

**EDUCATE - CONNECT - INSPIRE**

**LYNNFIELD YOUTH SOCCER  
CLUB  
U6 SESSIONS**



# EDUCATE - CONNECT - INSPIRE

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# SEASON GOALS

It is important to note what we are trying to achieve within a season so we can re-evaluate at the end to see if we have accomplished our goals. The pathway to success depends on how well we execute the follow philosophy in every session we take.

- To help each U6 player reach their full potential in the sport of soccer.
- To develop players that are comfortable with the ball at their feet
- To Improve each players knowledge and understanding of the game.
- To create a positive and fun atmosphere where players can learn and develop at their own pace.
- To learn how to win and lose graciously and the full meaning of fair play.

# MOVEMENT SHEET

## Dynamic Movements

- Heel Flicks
- High Knees
- Open Gate
- Closed Gate
- Inside Volley
- Left leg to right arm
- Side to Sides (left to right)
- Karaoke
- Arms across body
- Arms up and down
- Arm Circles Forwards
- Arm Circles Backwards
- Arms Side to Side
- Quick sprint, hamstring stretch
- Lunge

## Fast Footwork

- Side to Side Shuffles Forwards
- Side to Side Shuffles Backwards
- Forward / Backward Shuffles
- Two Feet in Sideways
- Two Feet in Forwards
- One Foot in Forwards
- Figure 8 forwards
- Forwards 2, Backwards 1
- Feet together jump & bounce forwards
- Feet together jump & bounce sideways
- Feet together jump & bounce forwards 2, backwards 1

# BALL MASTERY

- **Heel / Toe Roll** :- Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times
- **Inside Outside Roll** :- Same but now moving ball from inside to outside of sole of foot
- **Circle Roll** :- Moving ball with same foot in a circular motion
- **Front foot Dribble** :- Small touches using the front of the foot only (laces)
- **Big Toe / Little Toe** :- Move ball with Inside of big toe, followed by outside of little toe in a zig zag fashion
- **Big Toe, Big Toe / Little Toe Little Toe** :- Same but now 2 touches with big toe followed by two touches of little toe
- **Side Sprints**:- Ball in between feet moving ball from side to side in a pendulum fashion
- **Side Sprints forwards / backwards** :- Same but now moving ball forwards and backwards
- **Side Sprints Side to Side** :- Now move body to left whilst performing 3-4 side sprints and then back to the right in a zig zag
- **Pull Push** :- Pull ball back from heel to toe and push forward with the laces
- **Pull Push Inside / Outside** :- Pull ball across body using the pull and out of body using the push, repeat both sides
- **Pull Push Behind** :- Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot
- **Side sprints w / pull push combo** :- As described above
- **Sole Taps** :- Little touches on ball using front of the sole of the foot
- **Sole Taps forwards / backwards** :- Same, moving ball backwards and forwards
- **Sole Taps w / pull push behind combo** :- Same but now add a pull push behind
- **Sideways Rolls** :- Body square to the ball, roll whole foot over the ball inside of foot first and quickly repeat
- **Sideways Rolls change over left to right** :- Same but change ball from left to right with a roll across body
- **Sideways Rolls w/ roll over step over** :- Same but now roll across body while performing a step over
- **Figure 8 dribbling** :- Dribbling ball in a figure 8 between two cones

# 8 WEEK SEASONAL PLAN

1. Ball Mastery
2. Dribbling
3. Running with the ball
4. Changing direction with Turns
5. Changing Direction with Fakes
6. Short range passing
7. Possession games
8. 4 vs 4 – Dutch Tournament

# SESSION PLAN OVERVIEW

Each session will follow the same format. The format is designed to get the player into game situations right from the start of training. There are 3 phases that the session will go through, progressively getting more challenging and competitive:

1. Related Warm-Up
2. Activity 1
3. Activity 2
4. Small sided games

Each session will last 60 minutes.

# EDUCATE - CONNECT - INSPIRE

## Session One: Ball Mastery





# WARM UP ACTIVITY: TOUCHES ON THE BALL/SPEEDS



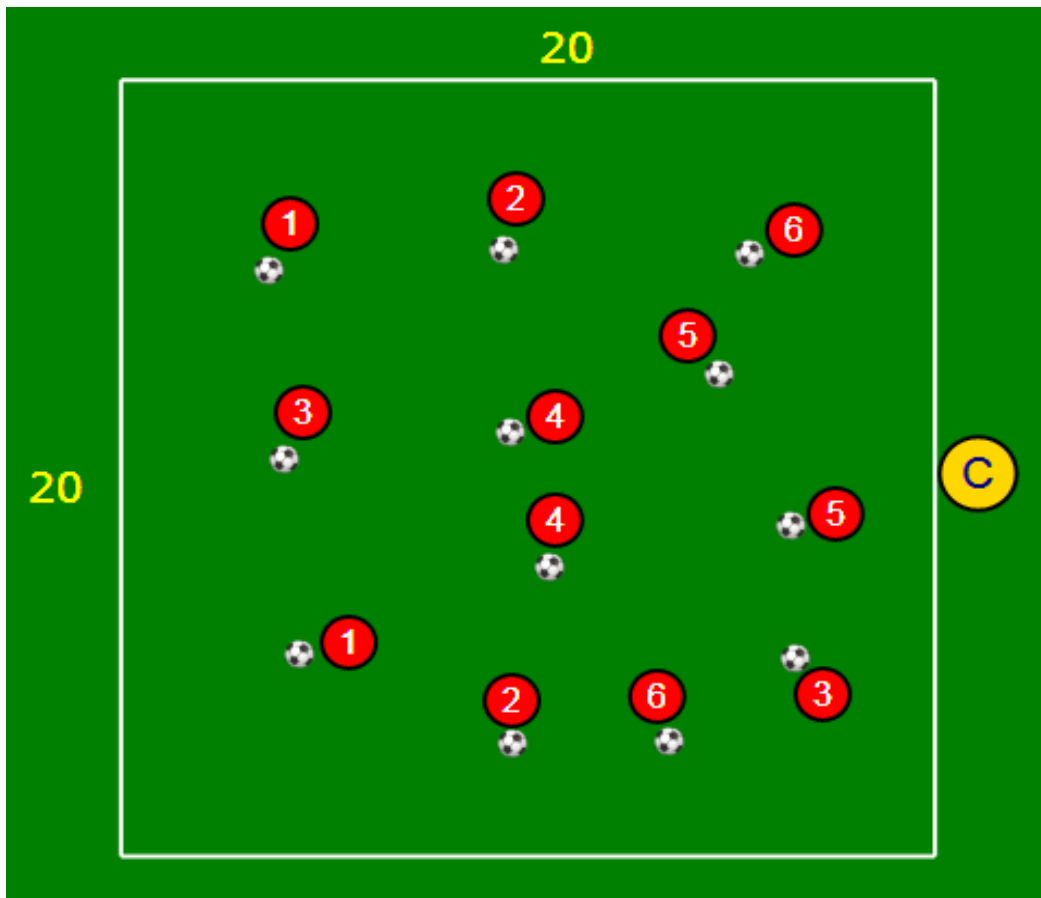
**Area:** 30 x 30 yards area. All players with a ball.

**Description:** All players dribble around the area taking small touches with different surfaces of the feet. Every touch counts as a point. Coach times activity for 2 minutes. Players record number of touches within the time frame.

**Progression:** Add SPEEDS. Players dribble around the area with their own ball:  
Speed 1 – Walking Speed 2 – Jogging  
Speed 3 – Running Speed 4 - Turbo

**Coaching Points:** Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction every 6-8 touches with a turn or a fake. Use other players as a guide as to when to turn or fake, i.e. if someone is in your way, do a turn or fake

