

U6 BUILDING SKILLS & TEAM FUN



★ KEEP IT FUN! ★



GAMES
"RED LIGHT, GREEN LIGHT"
& small sided
scrimmages are great!

POSITIVE REINFORCEMENT

CELEBRATE good passes,
shots on goal, and even
LISTENING well!



INDIVIDUAL ATTENTION

Offer a TIP to ONE CHILD at a
time if possible, during a break.

LIMIT INSTRUCTION

Focus on showing them a skill
QUICKLY, then LET THEM TRY IT.



EVERY KID GETS A BALL
When possible, this MAXIMIZES
touches with the ball.

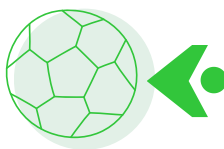


SKILLS TO TEACH



TRAPPING

Stopping the ball with feet, inside of the foot is a good starting point.



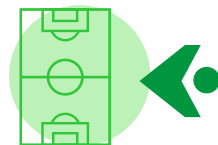
PASSING

Longer passes, focus on looking up before passing to a teammate.



DRIBBLING

More controlled dribbling, changing direction with the ball.



SHOOTING

Shooting at a goal, emphasizing aiming toward a target (even if they miss!)

COMPETENCIES

Ball Mastery:

Becoming more comfortable dribbling, keeping the ball close.

Game Sense:

Very simple. Where their teammates are, the direction of the play.

Positions (Loosely):

Understanding there are forwards, defenders, and maybe midfield.

1. WORLD CUP

Small-sided games (2v2 or 3v3). Goals everywhere, chaotic and fun. Reinforces all aspects in a 'real' game setting.

2. FREEZE TAG

With balls. Adds a soccer twist to a classic favorite.

3. TARGET PRACTICE

Set up cones or mini goals. Kids shoot from a distance, trying to hit the targets. Simple shooting focus.

4. STEAL THE BACON

Two teams with a pile of balls in the middle. Kids try to steal a ball for their team. Introduces defending and the desire to win the ball.

5. PASS & CHASE

Kids in pairs. One passes, then sprints to try and get in front of their own pass. Focus on passing then moving for the ball.

DRILLS & GAMES

PRACTICE STRUCTURE

WARM UP 5-10 MINUTES

Steal the Bacon or another simple ball-tag style game.

SKILL ACTIVITY #1 15 MINUTES

Pass & Chase in pairs.

SKILL ACTIVITY #2 15 MINUTES

Target Practice shooting at larger goals.

GAME 15 MINUTES

World Cup 2v2 or 3v3 scrimmage.

COOL DOWN 5 MINUTES

Basic stretches, talk about what they had fun with at practice

GETTING THE BALL, MOVING THE BALL, FINDING THE GOAL

IMPORTANT NOTES!

FLEXIBILITY IS KEY:

ADAPT BASED ON KIDS' ENERGY LEVELS, NUMBER OF KIDS WHO SHOW UP, ETC.

WATER BREAKS:

FREQUENT BREAKS ARE ESSENTIAL, ESPECIALLY FOR YOUNGER KIDS.

ENTHUSIASM:

IF THE COACH HAS FUN, THE KIDS WILL TOO!

ADJUST GAME LENGTH:

SCRIMMAGES CAN BE LONGER OR SHORTER DEPENDING ON HOW THE PRACTICE IS GOING



SoccerCoach Weekly.net

Offers practice plans, new training ideas, and a focus on fun drills for younger kids.



BeastMode Soccer.com

Focuses on individual skill development with drills and training programs for players.

WEBSITES WITH DRILLS, GAMES, AND SKILL DEVELOPMENT



SoccerXpert.com

Detailed drills with diagrams and articles on player development, coaching strategies, and soccer psychology.



SoccerHelp.com

Extensive collection of drills, practice plans, coaching tactics, and tips. Filter by age and skill level.



TheCoaching Manual.com

A massive resource of drills, session plans, tactical analysis, and other insights specifically for soccer coaching.

