

NECONN Soccer
www.neconn.org
Lesson / coaching plans
U6 Micros

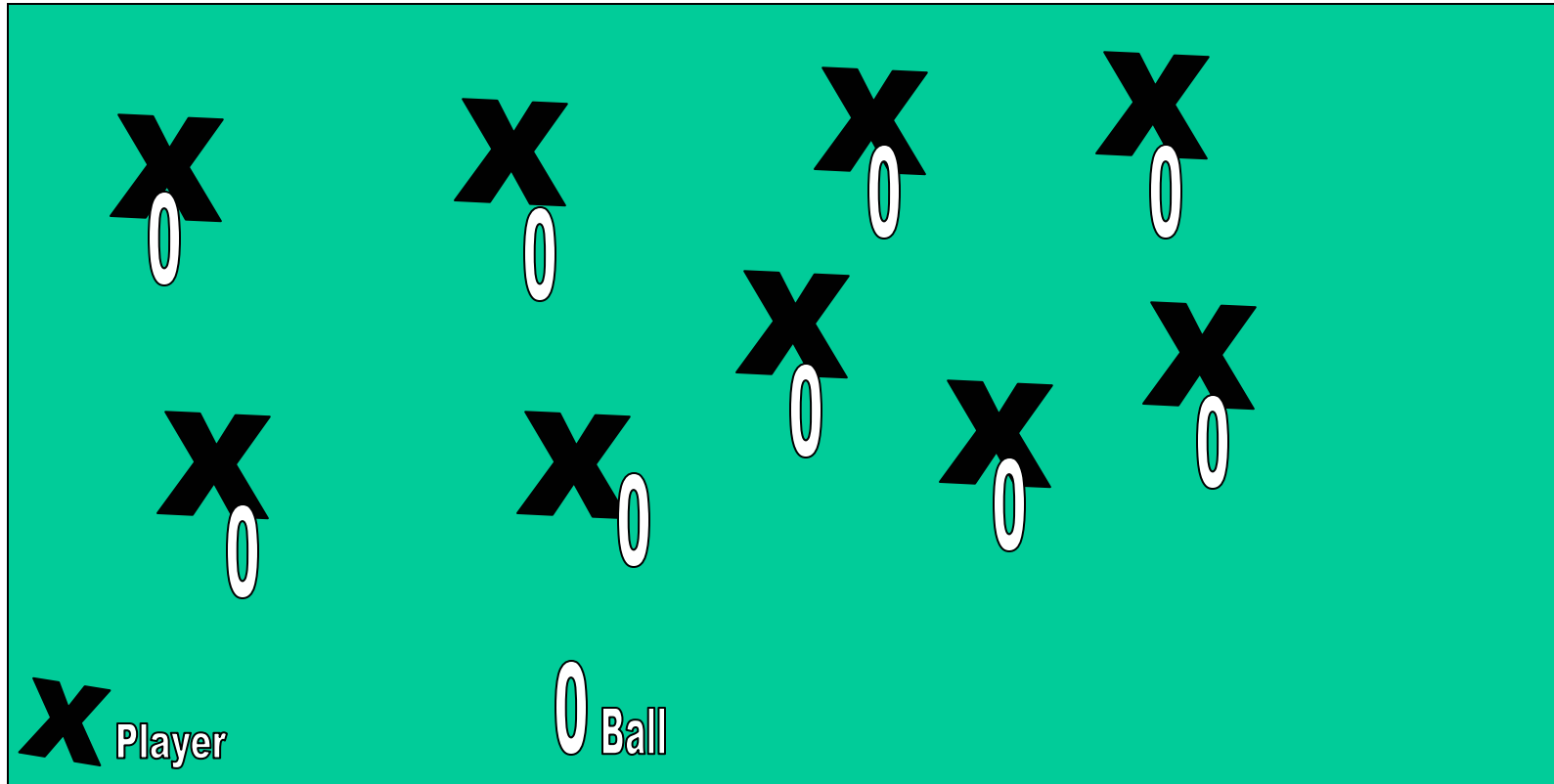


Traffic Lights

Session One

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session One



Knock Out: Session 1

Knockout' - Approximately 10 minutes:

Players continue to dribble around the grid with emphasis on control and head up.
Each player has to survive in the grid without having his/her ball kicked out - must still be in control of your own ball.

Last person wins.

Progression. Defenders can be added without ball. Once he/she knocks all balls out, change defender(s)

Outcomes - more competitive and realistic in game situation.

Reinforces the importance of keeping head up and requires good footwork and control.

Possible conditions game.

3v3 half, with one player who cannot go into other teams half,
one player who must stay in other teams half, other than that no restrictions.

Review of coaching session.

Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area.