# ACTIVITY 2: TRAFFIC LIGHTS

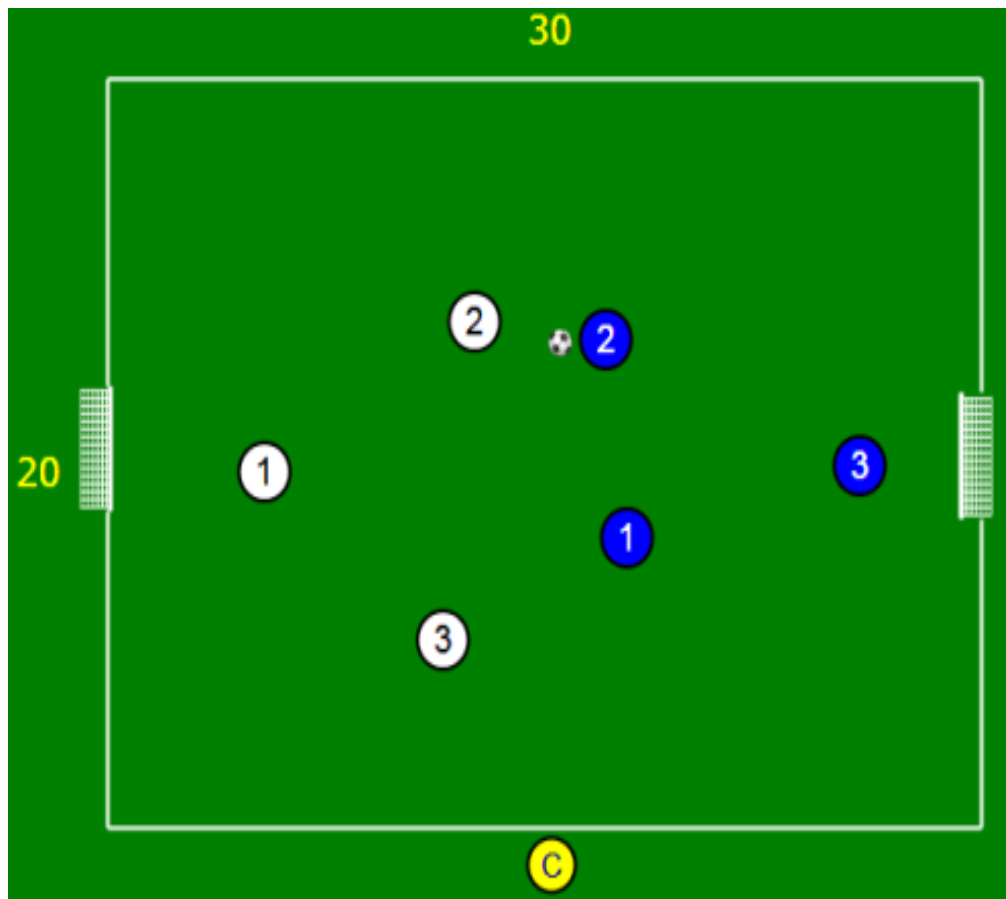


**Organization:** All players must have a ball and must try and stay in the grid

**Objective:** Players dribble their ball anywhere in the grid. The player must listen to the coach's instructions.

- Red light – Stop with foot on ball
- Yellow Light – Dribble Slowly with the ball
- Green Light – Dribble fast with the ball
- U-Turn – Player must change direction (do a U Turn)
- Runaway Truck – Coach “tries” to kick balls away from player
- Road Works – Player pretends to dribble around holes in road
- Crash – Players all role round with the ball
- Helicopter – Player picks up the ball and spins with it on their head, land helicopter put foot on top of ball.
- Rail Crossing – Player dribbles, stops, looks both ways and continues.
- Keep ball in front of you (2/3 feet)
- Keep looking at ball and all around you
- Try to dribble in space
- Use sole of foot to stop ball
- Try to use both feet
- Adjust size of grid to the age and number of players

# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x 30 grid,

Two teams of 3v3 or 4 vs 4

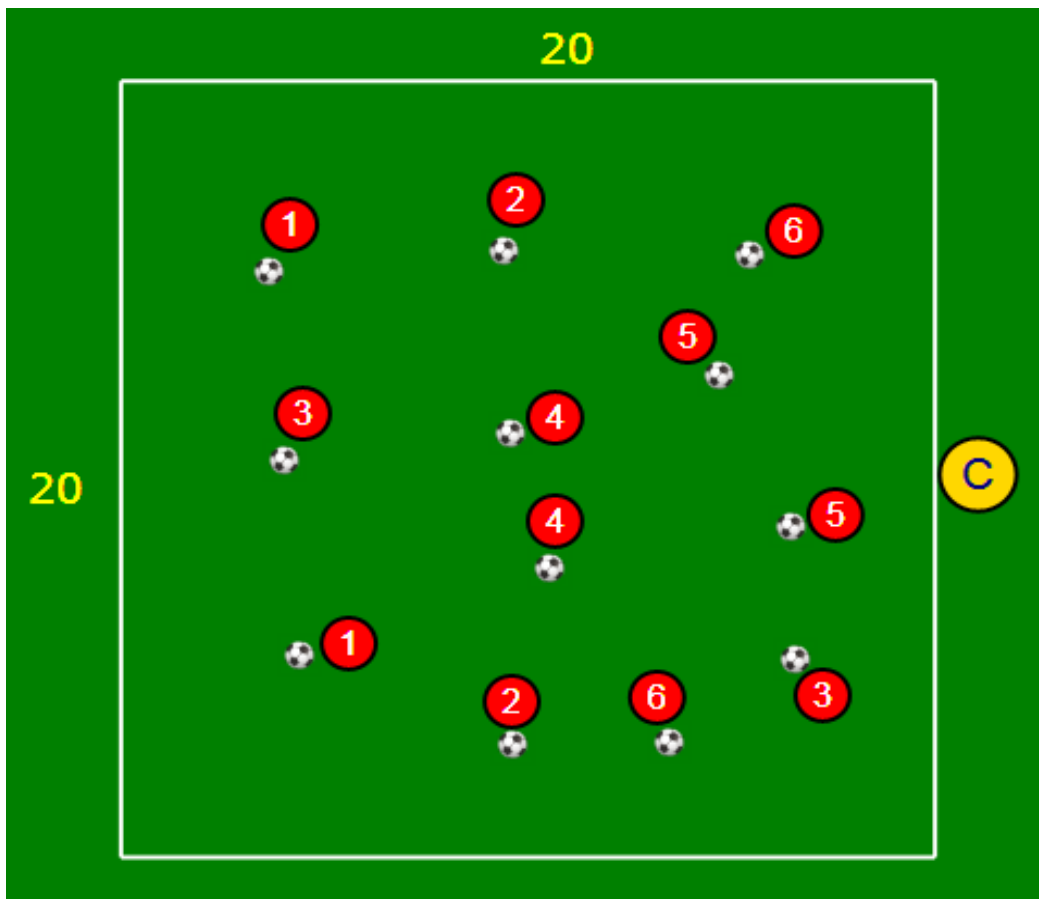
Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

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## Session Two: Dribbling



# WARM UP ACTIVITY: TRAFFIC LIGHTS

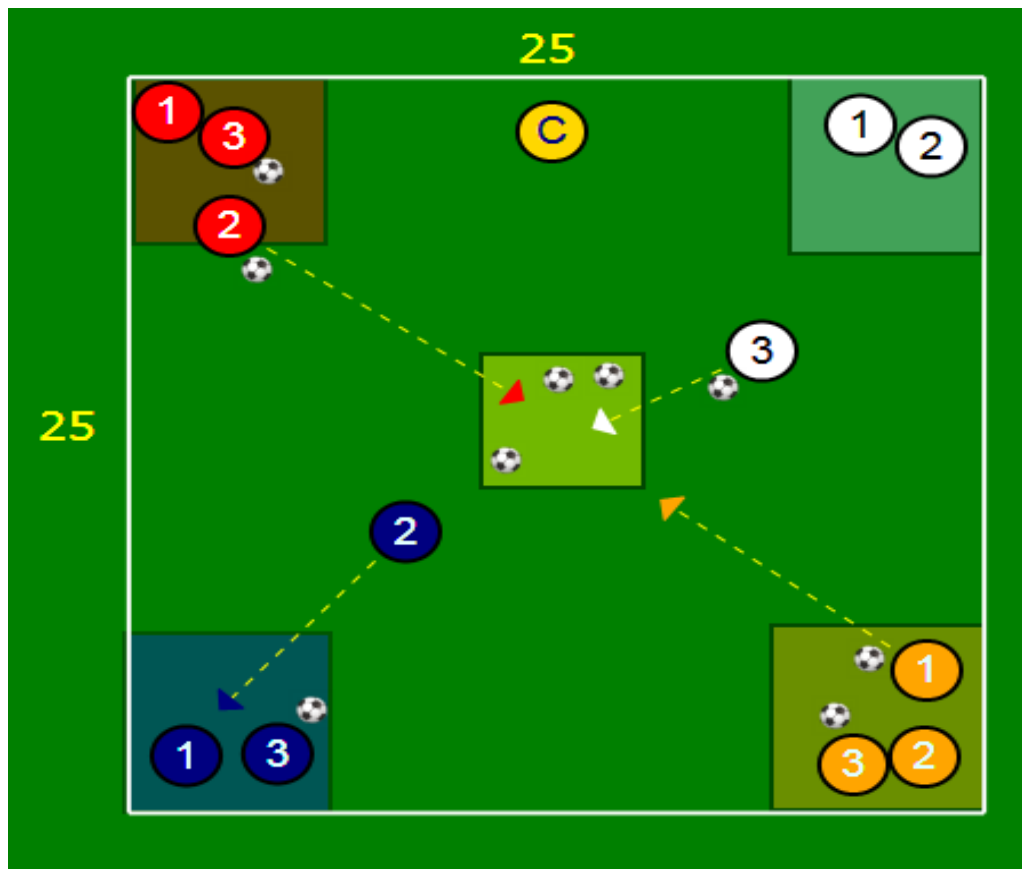


**Organization:** All players must have a ball and must try and stay in the grid

**Objective:** Players dribble their ball anywhere in the grid. The player must listen to the coach's instructions.

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- Keep looking at ball and all around you
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- Use sole of foot to stop ball
- Try to use both feet
- Adjust size of grid to the age and number of players

# ACTIVITY 2: DRIBBLE AND SQUASH



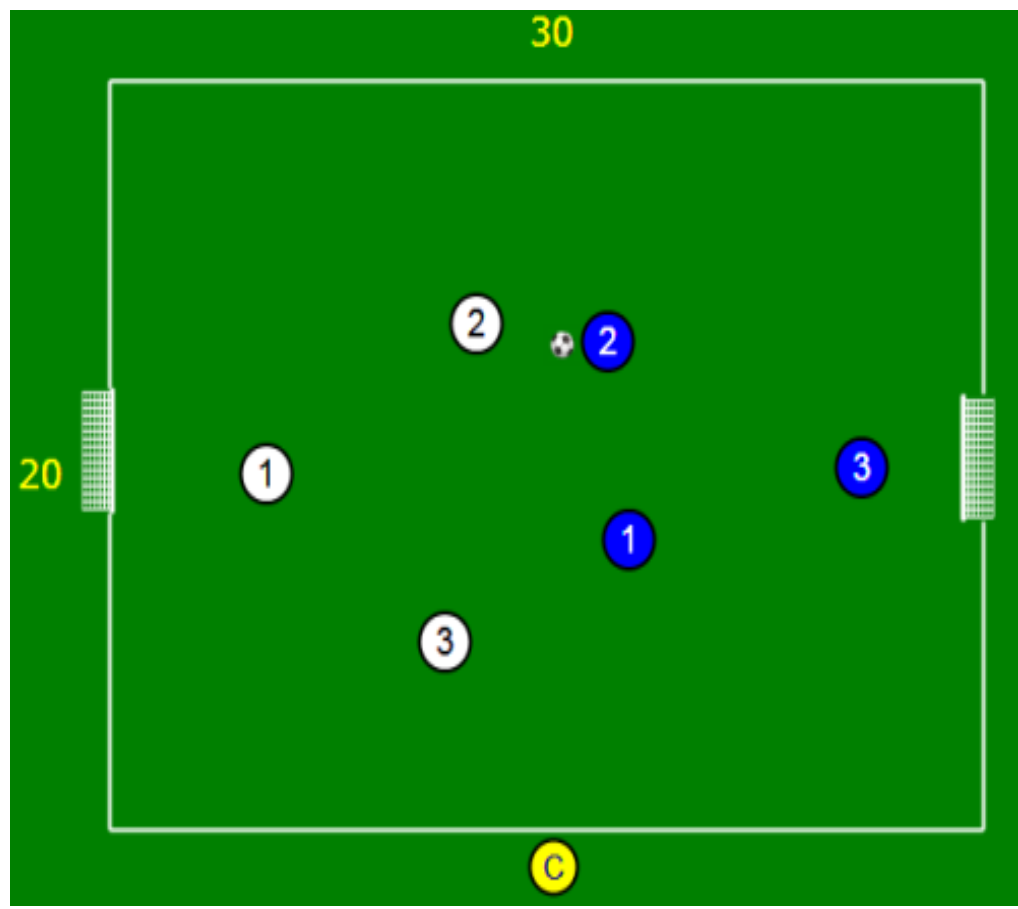
Organization: all players must have a ball and stand in their designated corner.

