



U6 PRACTICE PLANS

Ball Familiarity

- » 2 vs 2 Play
- » Back to Coach
- » Crocs in the River
- » Freeze Tag
- » 4 vs 4 Scrimmage

Deception

- » 2 vs 2 Play
- » Hospital Tag
- » Crocs in the River
- » 4 vs 4 Scrimmage

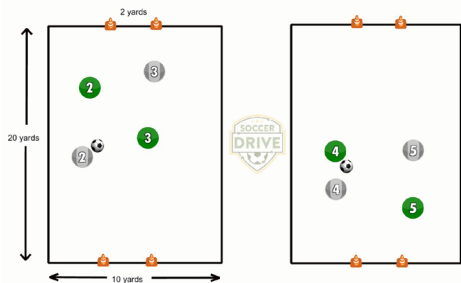
Turning with the Ball

- » 2 vs 2 Play
- » The Network
- » Robin Hood
- » 4 vs 4 Scrimmage



BALL FAMILIARITY

AGE LEVEL: U6 TIME: 60 MINUTES



2 VS. 2 PLAY

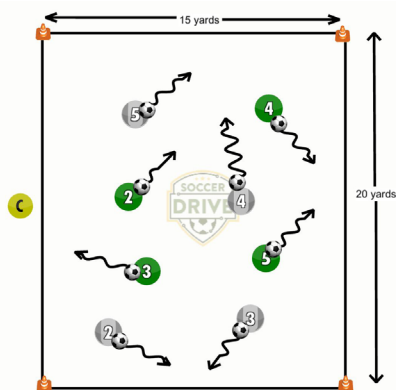
TIME 10 minutes

SETUP

- » Make two fields at 20x10 yards.
- » Place 2 yd goals on each endline.
- » Players play 2v2 on field.
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice).

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



SAILING THE SEAS

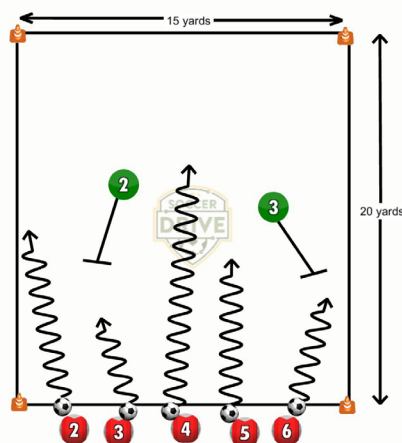
TIME 10 minutes

SETUP

- » Make a 15x20yd grid, and all players have a ball inside it (the ships).
- » The coach (ship's captain) is outside the grid.
- » Players start sailing around the ocean and change their speed based on the weather; high winds = go fast!, No wind = go very slow. Hurricane = dribble in a circle. Rogue wave = go backwards. Each round add a new direction, combine movements, or make up your own!
- » Game starts when coach says "ahoy mates, set sail!"

COACHING POINTS

- » Keep the ball close so you can change speed or turn quickly!
- » Encourage players to use both feet when touching the ball.
- » Show different surfaces of the feet that can be used to change direction, as well as touch the ball with.



BRUCE THE SHARK AND NEMO

TIME 15 minutes

SETUP

- » In your 15x20yd grid, select 1-3 players to be Bruce the Sharks without soccer balls (coaches can start as sharks too).
- » The rest of the players are Nemo or Dori and start each with a ball on one end of the grid.
- » Nemo/Dori's have to dribble their ball to the other side of the ocean without losing their soccer ball (food) to Bruce the shark.
- » Sharks do not kick balls away, they just need to touch it with their foot to catch the Nemo/Dori.
- » If a Nemo/Dori gets their ball stolen, have them do 4 toe taps (touch top of ball with the bottom of your feet), and then continue to swim the ocean.
- » Nemo/Dori's can start crossing when the sharks yell "Try and cross my ocean little fish!"
- » Switch sharks after two fish crossings.

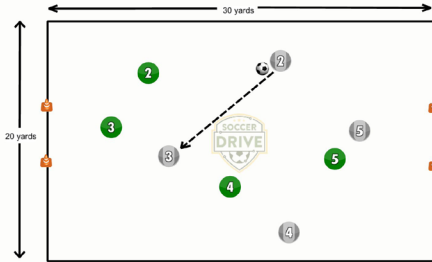
COACHING POINTS

- » Look for moments to swim into space! If you just swim without a plan, you'll be eaten up!
- » Encourage changes of speed and direction.
- » Look for players who are using both feet to dribble, and make a positive example out of them.
- » Have fun!