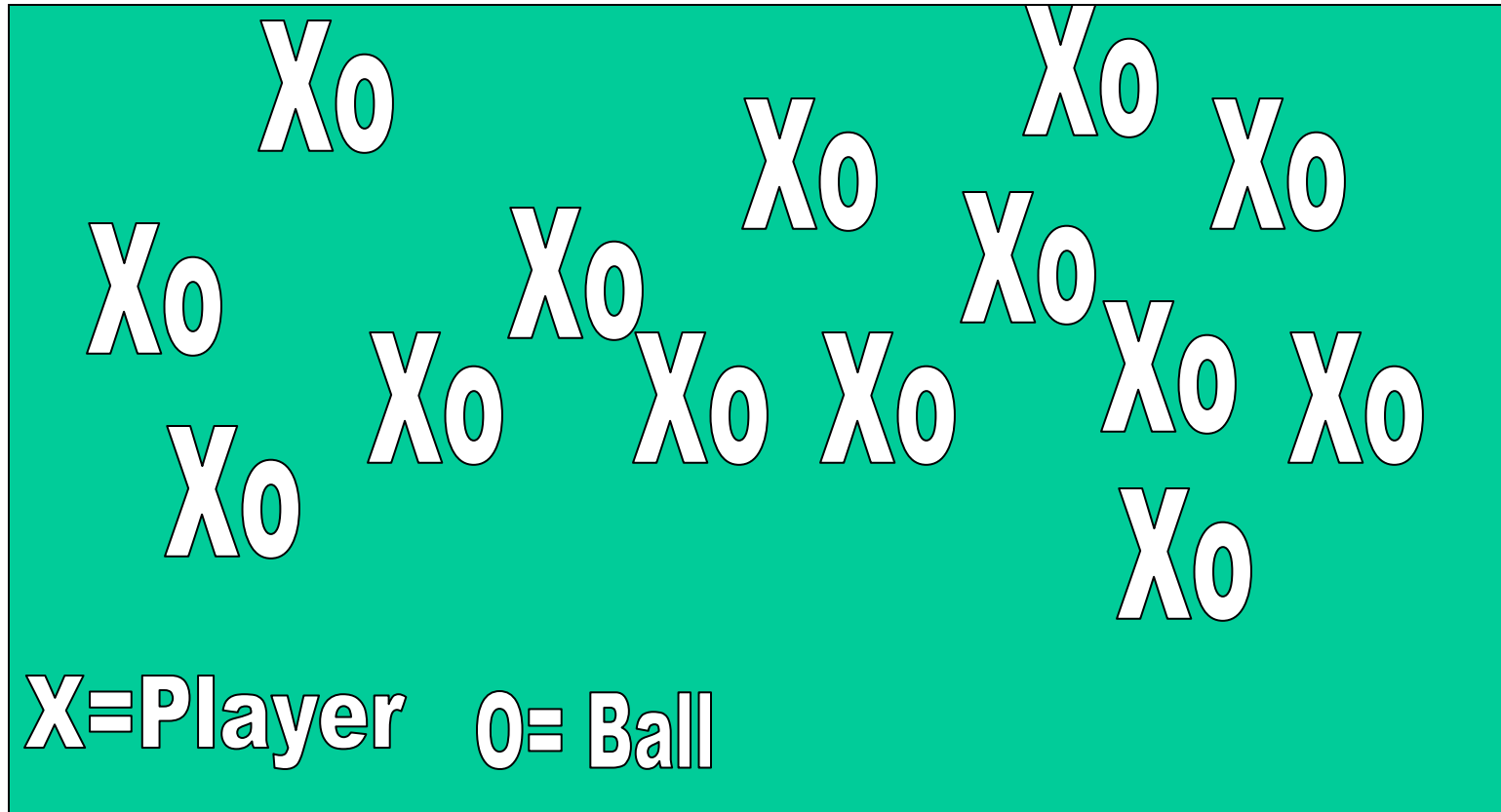
Coach Leaves

NECONN Soccer U6

Coaching Sessions

2006

Knock Out

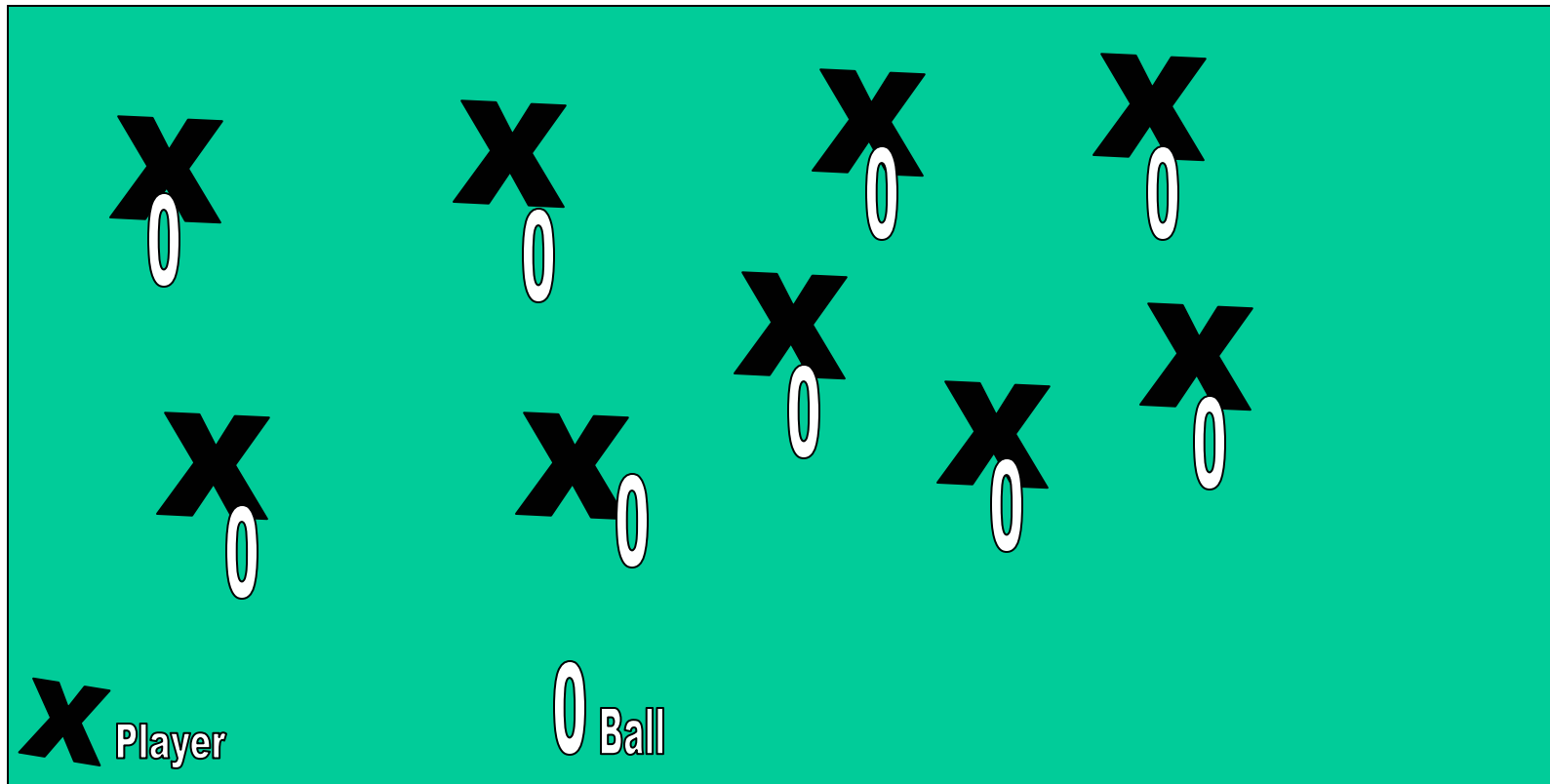


Traffic Lights

Session Two

- **The size of the grid will depend on your player's ability. Stronger players, smaller grid**
- It is recommended that this is done as a warm to every sessions, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed.
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball look, left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
-
- **Outcomes:** great warm up game, which encourages players to keep their head up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Two



Bulldog: Session Two

BULLDOG - ORGANIZATION:

Set out a 20x35 grid.