Objective: Each player is numbered, 1,2,3 in each team. Number 1 dribbles to the center of the square and stops their ball (SQUASH) then runs back and tags number 2. Number 2 repeats, and so on with number 3. When all the balls are in the middle, the team then retrieves the ball number 1, then 2 and 3. When all the balls are back in the corner, each team must go and steal balls from other teams, and dribble them back to their corner. The game has 2 minutes of stealing and all the players must be back home before the coach calls time.

Progression: Make the dribbling harder (use only left foot). Use cones to dribble around.



# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x 30 grid,

Two teams of 3v3 or 4 vs 4

Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

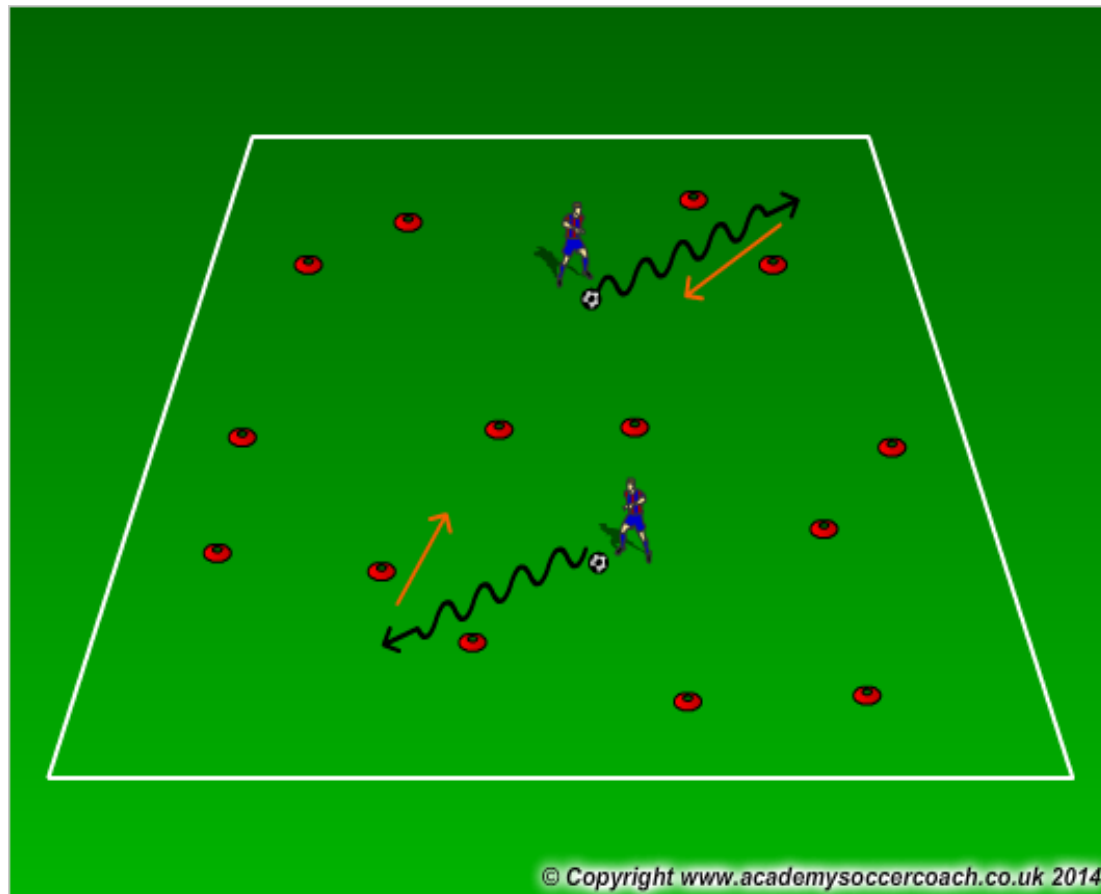
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## Session Three: Running with the ball





# WARM UP ACTIVITY: GATES (DRIBBLING)



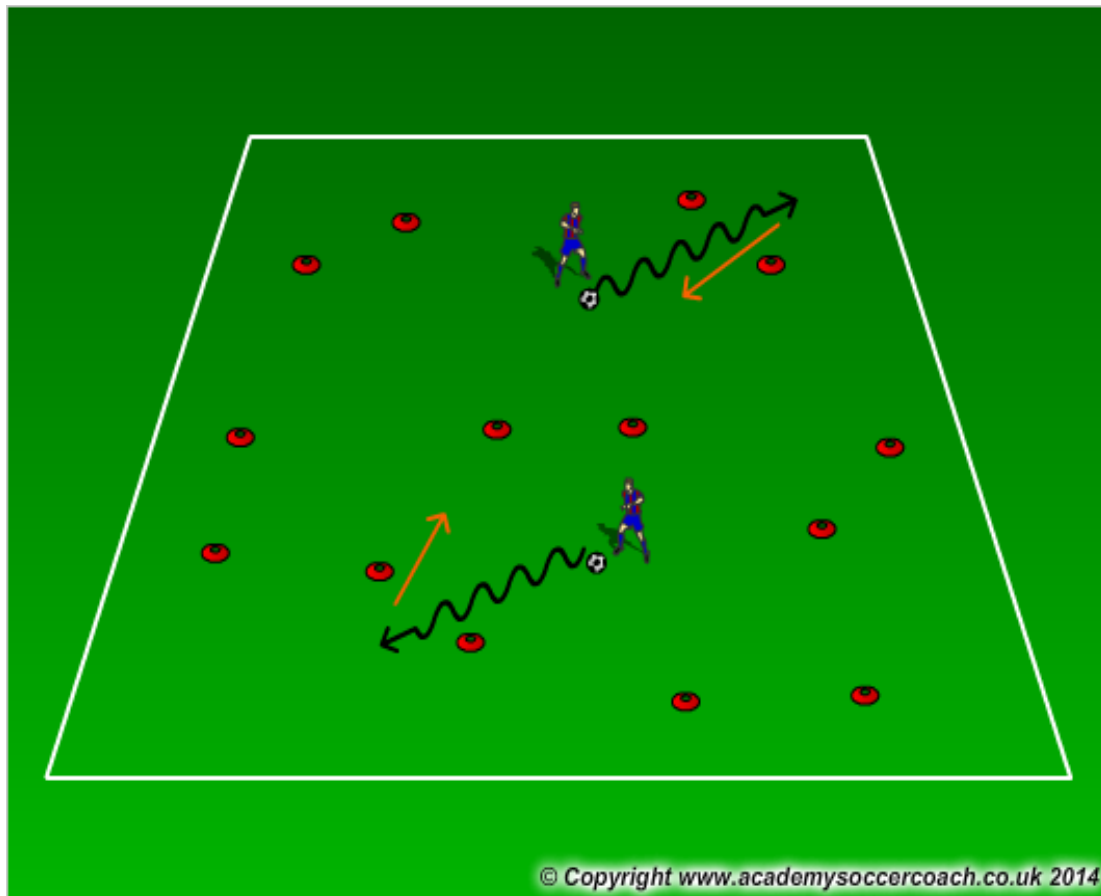
**Set-up:** Repeat in the same area. Add cones (gates 2 yards apart) scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move through the gates. Repeat to different gates around the area.

