

MUYSA

U6 SOCCER PROGRAM

FALL 2007

# U6 – Week 1 – Activities, Foot Skills & Games

## Theme of the Week – Shooting

### **Activities** – 20 Minutes ( Teams 1, 2, 3 Start Here then go to Foot Skills then Small-Sided Games)

1. **City Blocks:** Set up city blocks (make 4, 5 X 5 yd boxes, one on each corner with a goal). Split up the kids equally in each corner. Have them dribble at speed to the next block going clockwise. They have to shoot the ball in the next block. Variations – go 2 blocks away, then 3, then 4. Coaches – act as police, firemen, traffic lights, have fun.
2. **Bee Stings:** Each player with a ball in a grid. They dribble around chasing the coach and try to “sting” him by shooting the ball at him.
3. **Fox & Hunters:** ½ kids with balls, other ½ without. Kids with balls are hunters, kids without are foxes. Hunters try to “shoot” the foxes, who, in turn, run around in the grid. Switch them up. Remember fox ears.

### **Foot Skills** – 20 Minutes ( Teams 4, 5, 6 Start here then go to Small-Sided Games, then Activities)

1. Dribbling in an area – (one circle 6 – 8 yards depending on numbers)
  - Both feet (have the kids move around the circle weaving in and out of players)
  - Left only, right only (have the kids move....)
  - Walk backwards pulling the ball with the sole of the foot. – Try to increase speed
  - Walk sideways using the sole of the foot. Try to increase speed
2. Relay races
  - Two goals 20 yds apart facing each other. Each kid with a ball. 4 lines – two on either side of each goal. Kids race toward other goal and shoot. Once they shoot, first kids in the other two lines go the other way and shoot.
  - Two lines, start at each side of a goal with ball. Dribble ball out around a cone 6 yards in front of each player. On the way back have player take a shot on goal (one chance), after shot, next player goes ( each kid with a ball ).

### **Small-Sided Games** – 20 Minutes ( Teams 7, 8, 9 Start Here then go to Activities then Foot Skills)

1. 2 v 1, in a 20 x 15 yd area with a goals on both end-lines. Serve the ball to the offense (2 players) and tell the defense (1 player) the ball is in play when the offense touches. Encourage players to settle the ball and pass it back and fourth to beat the defender and score a goal. The defender can steal the ball and score as well. Keep it short. Rotate players every 30-45 seconds if no goal is scored. Encourage shooting and passing.

# U6 – Week 2 – Activities, Foot Skills & Games

## Theme of the Week – Shooting

### **Activities** – 20 Minutes ( Teams 1, 2, 3,4 Start Here then go to Foot Skills then Small-Sided Games)

1. **Bee Stings:** Each player with a ball in a grid. They dribble around chasing the coach and try to “sting” him by shooting the ball at him.
2. **Fox & Hunters:** ½ kids with balls, other ½ without. Kids with balls are hunters, kids without are foxes. Hunters try to “shoot” the foxes, who, in turn, run around in the grid. Switch them up. Remember fox ears.
3. **Clean Your Room:** 20 X 25 yd grid with a 5 yard ‘dead zone’ in the middle. This leaves two 10 x 20 areas on either side of the zone. Each player with a ball. They must shoot their ball into the other teams zone. The team with the least balls in their zone when time is called is the winner. The players cannot play the ball out of bounds. It must be in the opponent’s zone to count.

### **Foot Skills** – 20 Minutes ( Teams 5, 6,7,8 Start here then go to Small-Sided Games, then Activities)

1. Dribbling in an area – (one circle 6 – 8 yards depending on numbers)
  - Mexican hat dance (player brings one foot up and taps the top of the ball, alternate feet)
  - Dribble both feet (have the kids move around the circle weaving in and out of players)
  - Dribble left only, right only (have the kids move....)
  - Walk backwards pulling the ball with the sole of the foot. – Try to increase speed
  - Walk sideways using the sole of the foot. Try to increase speed
2. Relay races
  - Two goals 20 yds apart facing each other. Each kid with a ball. 4 lines – two on either side of each goal. Kids race toward other goal and shoot. Once they shoot, first kids in the other two lines go the other way and shoot.
  - Two lines, start at each side of a goal with ball. Dribble ball out around a cone 6 yards in front of each player. On the way back have player take a shot on goal (one chance), after shot, next player goes ( each kid with a ball ).

