitutions)

After each round, attacker and defender switch roles.
After 3–4 rounds, rotate new pairs to face different opponents.

Coaching Interactions

Encourage body position; praise players shielding well

WHAT (Coaching Points)

Attackers:

Keep body between ball and defender.
Use arms and legs for balance and protection without fouling.
Take small touches and keep the ball close.
Keep your head up to scan for space.

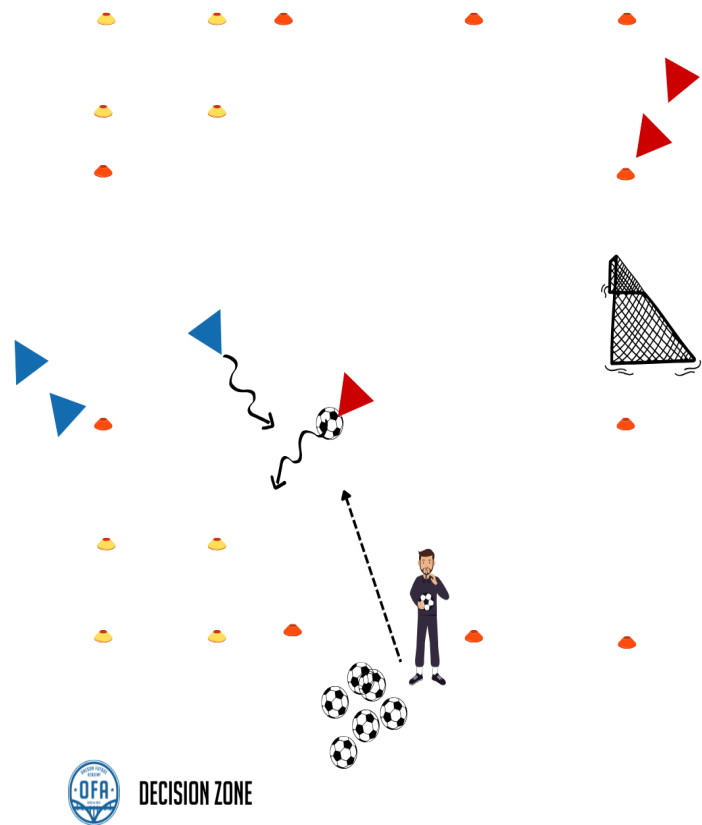
Defenders:

Apply pressure without fouling.
Look for opportunities to poke the ball away.
Stay low and balanced.

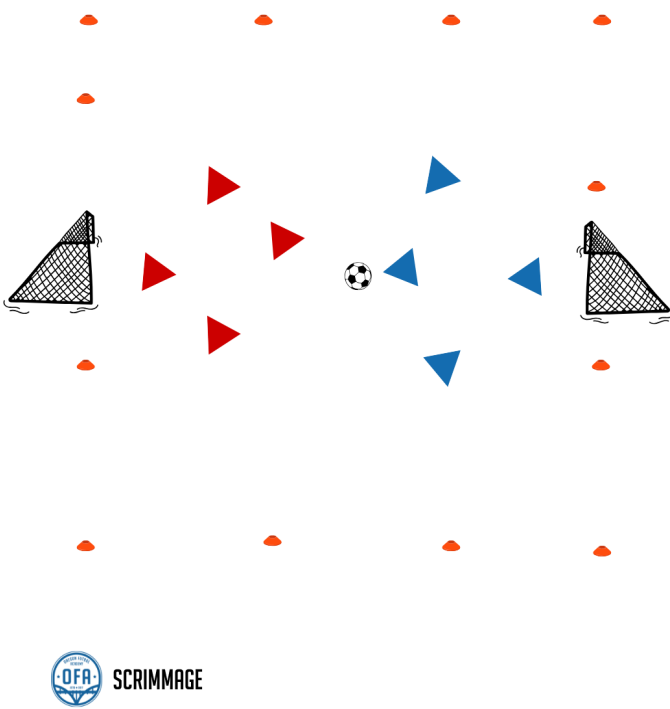
WHEN (You will enter the activity)

HOW (You will deliver the information)

ACTIVITY 2: Decision Zone

 DECISION ZONE	Activity Objective	Help players develop decision-making skills in attack by choosing when to dribble, pass, or shoot under defensive pressure.
	# of players/Opponent	1/1
	Size/Shape of Field	20x25
	Ways of Scoring	Attackers score by dribbling past defenders and finishing on goal. Defenders score by winning the ball and dribbling/passing out of the zone.
	Active/Recovery Duration	10-15seconds / 45 seconds-1minute
	Repetition/Sets	6-8 repetitions / 2-3 sets
	Total Activity Duration	10-15 minutes
	Rules	-Play starts with the coach serving a ball into the decision zone. -Attacker receives and attempts to beat the defender by dribbling, passing, or shooting. -Play ends with a goal, defender scores in decision zone, or ball out of bounds. -Switch roles and repeat.
	Rotations (Substitutions)	Coach serves the ball into the field. The attacker receives and chooses to dribble, pass, or combine. Rotate attacker and defender after each repetition; new players step in from the lines.
Coaching Interactions		
WHAT (Coaching Points) Attackers: Get head up early, scan options before receiving. Positive first touch into space. Decide quickly—dribble if space, pass if defender commits, shoot when opportunity is clear. Defenders: Close space quickly, angle approach to limit options. Stay balanced, avoid diving in. Encourage creativity, risk-taking, and learning from mistakes.	WHEN (You will enter the activity)	HOW (You will deliver the information)

ACTIVITY 3: Scrimmage

	Activity Objective	Give players the opportunity to apply skills learned in practice in a realistic game environment, encouraging decision-making, teamwork, and fun.
	# of players/Opponent	4 v 4
	Size/Shape of Field	15 x25 yards
	Ways of Scoring	Teams score by putting the ball in the opponent's goal. Bonus coaching focus: reward teams for stringing passes together, dribbling past defenders, or spreading out.
	Active/Recovery Duration	10 minutes/5 minutes
	Repetition/Sets	
	Total Activity Duration	20 minutes Two 10 minute halves -5 minute half time
	Rules	-Normal small-sided game rules: dribble, pass, shoot, and score. -Kick-ins or dribble-ins instead of throw-ins to keep flow simple. -No goalkeepers at U7/8 -Have fun and emphasize fair play, effort, and teamwork.
	Rotations (Substitutions)	Encourage spacing—don't all bunch around the ball. Remind players to look up, dribble with control, and pass when needed. Support teammates (move into open space). Defend by staying between the ball and the goal.

Coaching Interactions

WHAT (Coaching Points) Encourage spacing—don't all bunch around the ball. Remind players to look up, dribble with control, and pass when needed	WHEN (You will enter the activity)	HOW (You will deliver the information)
--	---	---