BALL FAMILIARITY

PRACTICE PLAN



4 VS. 4 SCRIMMAGE

TIME 20 minutes

SETUP

- » Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- » Cones for goals are 2yds wide (same as for a game).
- » There are no goalkeepers.

COACHING POINTS

- » None! Just sit back and let them play! Use this as an opportunity to talk about the rules of the game for your league. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart.

END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

- » What are some surfaces of the feet we can use to move our soccer ball with? (inside, outside, laces, heel, bottom, toe).
- » Why is it important to be able to use both feet while dribbling? (so you can turn direction quicker, as well as evade defenders easier!)
- » Why should you look for space to dribble into, instead of just dribbling straight ahead? (it's important to know where defenders are, so you can avoid them and get past them!)
- » Have a team cheer; great job coach!

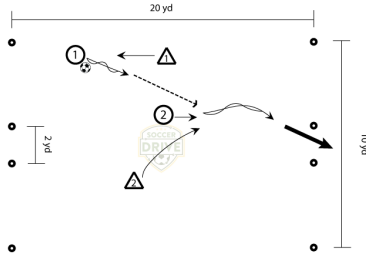


DECEPTION

AGE LEVEL: U6 TIME: 60 MINUTES

PRACTICE PLAN

20 X 10 2VS. 2 SMALL SIDED GAME



TIME 10 minutes

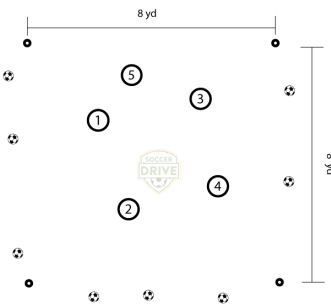
SETUP

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goal kick

COACHING POINTS

- » None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

HOSPITAL TAG



TIME 15 minutes

SETUP

- » Everyone is it without balls. All balls are outside the grid.
- » Inside the grid, you try and tag other people. If you tag them, they must hold the body part that got tagged and yell "ouch!"
- » If they get tagged a 2nd time by someone else, they must hold that body part as well (so now holding two body parts).
- » If they get tagged a 3rd time, they must run to a ball on the outside of the grid and get a ball (the hospital), pass the ball between their feet 4 times and then they can reenter the game will no more injuries.

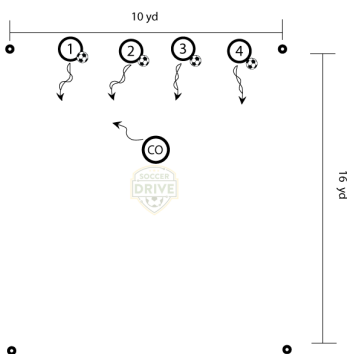
COACHING POINTS

- » Encourage players to be thinking about how they can tag people without getting tagged themselves. What can they do with their bodies to "duke" people out?

PROGRESSION

- » After a few rounds, every player now must dribble a ball while tagging people. If they get tagged three times, they must do 6 toe-taps with their ball to get better.

CROCS IN THE RIVER



TIME 15 minutes

SETUP

- » When the coach says 'go,' all players (the swimmers) try to dribble from one end of the grid to the other without getting their ball stolen by the coach (the crocodile).
- » If a player gets their ball stolen, they must perform a special activity for the croc to spit them out (ex: touching the top of the ball with the bottom of their feet alternating eight times, or passing the ball between their feet eight times). Players cannot become a croc with the coach - we want them to keep dribbling their soccer ball! Be goofy! Make lots of silly noises!

COACHING POINTS

- » Ask players to think about the length of their touches, and how they can use the different parts of their feet to manipulate the direction of the ball. When do we use big touches, and when should they be smaller?
- » Show players how to deceive the crocs by leaning one way and then dribbling the other. What body parts can we use to deceive someone? (hips, eyes, shoulders, legs). Ask them to be creative!



DECEPTION

31 X 20 4 VS 4 GAME

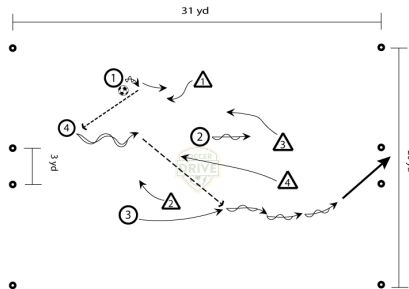
TIME 15 minutes

SETUP

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- » Cones for goals are 2yds wide (same as for a game)
- » There are no goalkeepers

COACHING POINTS

- » None! Just sit back and let them play. For kindergarten, we play continuous restarts, meaning when a ball goes out, a coach just kicks another one in. Feel free to grab the parents to use as 'bumpers' around the field to keep the game moving. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart. Have fun and get excited!