### **Small-Sided Games** – 20 Minutes ( Teams 9 ,10,11,12 Start Here then go to Activities then Foot Skills)

1. 2 v 1, in a 20 x 15 yd area with a goals on both end-lines. Serve the ball to the offense (2 players) and tell the defense (1 player) the ball is in play when the offense touches. Encourage players to settle the ball and pass it back and fourth to beat the defender and score a goal. The defender can steal the ball and score as well. Keep it short. Rotate players every 30-45 seconds if no goal is scored. Encourage shooting and passing.

# U6 – Week 3 – Activities, Foot Skills & Games

## Theme of the Week – Passing

### **Activities** – 20 Minutes ( Teams 1, 2, 3 Start Here then go to Foot Skills then Small-Sided Games)

1. **Soccer Bowling:** In the middle of a grid 10 yds by 15 yds, set up 5 or 6 disks. On each disk place a ball. Place two teams on either side of the grid (long sides). Each player with a ball. Have them knock the balls off the disks. If they succeed, have them go get the ball they knocked over as their trophy. Important point. Once they serve a ball, don't have them chase it. There will be plenty of balls coming through.
2. **Line Passing:** 3 players in a line. Middle player stands still with legs apart. Two outside players try to pass to each other through the legs of the middle player. Play for 1 minute and have the kids keep score. Then switch the players around.
3. **Target Passing:** Form pairs 5 yards apart. One ball per pair. Place two cones 1 yard apart in front of each player. Player 1 tries to pass it between the cones in front of player 2, vice versa. Don't let the receiving player step in front of the cones. The receiving player should receive the ball with the inside of the foot. Do not have them step on the ball – this is a no-no. Build up the passing – left only, right only. Try to get the receiving player to play the ball back more quickly – be patient.

### **Foot Skills** – 20 Minutes ( Teams 4, 5, 6 Start here then go to Small-Sided Games, then Activities)

1. **Juggling:** Hold ball in hands. Alternate bouncing off left or right thigh and catch. Build up to kicking bouncing off of the foot and catching it.
2. **Body Parts:** Have the kids dribble in an area and, on your command, they stop the ball with a different part of their body. Elbows, ears, knees, Butts (favorite). Find a buddy and both have to stop with an ear.
3. **Soccernastics:** Boxing, Hat Dance, individually first, then form pairs. One passes to the other. The receiving player receives the ball in routine (i.e. receives it doing hat dance) and passes it back.

### **Small-Sided Games** – 20 Minutes ( Teams 7, 8, 9 Start Here then go to Activities then Foot Skills)

1. 2 v 1, in a 20 x 15 yd area with a goals on both end-lines. Serve the ball to the offense (2 players) and tell the defense (1 player) the ball is in play when the offense touches. Encourage players to settle the ball and pass it back and fourth to beat the defender and score a goal. The defender can steal the ball and score as well. Keep it short. Rotate players every 30-45 seconds if no goal is scored. Encourage shooting and passing.

# U6 – Week 4 – Activities, Foot Skills & Games

## Theme of the Week – Ball Control

### **Activities** – 20 Minutes ( Teams 1, 2, 3 Start Here then go to Foot Skills then Small-Sided Games)

1. **Alligator Alley:** Set up 3, 5 x 10 yard areas with goals at one end. Create a danger strip in the middle (3 x 5) with cones. Have a coach or a parent crab or crawl around in the danger zone. The players have to dribble around the coach/parent and shoot on the goal at the other end.
2. **Follow the Leader:** Form pairs. Have one ball per pair. Players with the balls dribble in an area (use your discretion for size). The other players follow closely behind their partner. Encourage the dribbling player to weave, go in circles, etc. Blow the whistle or shout “turn!” and the player dribbling has to turn with the ball and play it through his/her partner’s legs (tell the partner that when you yell “turn” they have to jump to an open leg position). Then switch. Keep score.