Moves: Dribbling with the in-step and out-step

**Coaching Points:** Concentrate on slower speed of dribble, keeping the ball close (on a leash).

## ACTIVITY 2: GATES (STOP TURN/SQUASH)



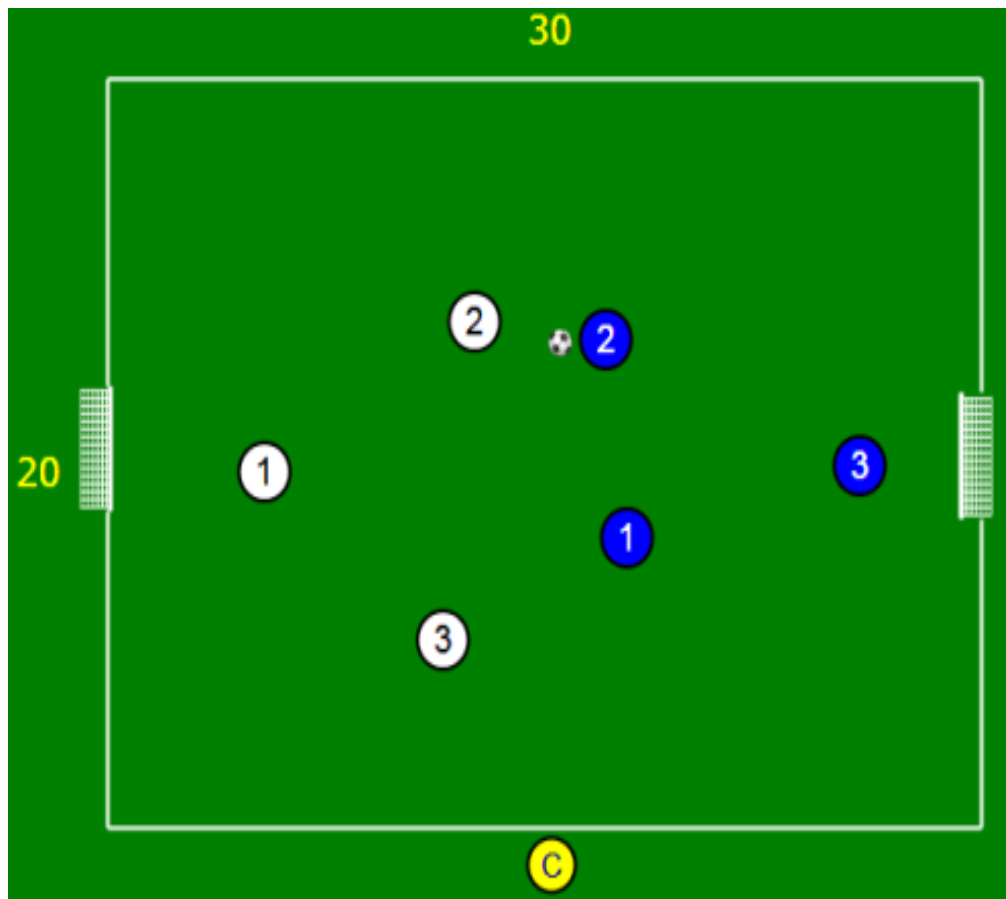
**Set-up:** Repeat in the same area. Add cones (gates 2 yards apart) scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move through the gates. Repeat to different gates around the area.

Moves: Dribbling with the in-step and out-step

**Coaching Points:** Try to perform the move after dribbling through the gate. Concentrate on move (Change of Direction) rather than speed. Try to get the ball out of your feet after the turn and take a positive touch away from the gates. Add change of speed after the move.

# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x 30 grid,

Two teams of 3v3 or 4 vs 4

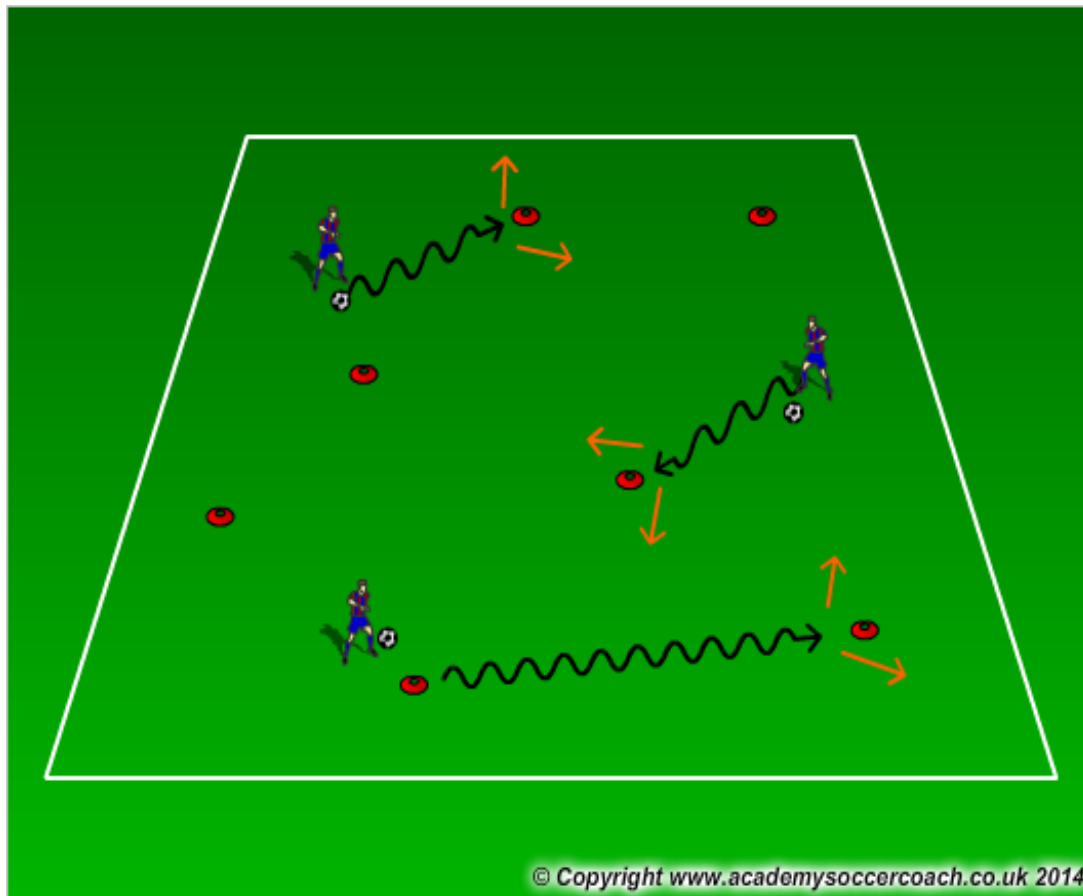
Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

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## Session Four: Changing Directions with Turns



# WARM-UP ACTIVITY: DRIBBLING: TURNS



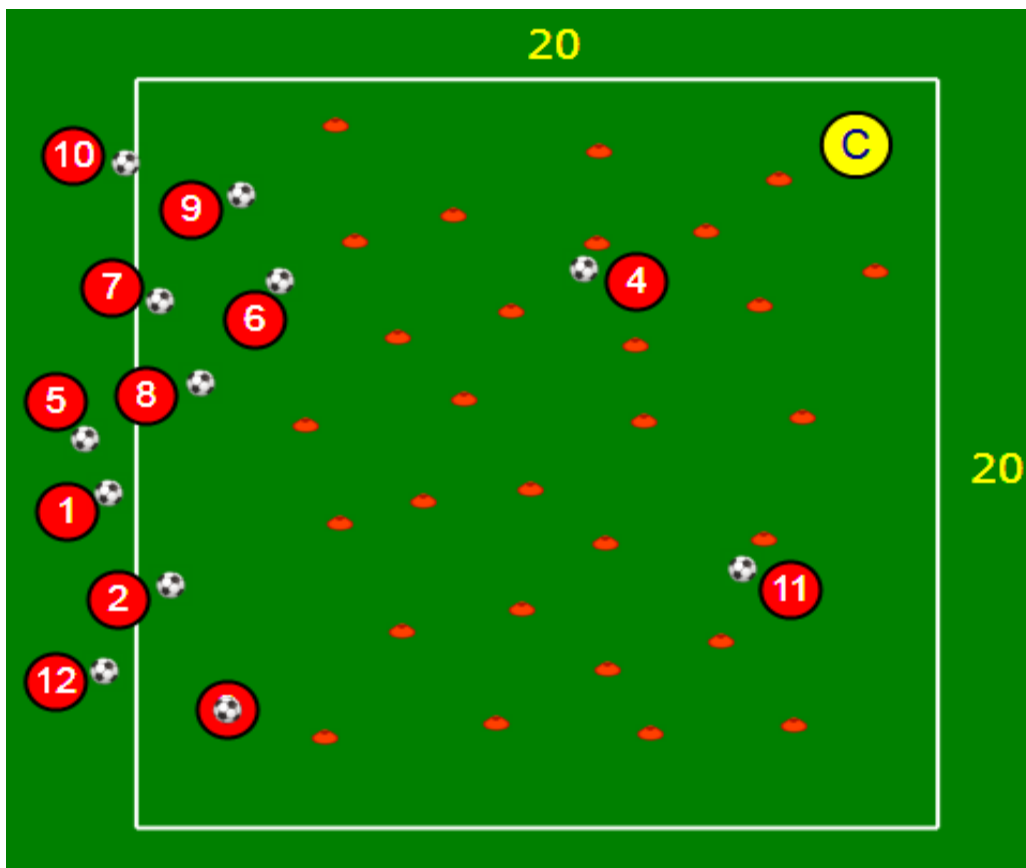
**Set-up:** Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.

**Moves:** Pull-backs, stop turn

**Coaching Points:** Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

## ACTIVITY 2: CONE COLLECTOR 2



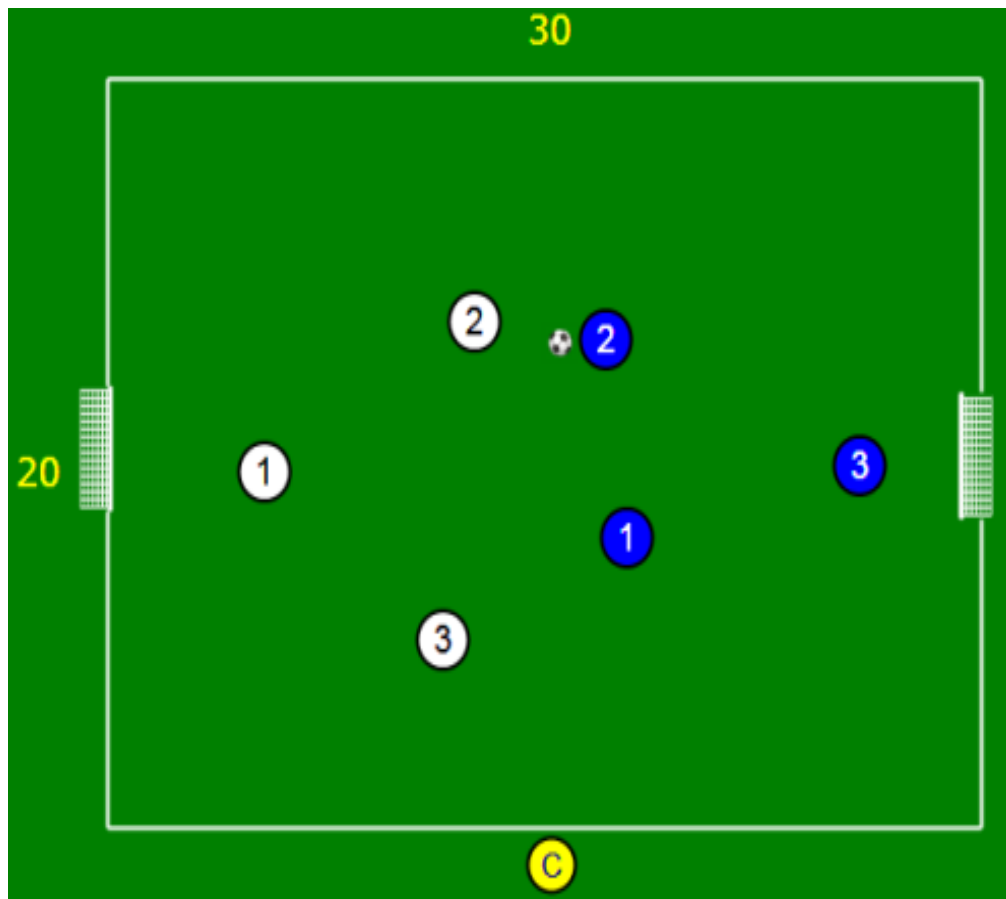
Organization: All players must have a ball and stay in grid

