

# **HERDING CRICKETS**

**EARLY-SEASON IDEAS FOR U5 AND U6  
COMPILED BY DARREN ROGERS**

# PLAN

## INTRODUCTION

- What Are We Trying To Do In Soccer? Move Down The Field And Kick Ball Into Goal
- How Do We Move The Ball Down The Field? Dribbling
- Dribbling
  - Show
  - Games To Try It:
    - 1,2,3 Red Light, Add Turning And Shielding, Keep-The-Ball Games
- Competition Games
  - Ants and Crumbs, Keep The Yard, Clean
- Jamboree Scrimmages (Last 15 Minutes Of Each Session)
  - Teach The Lines On The Field
  - Illustrate “Goalside”

# INTRODUCTION

ASK "WHAT ARE WE TRYING TO  
DO WHEN WE PLAY SOCCER?"

- KICK BALL INTO GOAL

ASK "HOW DO WE MOVE THE BALL  
TOWARD THE GOAL?"

- DRIBBLING (WITH FEET)

SHOW WHAT DRIBBLING IS

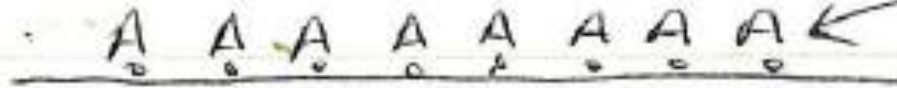
- MOVING WITH BALL CLOSE

- NOT KICKING AND RUNNING  
AFTER THE BALL

# 1,2,3 RED LIGHT

## DRIBBLING, CONTROL, STOPPING BALL

1-2-3 RED LIGHT



PLAYERS  
EACH  
W/ BALL

"RED LIGHT" = STOP W/ FOOT ON BALL

"GREEN LIGHT" = GO / DRIBBLE

"SPEEDING"  
"TICKET" IF BALL GETS AWAY FROM  
PLAYER

"TICKET" IF THE PLAYER CAN'T  
STOP W/ BALL @ RED LIGHT

# TURNING WITH THE BALL

## ABILITY TO CHANGE DIRECTION

SHOW

SOLE TURN

- "RED LIGHT"