### **Foot Skills** – 20 Minutes ( Teams 4, 5, 6 Start here then go to Small-Sided Games, then Activities)

1. Dribbling in an area – (one circle 6-8 yards depending on numbers)
  - Both feet (have the kids move around the circle weaving in and out of players)
  - Left only, right only (inside and outside while moving around)
  - Walk backwards pulling the ball with the sole of the foot. – Try to increase speed
  - Mexican Hat Dance. Try while pulling the ball back, then forward.
  - Pick up the ball and drop it. Trap it with the sole of the foot. Then have them trap with the inside/outside of the foot while they are moving.
2. Relay races
  - Two lines on either side of a goal. Run straight to a cone 10 yards away, do a 360 around the cone, run back towards goal and finish with a shot. Next teammate goes.

### **Small-Sided Games** – 20 Minutes ( Teams 7, 8, 9 Start Here then go to Activities then Foot Skills)

1. 2 v 1, in a 20 x 15 yd area with a goals on both end-lines. Serve the ball to the offense (2 players) and tell the defense (1 player) the ball is in play when the offense touches. Encourage players to settle the ball and pass it back and fourth to beat the defender and score a goal. The defender can steal the ball and score as well. Keep it short. Rotate players every 30-45 seconds if no goal is scored. Encourage shooting and passing.
2. 3 v 3 – multiple goals – place cones on the ground. Make 4 goals. Either team can score on any goal.

# U6 – Week 5 – Activities, Foot Skills & Games

## Theme of the Week – Passing

### **Activities** – 20 Minutes ( Teams 7, 8, 9 Start Here then go to Foot Skills then Small-Sided Games)

1. **Soccer Bowling:** In the middle of a grid 10 yds by 15 yds, set up 5 or 6 disks. On each disk place a ball. Place two teams on either side of the grid (long sides). Each player with a ball. Have them knock the balls off the disks. If they succeed, have them go get the ball they knocked over as their trophy. Important point. Once they serve a ball, don't have them chase it. There will be plenty of balls coming through.
2. **Line Passing (Thru Wickets):** 3 players in a line. Middle player stands still with legs apart. Two outside players try to pass to each other through the legs of the middle player. Play for 1 minute and have the kids keep score. Then switch the players around.
3. **Wickets:** Set up a 10 yrd circle of cones. Have ½ the players pick up their ball and stand with legs apart (wicket or goal). The other players dribble their ball and score a goal by knocking the ball thru a wicket. Have them go to the next (different) wicket to score another. Time for 30-60 seconds and have players keep score. Have players change positions. See who can get the most goals.

### **Foot Skills** – 20 Minutes ( Teams 1, 2, 3 Start here then go to Small-Sided Games, then Activities)

1. **Juggling:** Hold ball in hands. Alternate bouncing off left or right thigh and catch. Build up to kicking bouncing off of the foot and catching it.
2. **Body Parts:** Have the kids dribble in an area and, on your command, they stop the ball with a different part of their body. Elbows, ears, knees, Butts (favorite). Find a buddy and both have to stop with an ear.
3. **Soccernastics:** Boxing, Hat Dance, individually first, then form pairs. One passes to the other. The receiving player receives the ball in routine (i.e. receives it doing hat dance) and passes it back. Introduce 360 turns using inside and outside of foot.

### **Small-Sided Games** – 20 Minutes ( Teams 4, 5, 6 Start Here then go to Activities then Foot Skills)

1. 2 v 1, in a 20 x 15 yd area with a goals on both end-lines. Serve the ball to the offense (2 players) and tell the defense (1 player) the ball is in play when the offense touches. Encourage players to settle the ball and pass it back and fourth to beat the defender and score a goal. The defender can steal the ball and score as well. Keep it short. Rotate players every 30-45 seconds if no goal is scored. Encourage shooting and passing.
2. 3 v 2 – multiple goals – place cones on the ground. Make 4 goals. Either team can score on any goal.