The players start on the end line. The coach starts in the middle.

The coach shouts out "Who are you?"

The players shout "English Bulldogs Charge".

The players then try to dribble past the coach to the safe zone and stop.

Then repeat. If the coach kicks a player's soccer ball out of the square, the player then becomes catcher.

Continue until player is left.

SCENARIO: The dog catcher is looking for the stray dogs and is trying to catch them all.

PROGRESSION: Adjust the size of the grid for the age/ability. Make catcher's link arms when they outnumber bulldogs.

'OUTCOMES' - more competitive and realistic in game situation. Reinforces the importance of keeping head up and requires good footwork, change of pace and direction.

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3 v3 half, **NO Goal**, goal is scored by crossing opposition's end line.

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on.

All equipment collected in, check of fields and training area.

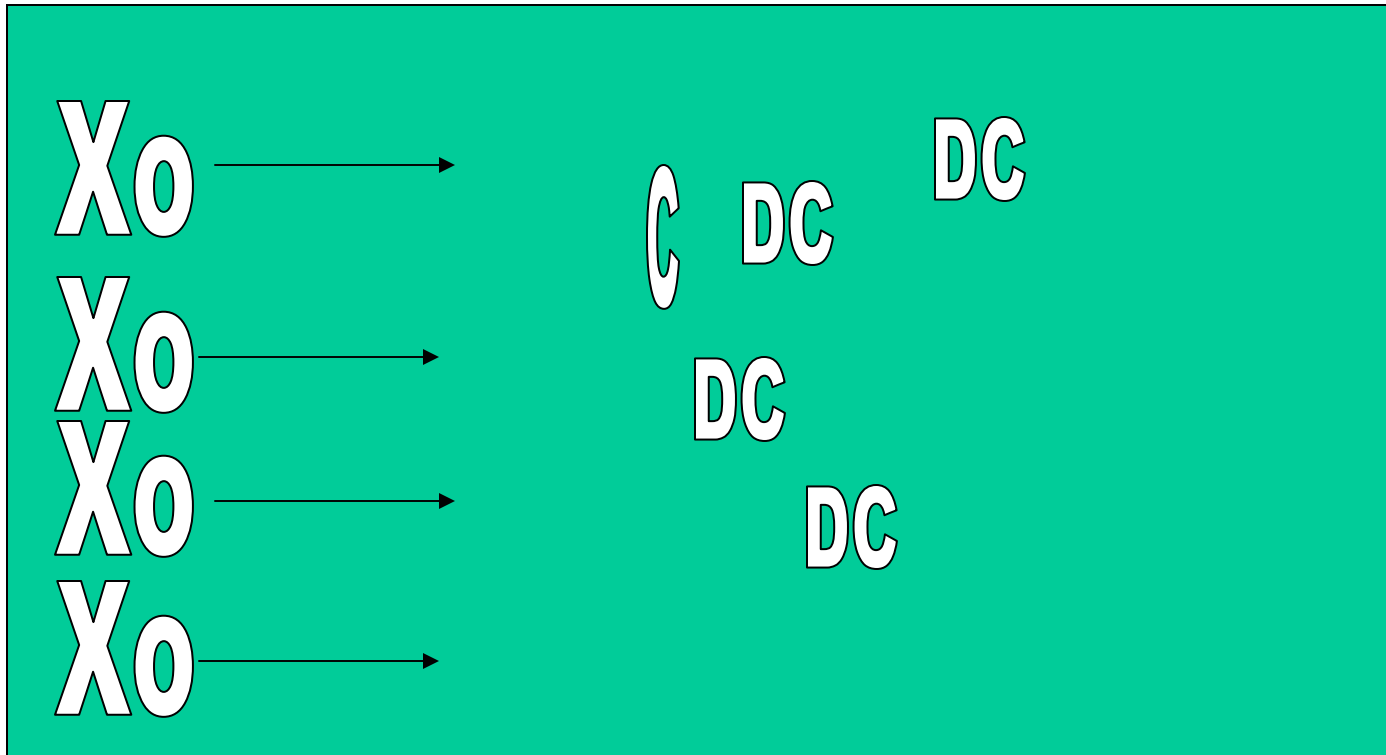
Coach Leaves

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2006

Bull Dog: Session Two



C= Coach O=Ball DC= Dog Catcher X= Player

Shark Attack: Session Two

Shark Attack

ORGANIZATION: Set out a 25x25 grid.

All players must stay inside grid. All players must have a ball except sharks.

OBJECTIVE:

The player dribbles everywhere inside the square. The shark or sharks try to kick the player's soccer balls outside the square.

The game is over when all the players are out of the square. The last 1 or 2 players remaining are the shark's next game.

SCENARIO: The soccer players have gone to the beach to play beach soccer. The players must watch out when the ball goes in the water for sharks.

PROGRESSION: When player is kicked-out, they dribble around the square once then back in. Add/move sharks.

Differentiation

Alter size of grid to make it easier or harder for players. Have sharks hop, walk, crabs or reduce number or increase of sharks depending on ability of group

COACHING POINTS:

- Use body to shield ball.
- Turn away from danger.
- Be ready to change direction.
- Keep ball close and look up.

'Outcomes'

more competitive and realistic in game situation. Reinforces the importance of keeping head up and requires good footwork, change of pace and direction, close control and to shield ball.

