

Top 8 Items all players should learn in a season:

Players at the U6 level should learn the following items by the end of the season. How you choose to teach these techniques are completely up to you. The more fun you make it will help the learning aspect throughout the season.

- 1) Toe Taps
- 2) Scissors
- 3) Throw-Ins
- 4) Goal Kick
- 5) Dribbling
- 6) Stopping the ball
- 7) Proper starting positions 3 front, 2 back
- 8) Shooting the ball at the goal

Warmup: (coach will do all activities, players will follow along)

- (1) Touch your toes (stretch back legs)
- (2) Hop on 1 foot around field
- (3) Side Step, change directions often, lift arm based on direction to go.
- (4) Toe Taps
- (5) Scissors
- (6) Stretching the legs
- (7) Dribbling
 - a. Kick the ball with the inside of their feet
- (8) Throw-Ins
- (9) Goal Kicks

Skills and Drills:

Tag

Designate an area either with cones or the white lines of the soccer field.

All players will have a ball except for 1. The player without the ball is the person that is 'it'. When the coach yells 'go' all players with a ball will dribble the ball inside of the area trying to keep

The player that is 'it' from kicking their ball outside of the designated area. If the player goes outside of the designated area they are automatically out. Last player with a ball wins.

Red Light – Green Light

All players have their balls and are placed on a line, coach is standing on the opposite end of the field line. When the coaches' back is to the players, the players dribble their ball towards the coach. When the coach turns around the players must stop. Any players still moving when the coach turns around must go back to the beginning line. First player to tag the coach wins.

Ball Wrangler

Create two lines with the players; players in both lines are given a number. Coach is in the middle of the two lines and will throw a ball out onto the field, when he throws the ball he will call out a number. Then players that are assigned that number will run after the ball. The player that brings the ball back to the coach wins.

Ball Control (Individual body and ball control, movement and agility)

Players and Coach will move around the field. Players can move the ball any way they would like. Just emphasize keeping the ball close. As a coach also do the activity and change up your ball skills since the players will copy you.

Sharks everywhere (Movement and coordination under pressure)

Players will move around in a designated area keeping control of their own ball. While moving around the area players will try to kick other players' ball out of the area. The last player with a ball wins. When a player's ball is kicked out of the area, you should have them do so many toe taps to keep them engaged in the activity.

Soccer Bowling

Put three cones in a triangle with balls placed on top. Split players up in 2 teams. Players will kick the ball at the 3 soccer balls and try to knock down all the soccer balls. Player that kicks the ball will setup the balls that are knocked down and then take the ball back to the line.

Shin Tag

Each player will dribble their ball in the designated area, they will they try to touch as many players shins as they possibly can in a 1 – 2 min period. Players can keep track of their shin taps. Player with most taps wins.

1 vs 1 scrimmage (running with ball)

Create 2 groups on opposite sides of the field. Assign numbers to each group. Coach will then call out a number and throw a ball out onto the field. Players will run after the ball and dual to get the ball into the goal.

Passing

Setup 2 players (about 15 ft apart). Players will practice passing the ball between the 2 players. Make sure player stops the ball prior to kicking the ball back.

Defend your ball

Setup 3 cones around the field. Place a soccer ball on each cone. 1 player will be assigned to defend the ball from being knocked off the cone. The other players will dribble their balls around the field trying to knock the balls off the cones with their balls.

(Shooting the ball)

Separate the players into 2 teams. Place a line of cones in the middle of the field. Each player will have a ball. When the coach yells go the players will shoot their balls over to the opposing team area. You will continue to run after the balls on your side kicking the ball over to the opposing team's area. When the coach yells stop, the team with the least amount of balls on their side wins.