# U6 – Week 6 – Activities, Foot Skills & Games

## Theme of the Week – Shooting

### **Activities** – 20 Minutes ( Teams 7, 8, 9 Start Here then go to Foot Skills then Small-Sided Games)

1. **Bee Stings:** Each player with a ball in a grid. They dribble around chasing the coach and try to “sting” him by shooting the ball at him.
2. **Fox & Hunters:** ½ kids with balls, other ½ without. Kids with balls are hunters, kids without are foxes. Hunters try to “shoot” the foxes, who, in turn, run around in the grid. Switch them up. Remember fox ears.
3. **Knock Out:** Set up a 10 yrd circle of cones. Each player dribbles a ball inside the circle of cones. One player stays outside the cones without a ball. Coach tells the players to keep the ball close and shield the ball from the “knock out” player. The knock out player is released into the circle of cones and tries to knock out all of the balls from the circle of cones. Once you are knocked out you cannot come back in until next game. Have these players sit on their ball to see who the last player with a ball is in the circle. The last player to be knocked out is the new “knock out” player. Repeat game several times.

### **Foot Skills** – 20 Minutes ( Teams 1, 2, 3 Start here then go to Small-Sided Games, then Activities)

1. Dribbling in an area – (one circle 6-8 yards depending on numbers)
  - Both feet (have the kids move around the circle weaving in and out of players)
  - Left only, right only (inside and outside while moving around)
  - Walk backwards pulling the ball with the sole of the foot. – Try to increase speed
  - Mexican Hat Dance. Try while pulling the ball back, then forward.
  - Pick up the ball and drop it. Trap it with the sole of the foot. Then have them trap with the inside/outside of the foot while they are moving.
2. Relay races
  - Two lines on either side of a goal (use cones). Run straight to a disc/cone 10 yards away, do a 360 around the disc/cone, run back towards goal and finish with a shot. Next teammate goes.

### **Small-Sided Games** – 20 Minutes ( Teams 4, 5, 6 Start Here then go to Activities then Foot Skills)

1. 2 v 1, in a 20 x 15 yd area with a goals on both end-lines. Serve the ball to the offense (2 players) and tell the defense (1 player) the ball is in play when the offense touches. Encourage players to settle the ball and pass it back and fourth to beat the defender and score a goal. The defender can steal the ball and score as well. Keep it short. Rotate players every 30-45 seconds if no goal is scored. Encourage shooting and passing.
2. 3 v 2 – multiple goals – place cones on the ground. Make 4 goals. Either team can score on any goal.

# **U6 – Week 7 - 9 – Activities, Foot Skills & Games**

## **Theme of the Week – IMPROVISE AS A COACH**

### **Activities – 20 Minutes** ( Teams 7, 8, 9 Start Here then go to Foot Skills then Small-Sided Games)

1. **Game 1:**
2. **Game 2:**
3. **Game 3:**

### **Foot Skills – 20 Minutes** ( Teams 1, 2, 3 Start here then go to Small-Sided Games, then Activities)

1. Dribbling in an area – (one circle 6-8 yards depending on numbers)
  - Both feet (have the kids move around the circle weaving in and out of players)
  - Left only, right only (inside and outside while moving around)
  - Walk backwards pulling the ball with the sole of the foot. – Try to increase speed
  - Mexican Hat Dance. Try while pulling the ball back, then forward.
  - Pick up the ball and drop it. Trap it with the sole of the foot. Then have them trap with the inside/outside of the foot while they are moving.
2. Select Skill:
  -

### **Small-Sided Games – 20 Minutes** ( Teams 4, 5, 6 Start Here then go to Activities then Foot Skills)

1. 2 v 1, in a 20 x 15 yd area with a goals on both end-lines. Serve the ball to the offense (2 players) and tell the defense (1 player) the ball is in play when the offense touches. Encourage players to settle the ball and pass it back and fourth to beat the defender and score a goal. The defender can steal the ball and score as well. Keep it short. Rotate players every 30-45 seconds if no goal is scored. Encourage shooting and passing.
2. 3 v 2 – multiple goals – place cones on the ground. Make 4 goals. Either team can score on any goal.