Finish session of with small sided game. 3 v 3

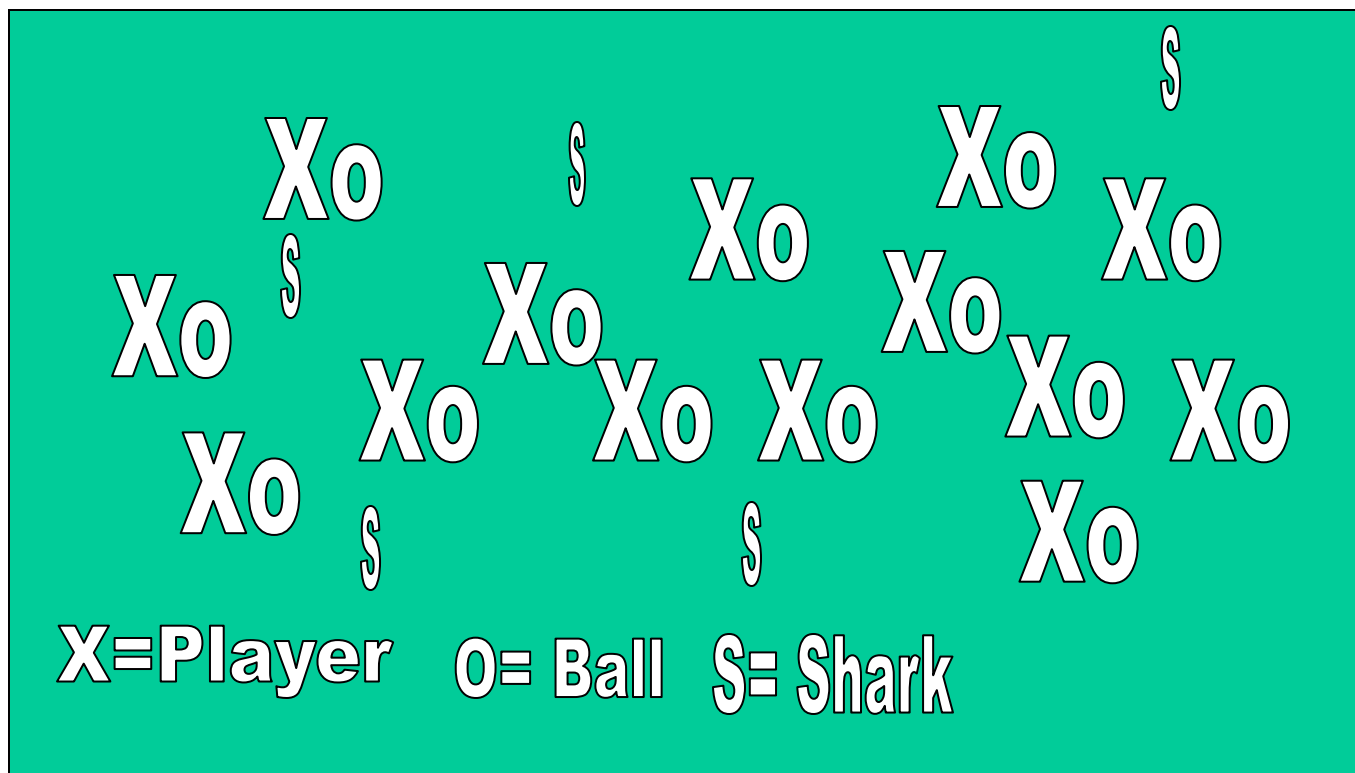
All equipment collected and coach leaves.