END OF PRACTICE QUESTIONS

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

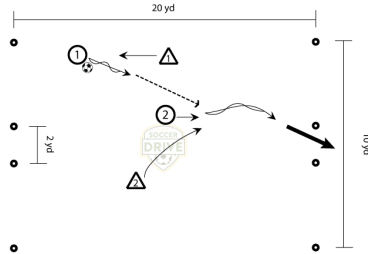
- » What are some body parts that we can use to deceive an opponent with? (eyes, legs, shoulders, hips).
- » Why would it be important to deceive an opponent? (to make them think you are going one way, when you actually want to go the other).
- » Why would this be important? (because getting the opponent off-balance makes them easier to get by!)
- » Have a team cheer, and see everyone on game day!



TURNING WITH THE BALL

AGE LEVEL: U6 TIME: 60 MINUTES

20 X 10 2VS. 2 SMALL SIDED GAME



TIME 10 minutes

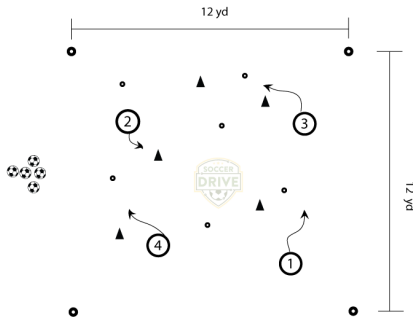
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COACHING POINTS

- » None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

THE NETWORK



TIME 10 minutes

SETUP

- » Place 5 cones, and 5 pennies on ground spread out around grid.
- » Start without a ball. Coach gives the players a task to complete which they try to get as many points as they can:
 - * touch hand to cones/pennies.
 - * touch foot to cones/pennies
 - * two-footed jump over cones/pennies
- * Make up new combinations. Think of gross motor movements, and make more complicated with each progression.

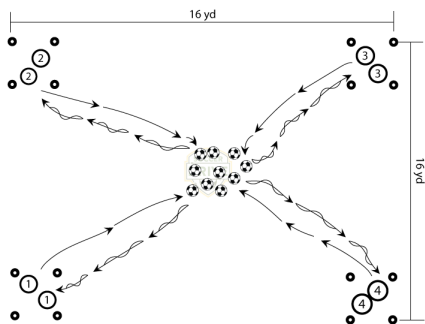
COACHING POINTS

- » - Introduce different types of turns using different surfaces of the feet: Inside/outside/bottom
- » - Encourage little touches when dribbling up to a cone, and then larger touches after they pass it to get quickly to the next one.
- » - Use peripheral vision while dribbling to see where you want to go next

PROGRESSION

Every player has a ball. Players have to dribble to a cone/pennie, touch with their foot, and then turn to go the other way for a point. Demonstrate different turns and have players perform one type at a cone, and then another type around the pennies etc. Players get points for each cone/pennie they turn at around. Make up different variations to get points.

ROBIN HOOD



TIME 15 minutes

SETUP

- » Divide players into four teams, with each team in a separate smaller 2x2yd "hideout"
- » All balls are in the center of the larger 16x16yd grid
- » When the coach says go, one player runs to the center and dribbles a ball back to their "hideout"
- » Once that player returns, their partner goes and gets a ball. Repeat.
- » Once all the balls are gone from the center, players can begin taking a ball from other "hideouts"
- » Players cannot defend their balls and can't tackle other people.
- » When coach ends game, count to see which team has the most and return to center. Repeat.

COACHING POINTS

- » Encourage different turns to get ball back to hideout quickly. Praise players who attempt turns.
- » Players need to take little touches in tight spaces, and longer touches when they are sprinting with speed back to their hideout.

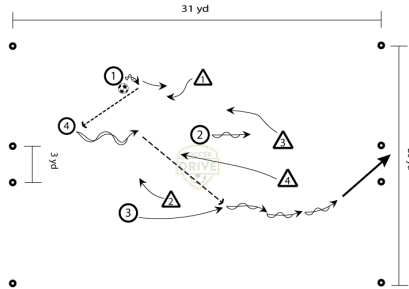
PROGRESSION

- » Let both partners go at the same time to collect balls and steal from other teams!



TURNING WITH THE BALL

31 X 20 4 VS 4 GAME



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END OF PRACTICE QUESTIONS

- » Bring your players in for the last five minutes of practice and recap your session using open-ended questions:
- » Can someone show me the different surfaces of the feet that we can use to turn the ball with (bottom, outside, inside). - Does anyone know a cool move that would help them turn? (show an example).
- » What should we do when we turn away from someone? (Increase speed and take bigger touches!)
- » Have a team cheer, and see everyone at the game!