Objective: Coach places coins (cones) in the grid randomly and lines the players up along the end line. The coach sets the players free in 2's or 3's to see how many cones they can collect. They must dribble up to a coin, stop the ball, and pick it up and return it to the collection.

Progression: Add a DEFENDER to protect the coins

Add different color cones and assign points:  
Red – 1 point Green – 2 points etc

# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x 30 grid,

Two teams of 3v3 or 4 vs 4

Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

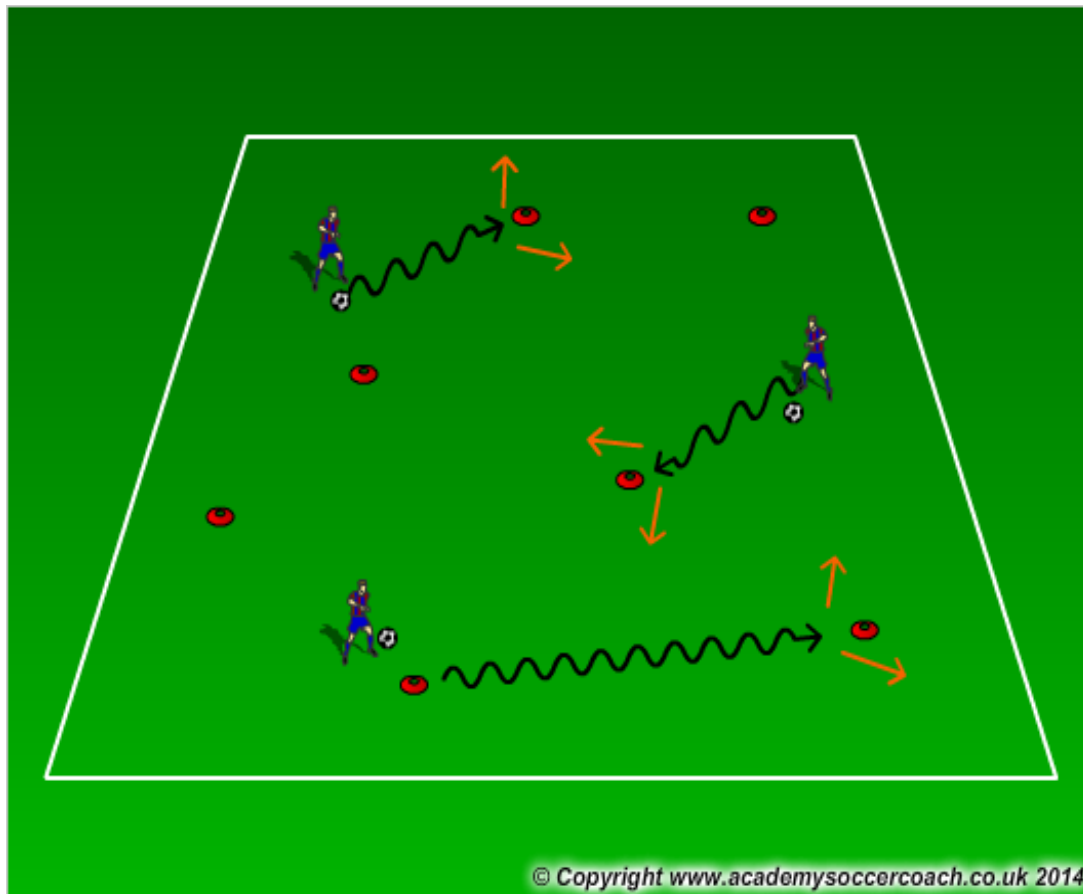
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## Session Five: Changing Direction with Turns





# WARM UP ACTIVITY: DRIBBLING: TURNS



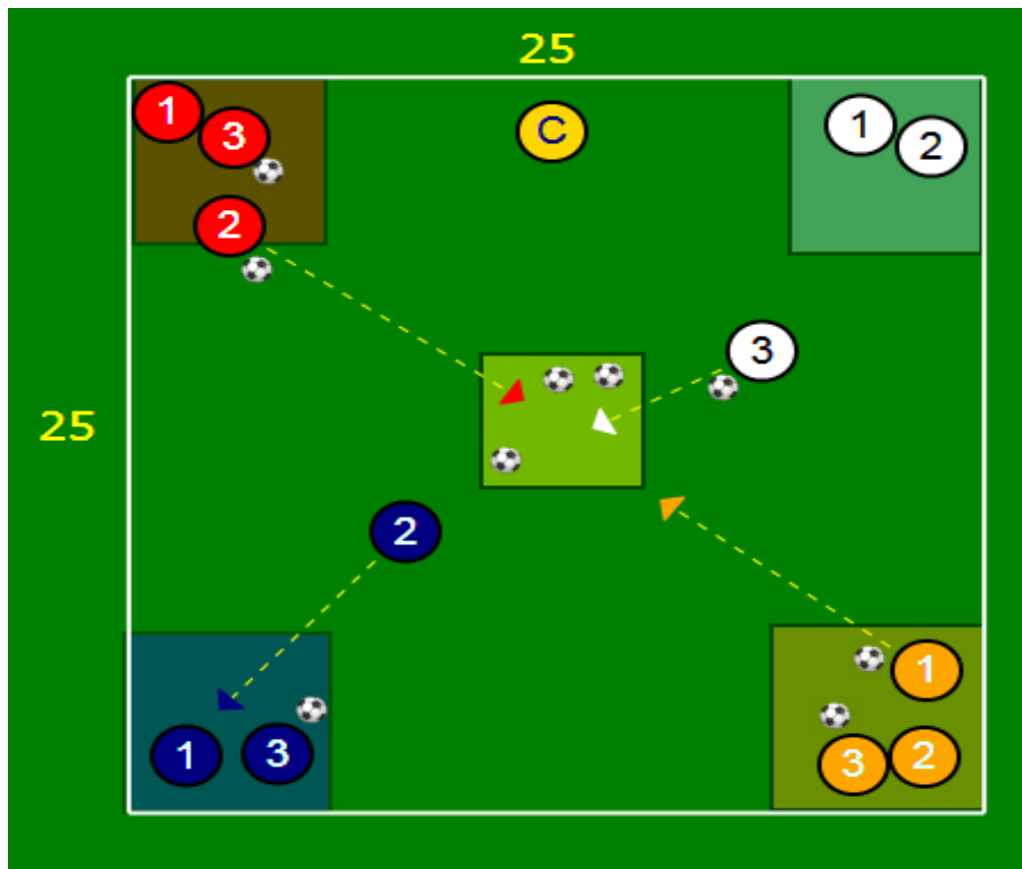
**Set-up:** Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.

Moves: Inside Cut, Outside cut, stop-turn

**Coaching Points:** Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

# ACTIVITY 2: CONE COLLECTOR

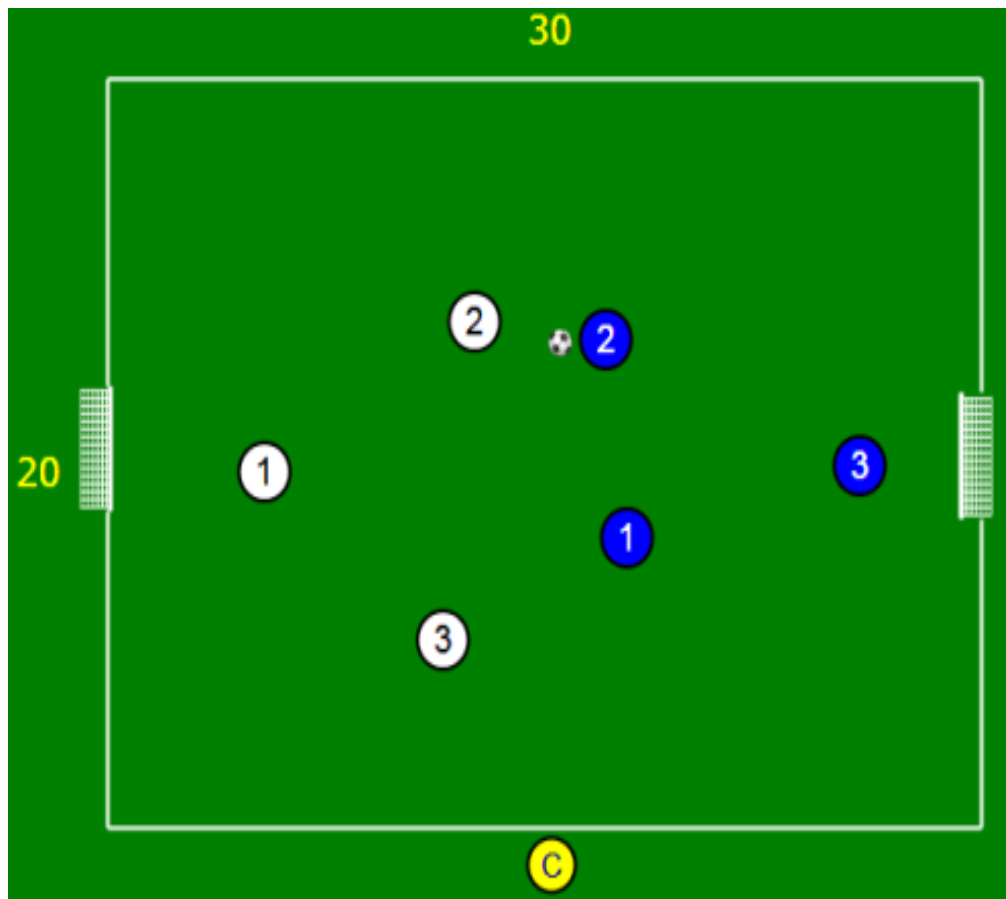


Organization: all players must have a ball and stand in their designated corner.