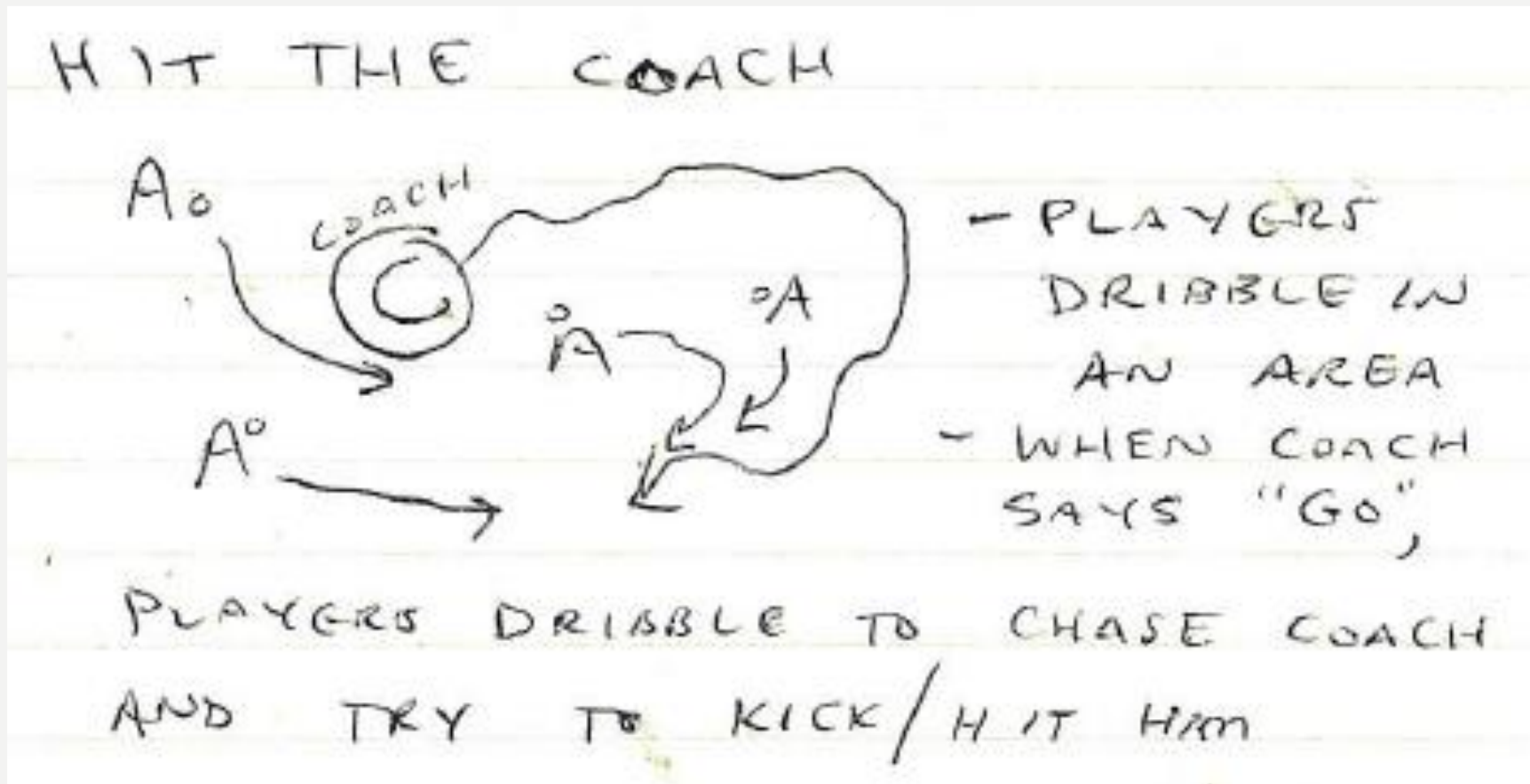
- ROLL BALL BACK W/ FOOT

- SPIN

< HAVE A CODE WORD SO PLAYERS  
WILL DO A SOLE TURN ANYTIME  
THEY HEAR THE CODE WORD >

# HIT THE COACH

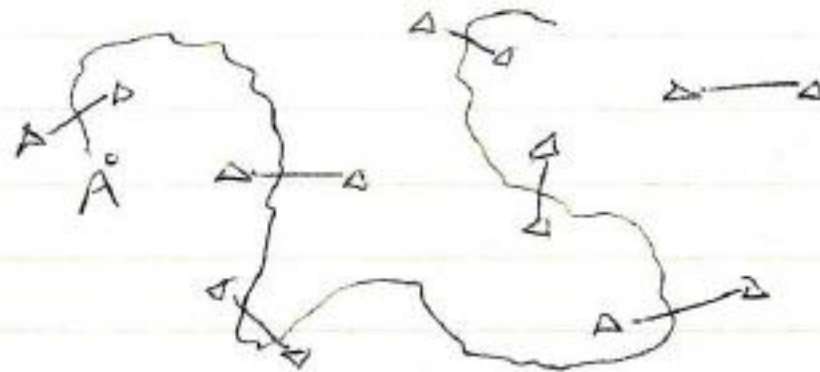
EYES-UP, CHANGE DIRECTION – FUN FOR PLAYERS