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Coaching Sessions

·2006

Shark Attack

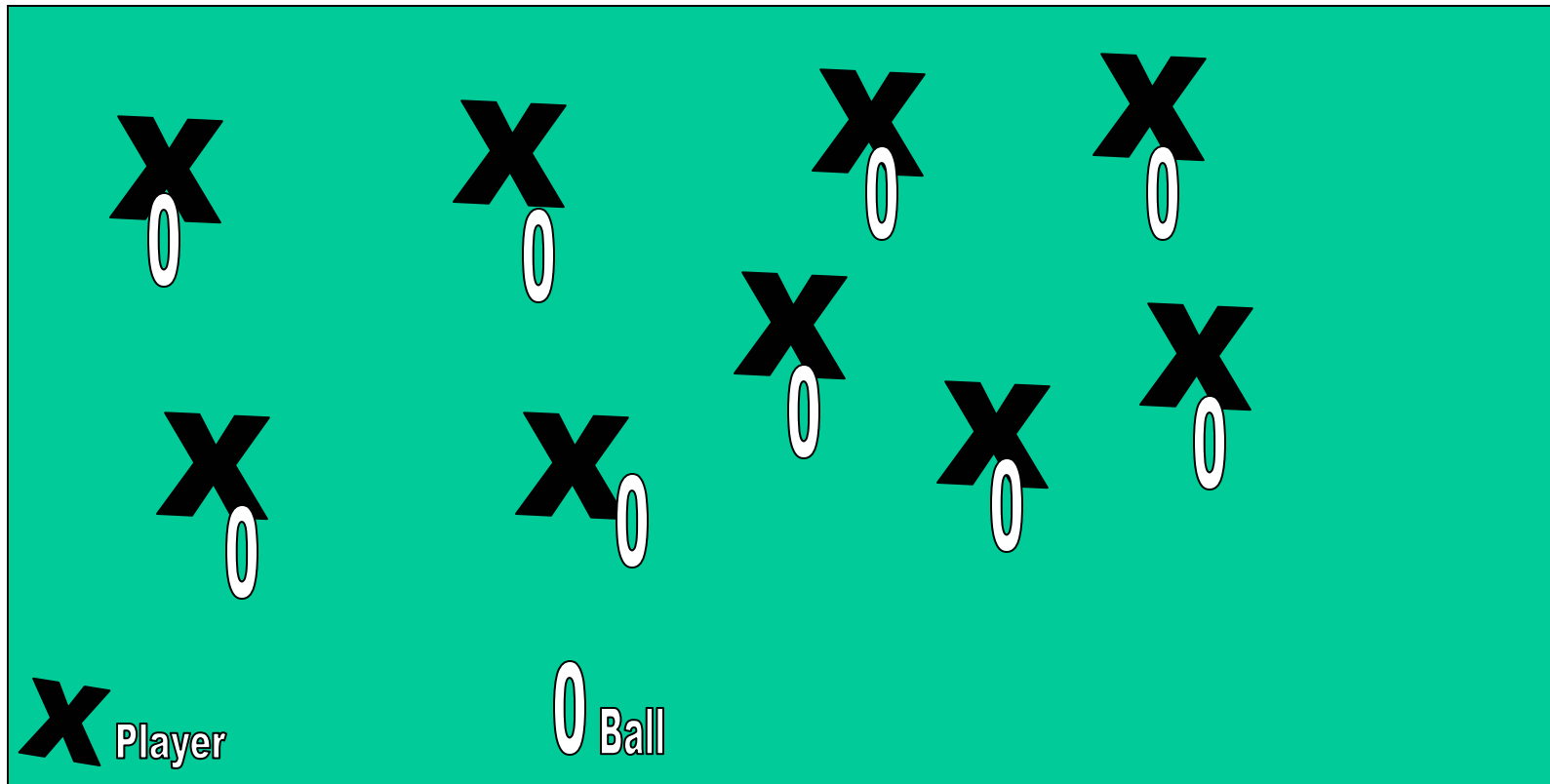


Traffic Lights

Session Three

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
 - It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
 - **COMMANDS**
 - **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
 - Flashing lights: toe taps
 - Switch: Leave your ball find another players ball
 - Four Way: tick tocks
 - Traffic Jam: sit on the soccer ball
 - Rail Road Crossing: foot on ball, look left then right continue to dribble
 - Reverse: toe taps going backwards
 - Rotary: dribble in a small circle using outside of foot only
-
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Three



Indiana Jones

Indian Jones

ORGANIZATION: Set up a 20x30 grid. At each end, put to small entrances. Split the group up into 3 groups.

One group is placed inside the grid in a "crab position". The other 2 teams are positioned at one entrance with a ball. The coach then places cones at the other entrance.

OBJECTIVE: The players must dribble through the grid, watching out for the crabs, scorpions, and snakes that can kick your ball out of the grid.

When they arrive at the other entrance, they are safe and must collect cones and return through the grid.

The team with the most cones (treasure) wins. Rotate teams.

SCENARIO: Indiana Jones is looking for the treasure but watch out for the dangers in the Temple of Doom.

Differentiation Add cone gates, scorpions, or make the area smaller / larger. Players can initially act as crabs, then hoping, then full defence.

COACHING POINTS:

1. Keep ball in front and close.
2. Use fakes and turns.
3. Look for the open space.
4. Change of speed once you go past "crab"

'Outcomes'

more competitive and realistic in game situation.

Reinforces the importance of keeping head up and requires good footwork, change of pace and direction, close control and to shield ball.

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, with goal. Goal can only be scored if you beat a defender

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on.

All equipment collected in, check of fields and training area.

