



Objective

Improve the techniques of dribbling, passing, and shooting

Age Group

U6

Moment

Attacking

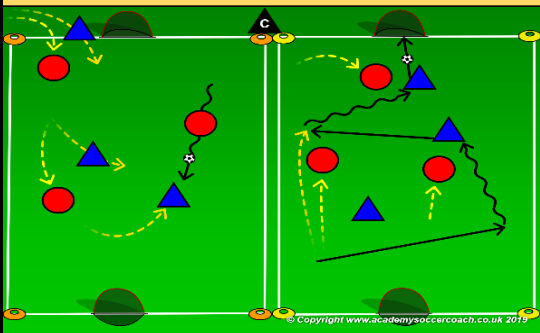
Duration

45 Minutes

4v4

Play Phase #1 - Free Play (Up to 4v4)

10 Minutes



Objective: To pass or dribble past an opponent then score goals

Organization: Set up a 15Wx20L field (One Half of a game field) with a small cone goal at each end. As soon as 2 players arrive, start playing a game as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 4v4.

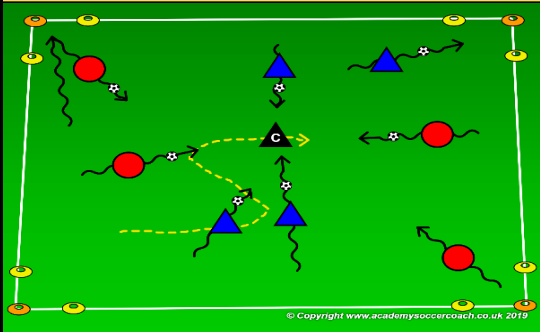
Key Words: Turn to goal, take big touches into space

Guided Questions: When can you push the ball further in front of you?

Answers: If no one is between you and the goal, push the ball further in front to run faster with the ball.

Practice Phase #1 - Red Light / Green Light

10 Minutes



Objective: To dribble and change directions.

Organization: In a 15Wx20L field, all players have a ball dribbling. If coach says "red light", players stop their ball. If coach says "green light", players dribble towards coach. Move around area and change frequency of light changes.

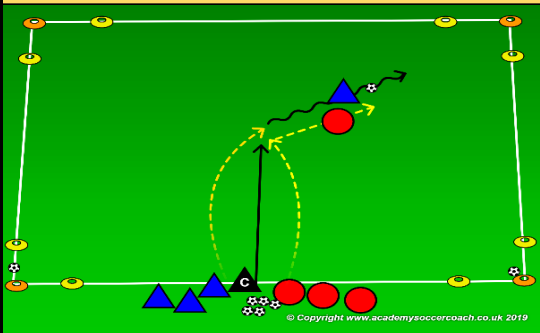
Key Words: Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot)

Guided Questions: Which part of your foot can you stop the ball with? What part of the foot will help you go faster?

Answers: Get close to the ball and touch it with the bottom of foot to stop. Use laces to push the ball forward and to go faster.

Practice Phase #2 - Combat

10 Minutes



Objective: To dribble your ball toward a target & strike your ball to goal

Organization: Set up a 15Wx20L field, put a cone goal in every corner. Coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Play starts when the coach passes a ball onto the field. A player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals. Once a goal is scored or if the ball goes out of play, coach serves a new ball out for the NEXT player(s) to play.

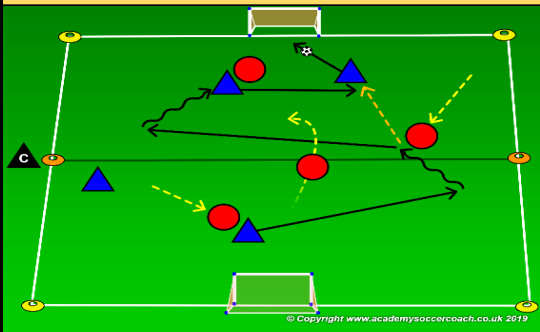
Key Words: Find the open goal/ Accelerate (Go Faster)

Guided Question: How can you trick the opponent? How can you use the bottom of foot?

Answers: Pretend to go to one goal then go to the other. Use it to stop and change directions.

Play Phase #2 - The Game

15 Minutes



Objective: To pass or dribble past an opponent then score goals

Organization: Sharing a 20Wx30L game field with another team, scrimmage 4v4 against that team. Use all normal rules for division. If the ball leaves the field, coach can roll another ball onto the field and let play continue to keep play moving. Rotate players to keep fresh and allow rest time.

Key Words: Turn, Get the ball, Beat Them!

Guided Questions: When can we dribble? When can we shoot?

Answers: Try to let players make their own decisions. Don't "joystick" coach by over-telling players what to do.

Self Reflection Questions

How did you do in achieving the goal of the training session?

What did you do well?

What could you do better?