Objective: Add cones into the middle of the grid.  
 Players in teams or 2-3 spread around the outside of the area. Teams have 1 ball. First player dribbles into the middle, squashes ball before the cones, picks up a cone and then dribbles back to the next player in line. Continue until all cones are collected.

Progression: Add different color cones and assign points for them.  
 Add toe-taps or tick tocks in the middle before dribbling back,  
 Dribble back with the cone on your head.  
 Add passing gate in front of the players and on their way back they perform 3 passes before the next person goes.

# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x 30 grid,

Two teams of 3v3 or 4 vs 4

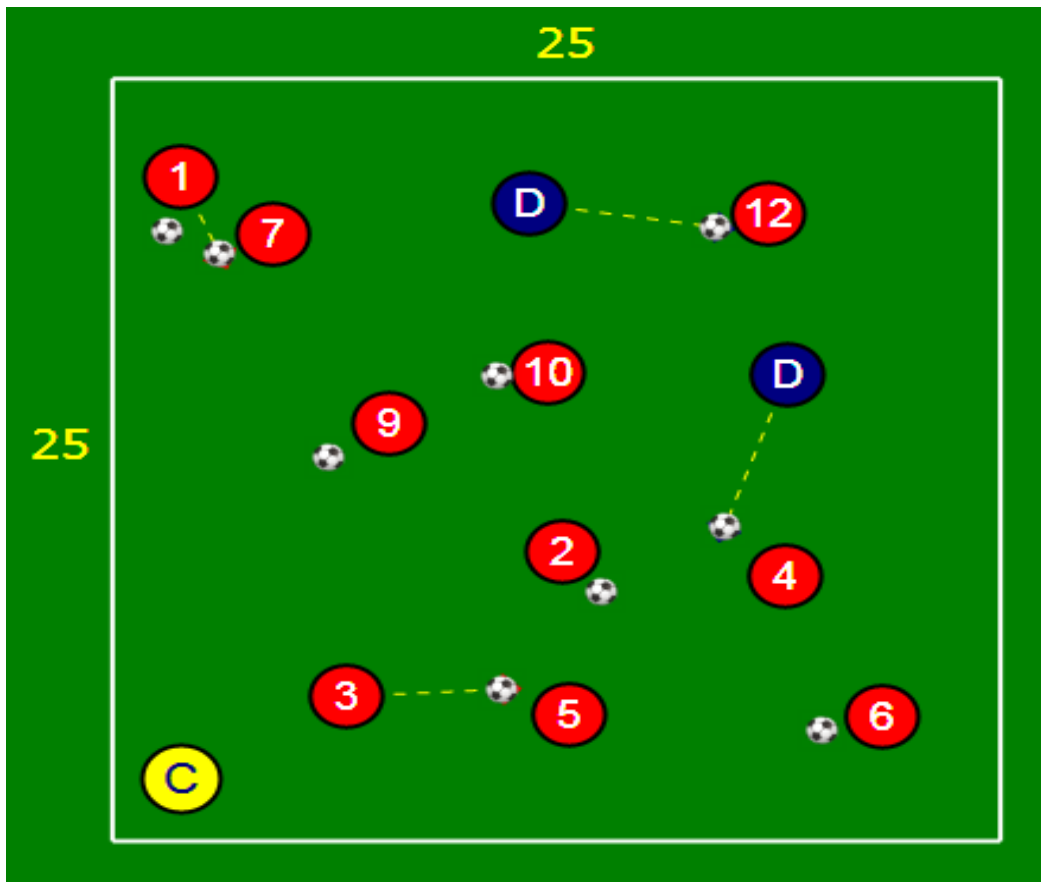
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## Session Six: Short Range Passing



# WARM UP ACTIVITY: STUCK IN THE MUD



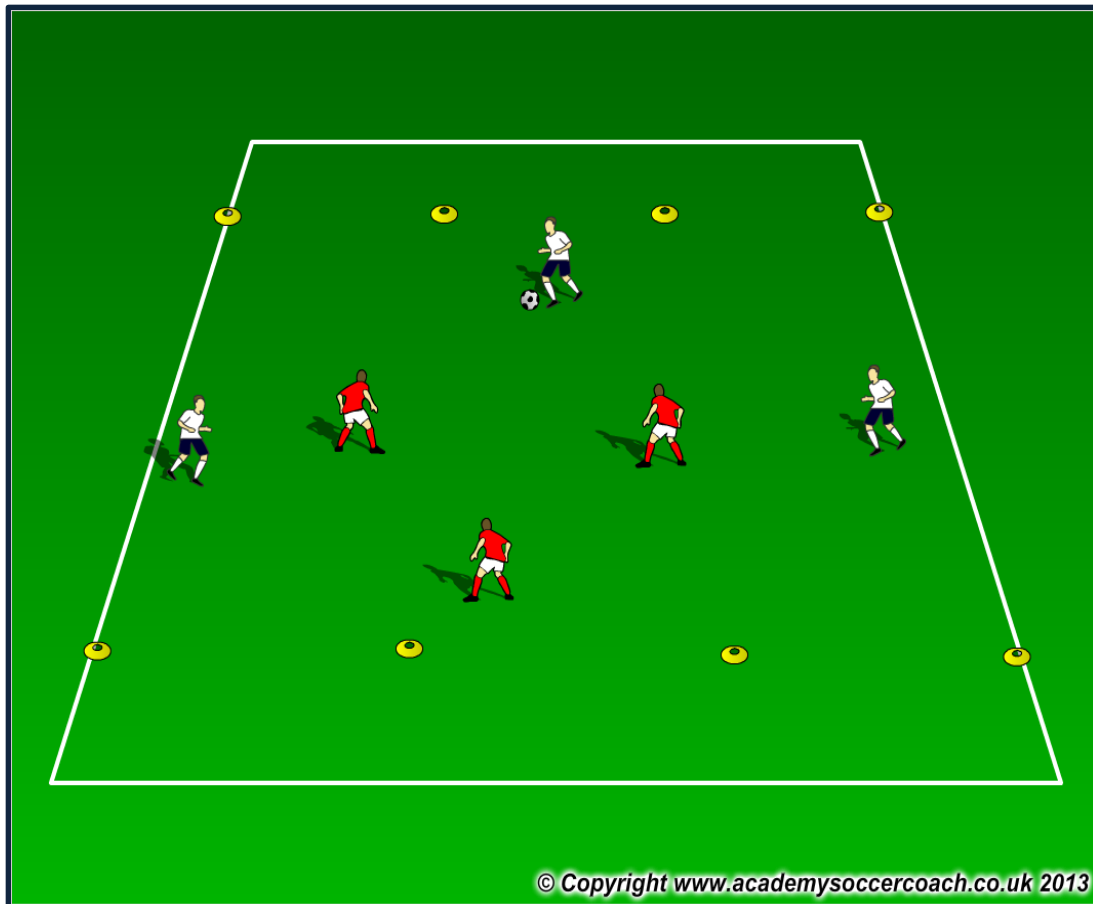
Organization: All players with a ball apart from 2-3 catchers

Objective: The players must dribble inside the grid and avoid the catchers. If a player's ball is kicked out the area, they must return with ball and stand inside the grid with the ball above their head and their feet apart. They are free to dribble only when another player passes the ball through their legs. The game is over when all the players are 'stuck in the mud'.