# DRIBBLING GATES

EYES-UP, CHANGING DIRECTION, COMPETITION, SPEED

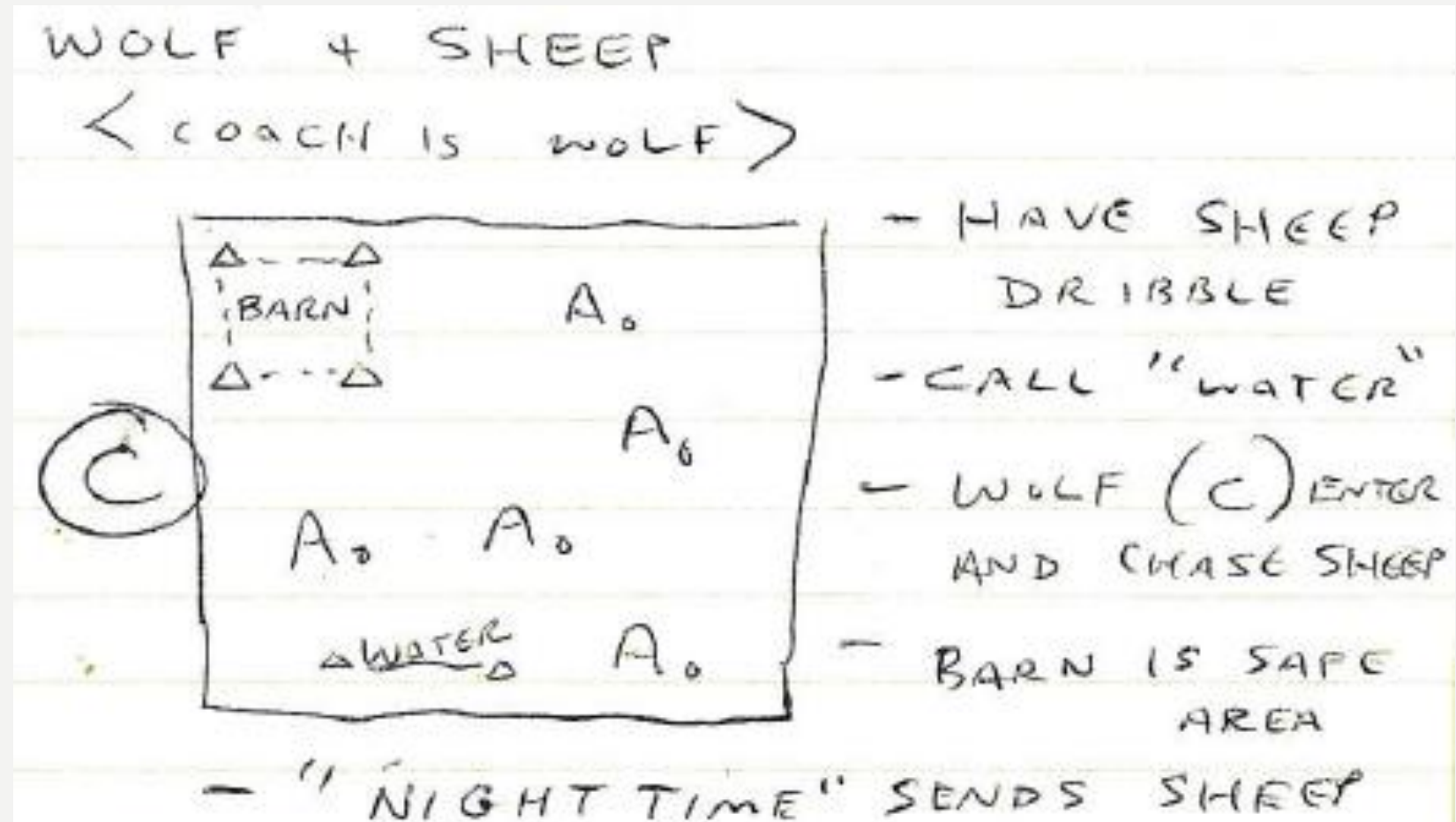
DRIBBLING GATES  
<RANDOM IN AN AREA >



- PLAYERS SEE HOW MANY GATES THEY CAN DRIBBLE THROUGH IN, SAY, 2 MINUTES
- HAVE PLAYERS COUNT GATES
- CHANGE DIRECTIONS, DRIBBLE, AVOID COLLISIONS