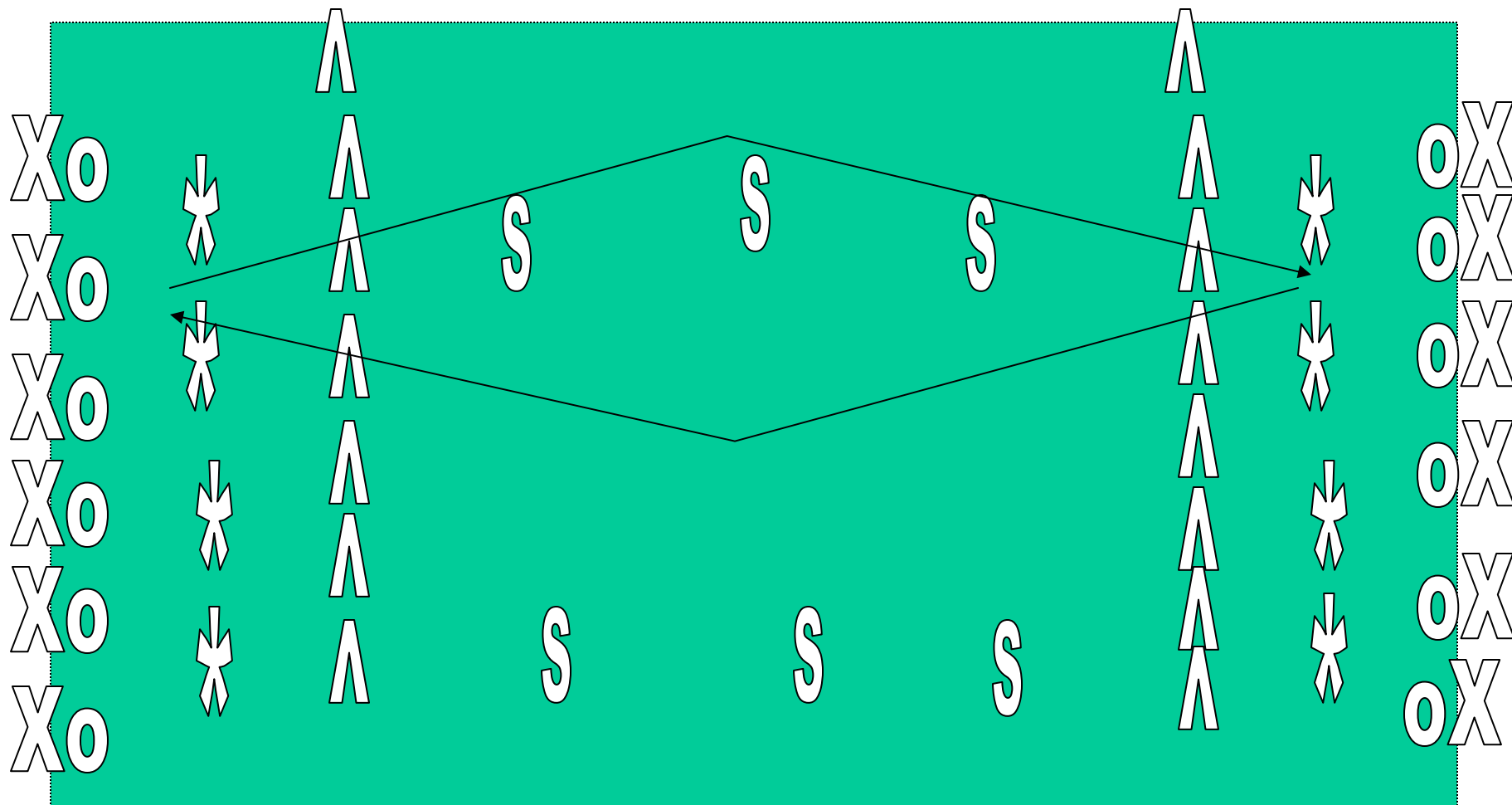
Coach Leaves

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Coaching Sessions

2006

Indiana Jones



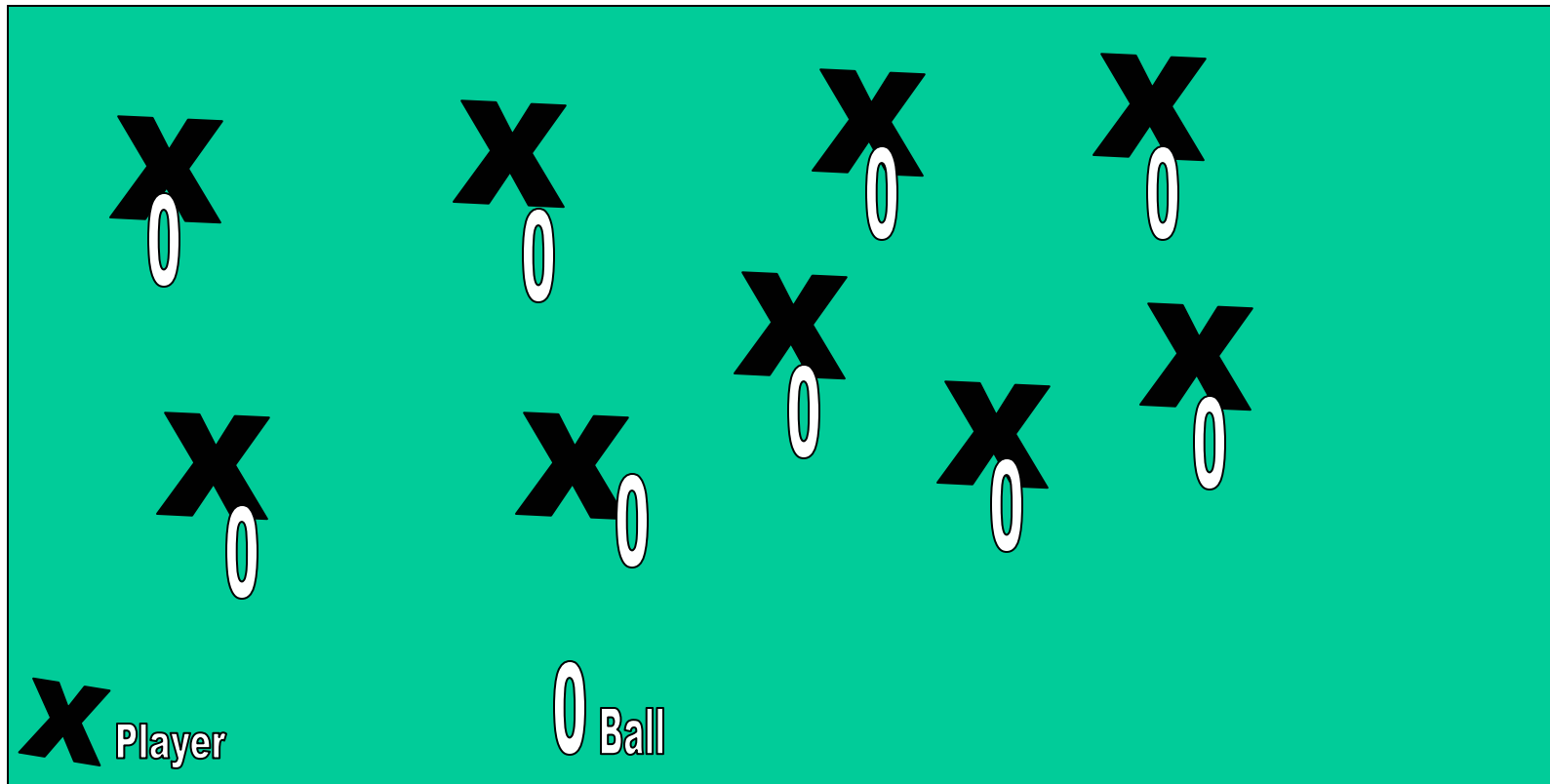
X=Player O= Ball S=Snake *=Cones ^= Gates

Traffic Lights

Session Four

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
-
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Four



Tomb Raider: Session Four

"Tomb Raider"

ORGANIZATION

Set up a 20x20 grid. Position 2 players on each side of the grid with a ball. The other players start inside the grid. The coach places cones randomly inside grid.

OBJECTIVE: The players inside the grid have to collect the cones without being hit by a soccer ball. The players on the outside of the grid must pass the ball through the grid to try and hit them below the knee.

SCENARIO: The tomb protectors surround the tomb raiders. Watch out for the blasters.

Differentiation

Tomb protectors can enter the tomb and chase the raiders with their ball.

Add more protectors, larger/smaller grid.

COACHING POINTS:

Kick the ball with inside of foot.

Time and weight your pass.

Take a run up to the ball.

Move to get in line with ball when receiving.

Look at where you want the ball to go

'Outcomes' - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using inside of foot, and weight of pass.

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **NO GOAL**. Goal scored by passing ball to team mate over end line.