Progression: Add more catchers

Regression: Make area bigger to prolong game

## ACTIVITY 2: END ZONE GAME

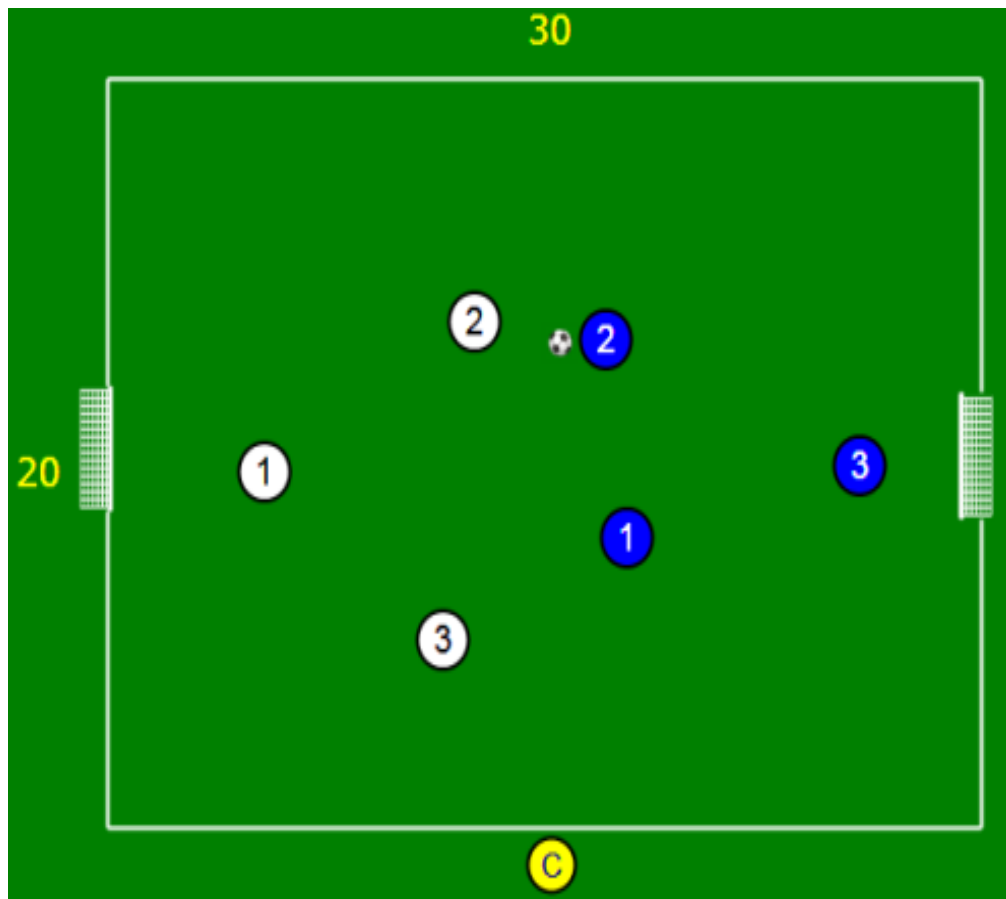


**Area:** 20x30 yard grid

**Description:** Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone.

**Coaching Points:** Be positive, be creative, utilize teammates and understand where to speed dribble and where to keep the ball close.

# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x 30 grid,

Two teams of 3v3 or 4 vs 4

Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

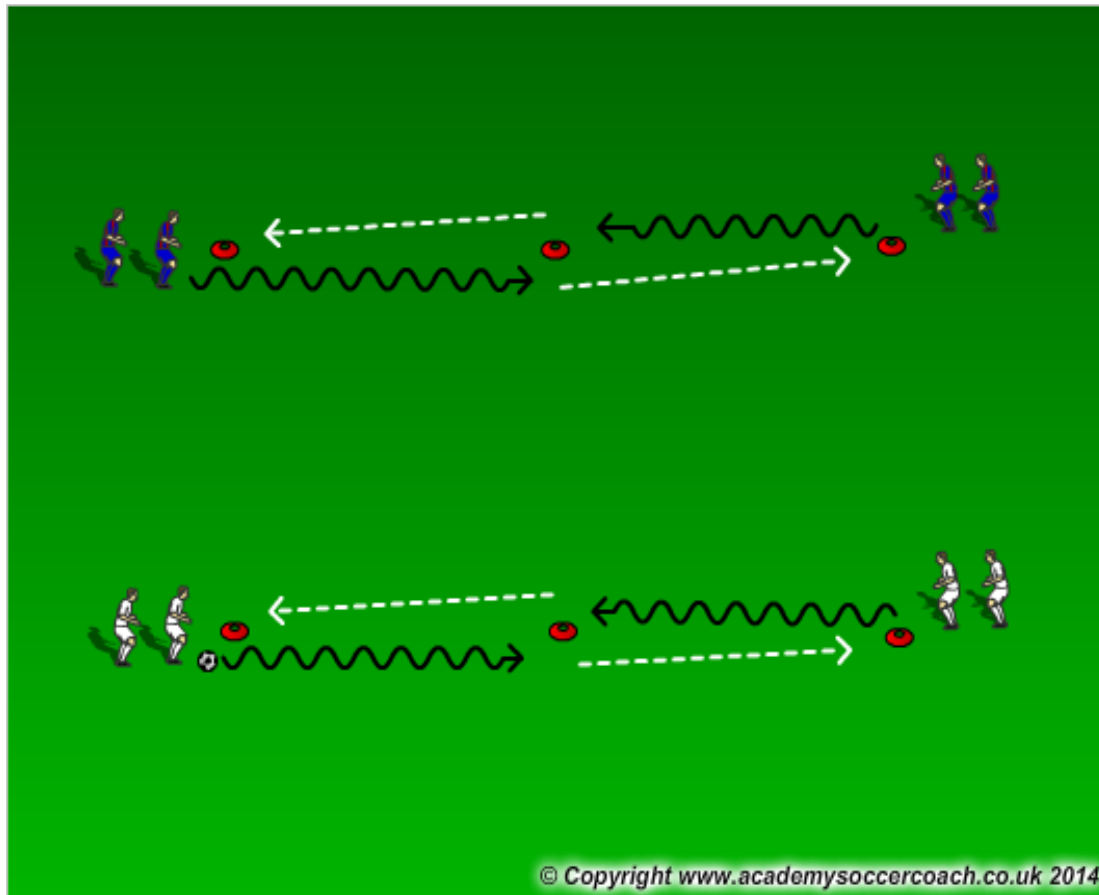
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## Session Seven: Short Range Passing





# WARM UP ACTIVITY: PASS AND FOLLOW

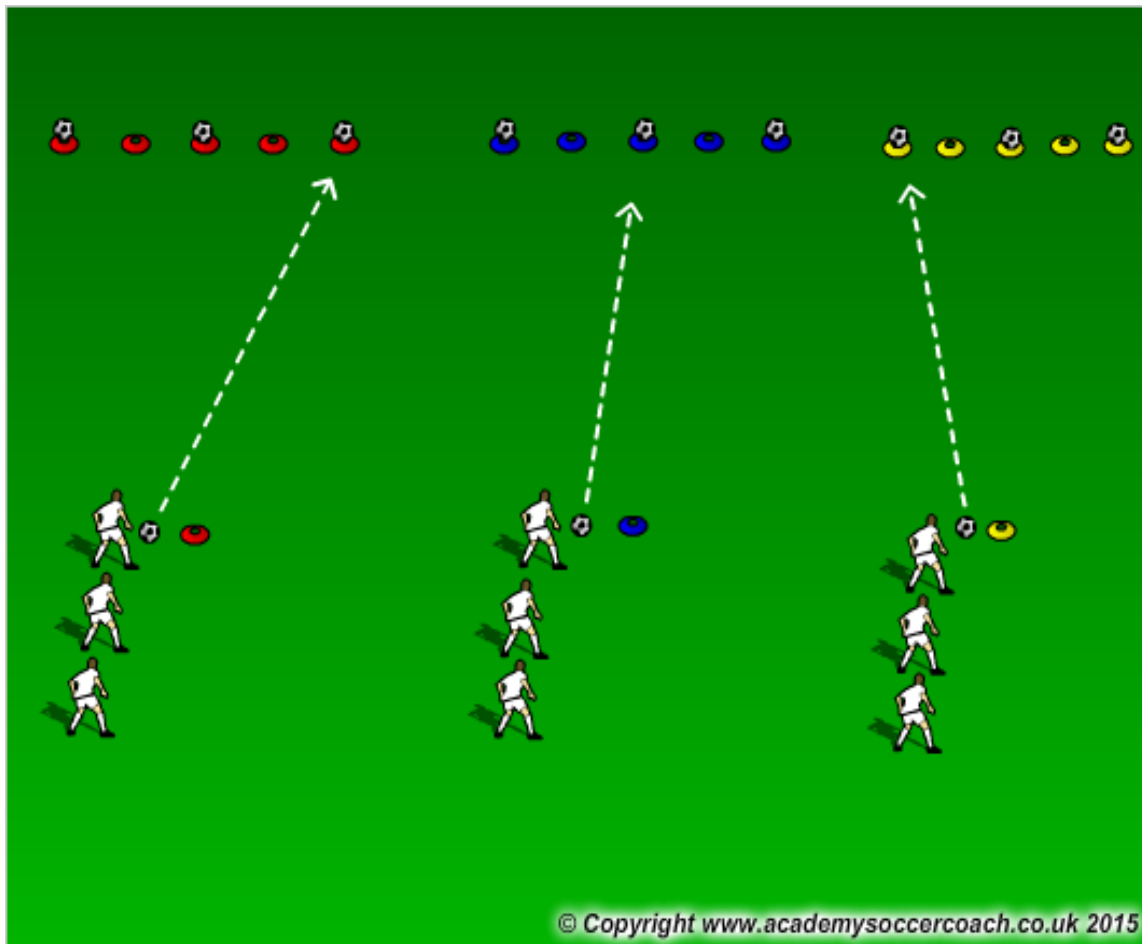


**Set-up:** Players approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

**Activity:** Player(s) with the ball dribble across the area, staying to the right side of the cones and at the half way cone pass to the opposite player. All players follow their pass. Add in touches with different surfaces and dribbling combinations.

**Coaching Points:** Dribble with close control, concentrating on the dribbling combination. Quick touches rather than speed. Quality pass to the opposite player, concentrating on accuracy and speed of the pass.