# WOLF AND SHEEP

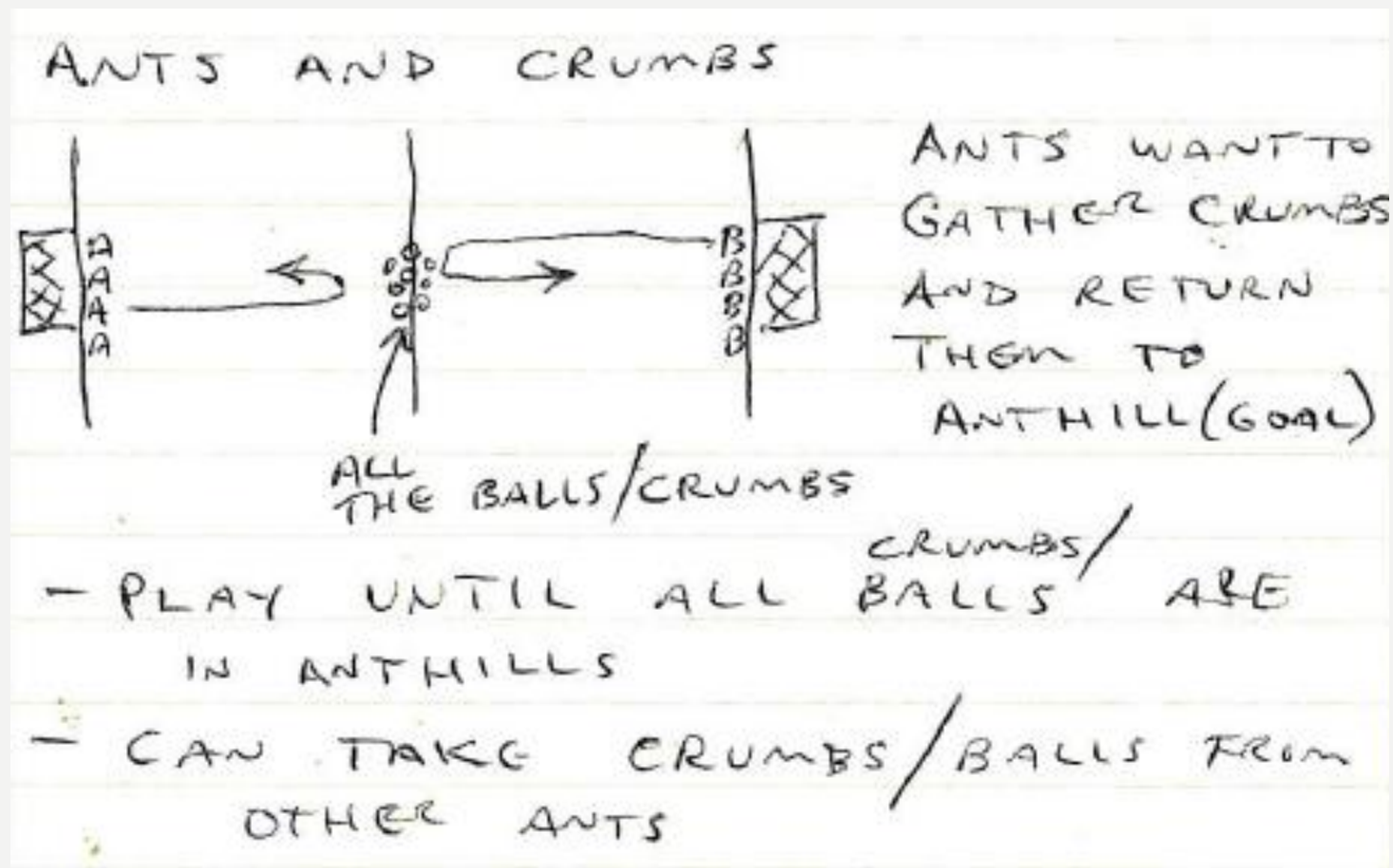
EYES-UP, CHANGING DIRECTION, SHIELDING BALL