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

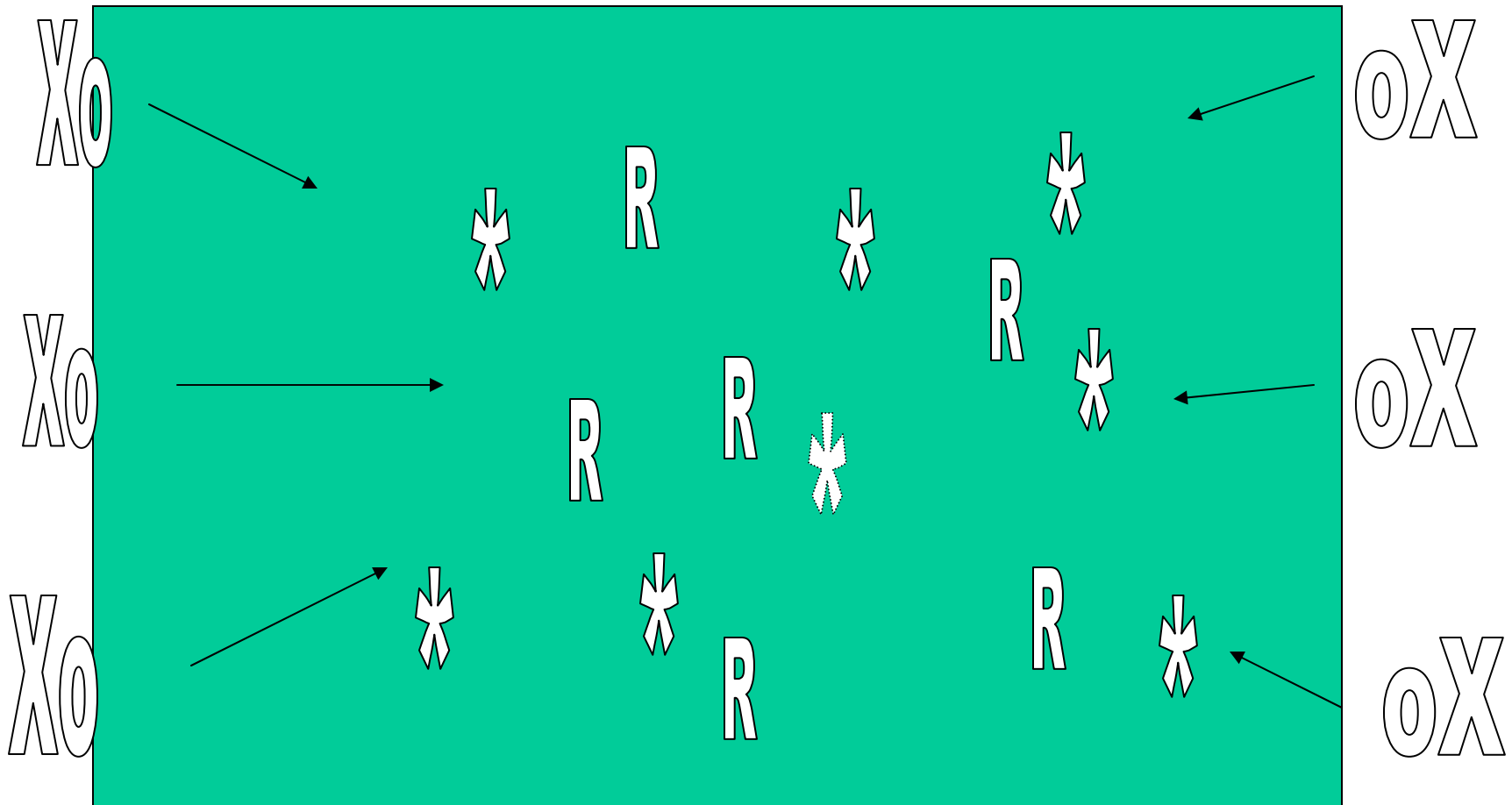
All equipment collected in, check of fields and training area. Coach Leaves .