## ACTIVITY 2: BOWLING GAME



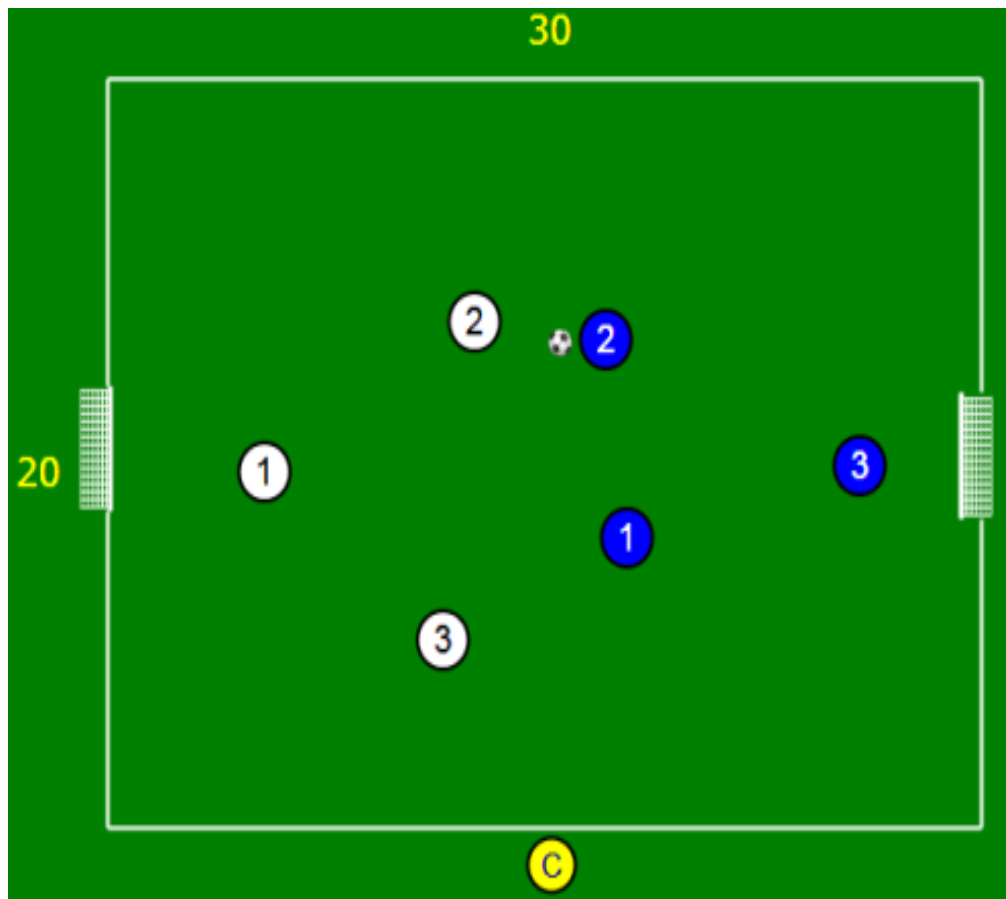
**Area:** 5 cones about a foot or two apart between each. Passing line 5-10 yards back. Make multiple groups based on number of players.

**Description:** Separate players into groups of 3 or 4. Each team has one shooting ball and three soccer balls on top of their colored cones (as per image to left). The players pass their shooting ball towards their set of cones and attempt to knock off the soccer balls. If they knock off a ball, they can run and grab that ball and put it on another team's set of cones. If they miss, grab the shooting ball and pass it back to their teammate who shoots next. First team to knock off all their balls (plus the extras put on by their opponents) wins.

-Progress by moving the shooting line further back after each round.

**Coaching Points:** Relax, balanced body position, lock ankle, head steady, follow through in direction of target.

# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x 30 grid,

Two teams of 3v3 or 4 vs 4

Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

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## Session Eight: 2 vs 2 Games



# WARM UP ACTIVITY: TOUCHES ON THE BALL/SPEEDS



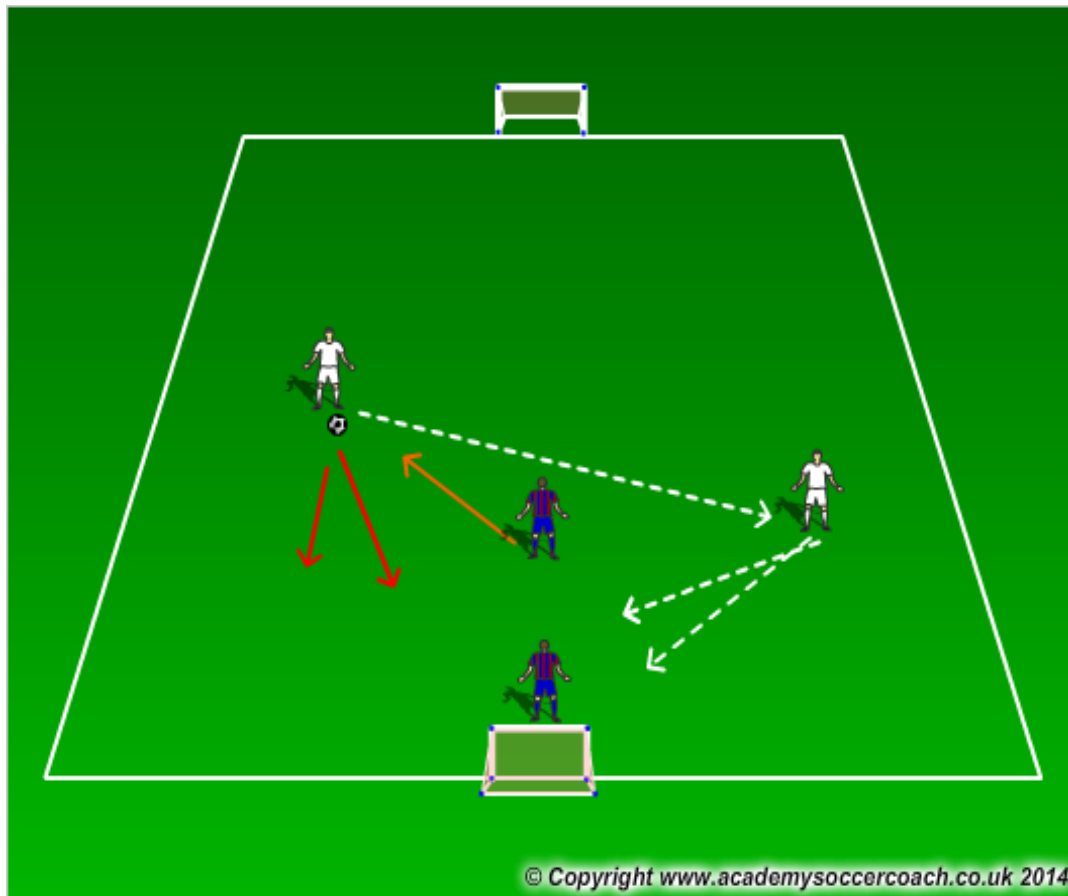
**Area:** 30 x 30 yards area. All players with a ball.

**Description:** All players dribble around the area taking small touches with different surfaces of the feet. Every touch counts as a point. Coach times activity for 2 minutes. Players record number of touches within the time frame.

**Progression:** Add SPEEDS. Players dribble around the area with their own ball:  
Speed 1 – Walking Speed 2 – Jogging  
Speed 3 – Running Speed 4 - Turbo

**Coaching Points:** Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction every 6-8 touches with a turn or a fake. Use other players as a guide as to when to turn or fake, i.e. if someone is in your way, do a turn or fake

## ACTIVITY 2: 2 vs 2 GAMES



Organization: 20 x 30 grid,

Teams of 2 vs 2

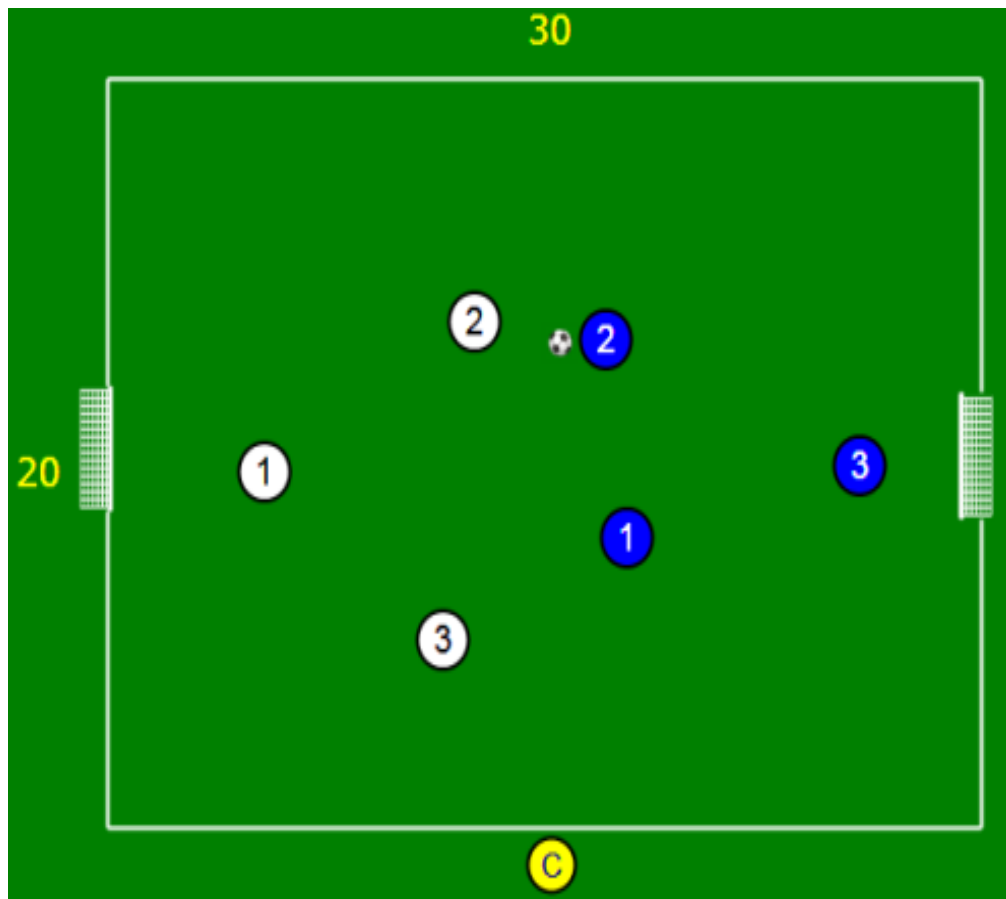
Play 4-6 minute games

Mix up teams every game. Give points to players for moves.

NO GK's

Players keep their own scores.

# 4 vs 4 TOURNAMENT



Organization: 20 x **30** grid,

Teams of 4 vs 4

Play 4-6 minute games

Mix up teams every game. Give points to players:

Win – 10 points

Tie – 5 points

Loss – 2 points

Goal – 2 points

Assist – 1 point

Players keep their own scores.