# ANTS AND CRUMBS

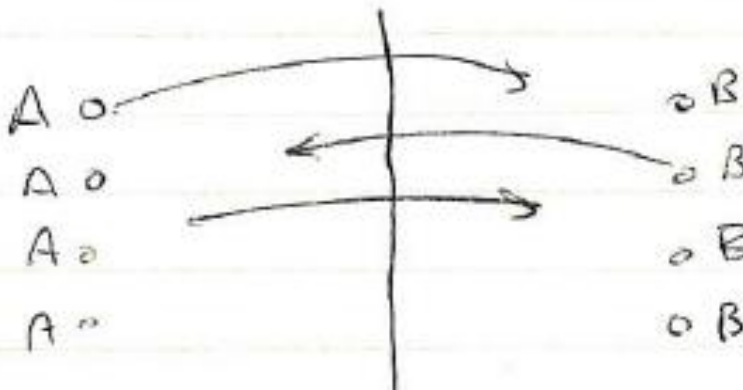
COMPETITION FOR BALLS, TACKLING, SPEED, DRIBBLING, GOALS



# KEEP THE YARD CLEAN

KICKING FOR POWER/DISTANCE, TRAPPING THE BALL

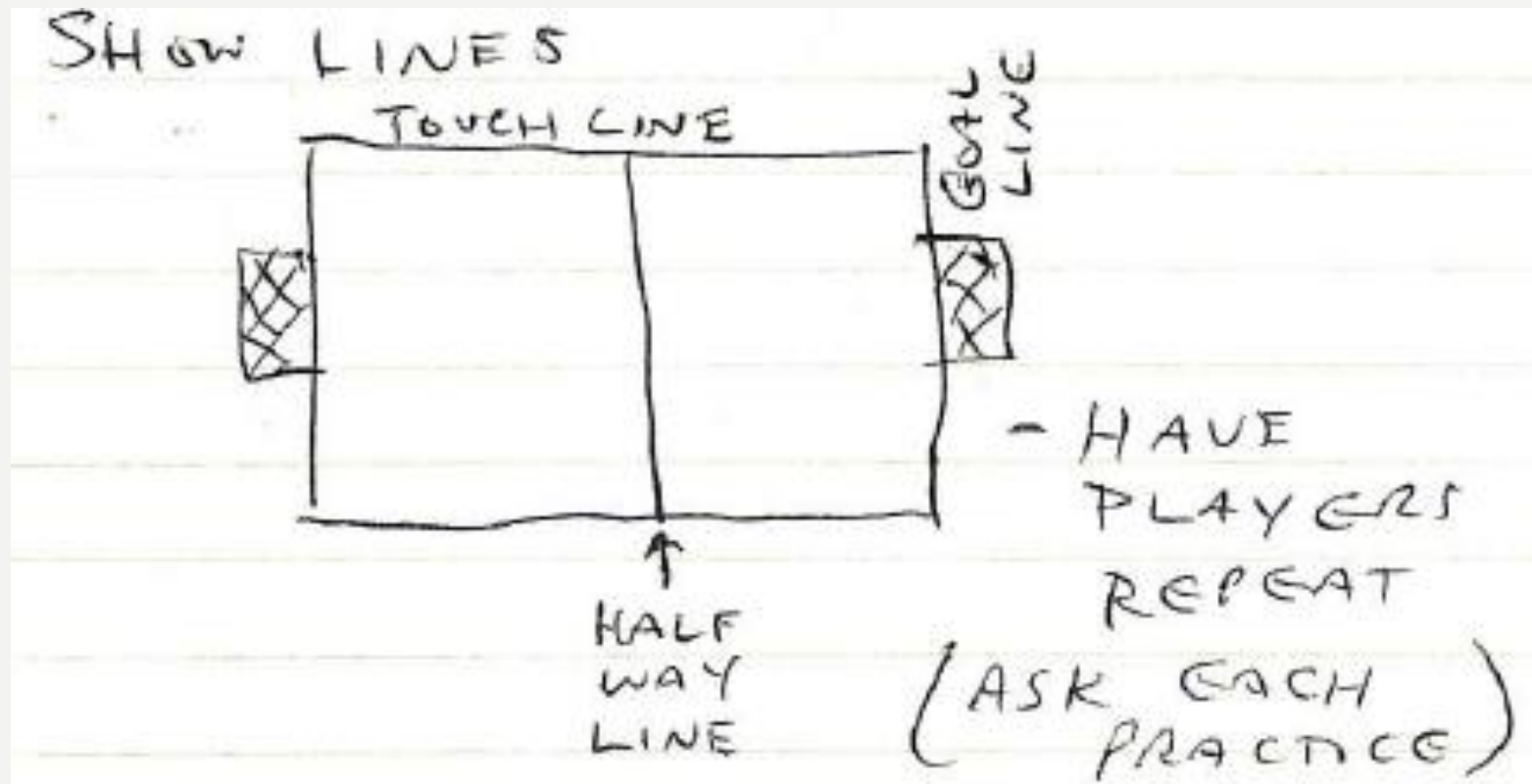
KEEP THE YARD CLEAN



- BALLS ARE LEAVES
- TRY TO BLOW/RAKE LEAVES INTO NEIGHBOR'S YARD
- PLAY FOR SET TIME (~ 2-3 min)
- COUNT BALLS TO DETERMINE WINNER (LOWEST # OF BALLS)

# THE FIELD OF PLAY

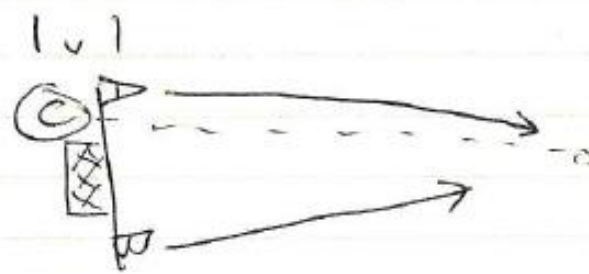
TEACH THE LINES AND THEIR MEANINGS



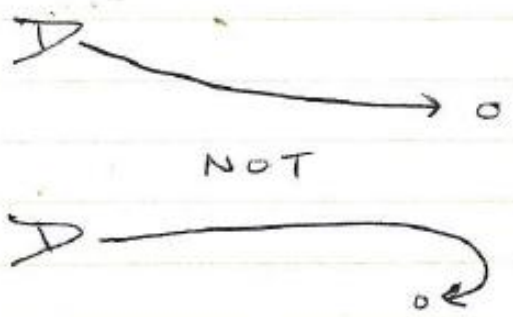
# 1 V 1 SKILLS

PROPER PATH TO BALL, ATTACKING, DEFENDING, RECOVERY

1 v 1



- COACH THROWS BALL OUT
- 2 PLAYERS GO FOR IT
- TRY TO DRIBBLE BACK + SCORE  
OR TAKE BALL FROM OTHER  
PLAYER
- SHOW PATH (TO WIN BALL)



# JAMBOREE GAMES

## PREPARE BY EXPLAINING "GOALSIDE" DEFENDING