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Coaching Sessions

2006

Tomb Raider



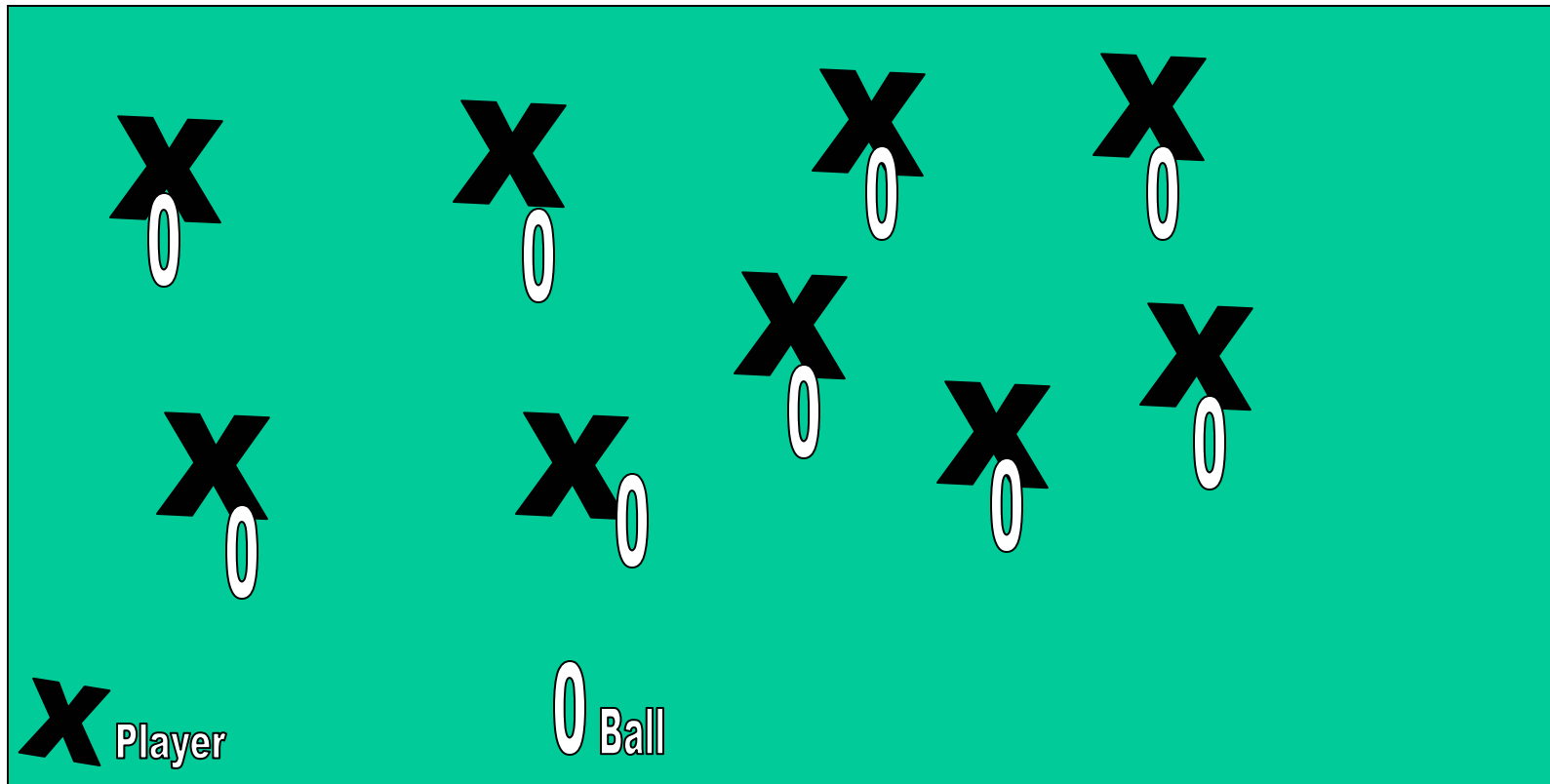
X=Player o=Ball R=Raiders *= cones

Traffic Lights

Session Five

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
-
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Five



Tarzan: Session Five

" Tarzan" ORGANIZATION:

Set up a 25x20 grid.

Split players into groups of 4.

Position 2 teams across from each other and one team at the start.

Place 4 cones opposite the start line.

All players must have a ball.

OBJECTIVE: The team at the start line take it in turns to dribble through the grid to the cones and return to the start line. The other 2 teams try to hit the players going for the cones below the knee. Each player and each team takes a turn and the winning team is the team with most cones.

Differentiation

Add cones for the dribblers to go through. Make area bigger /smaller.; more/less soccer balls

COACHING POINTS:

Use inside of foot to pass ball.

Knee over the ball with dribbling and passing.

Time weight of pass is important, as target is moving.

Outcomes - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using inside of foot, weight and timing of pass.

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **2 small goals**. Goal scored by passing ball through goal. No goal keepers.

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

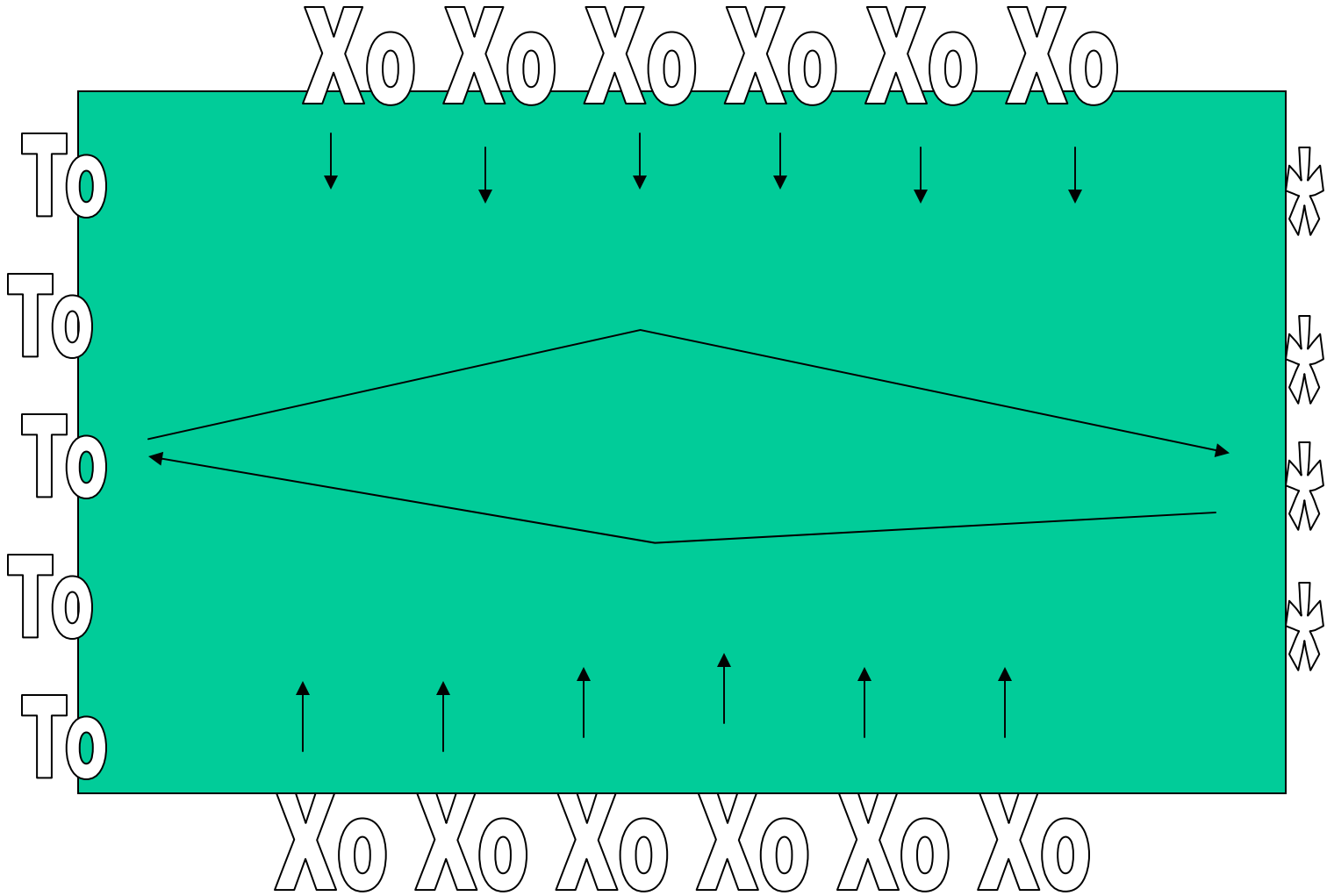
All equipment collected in, check off fields and training area. Coach leaves.

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Coaching Sessions

2006

Tarzan: Session Five



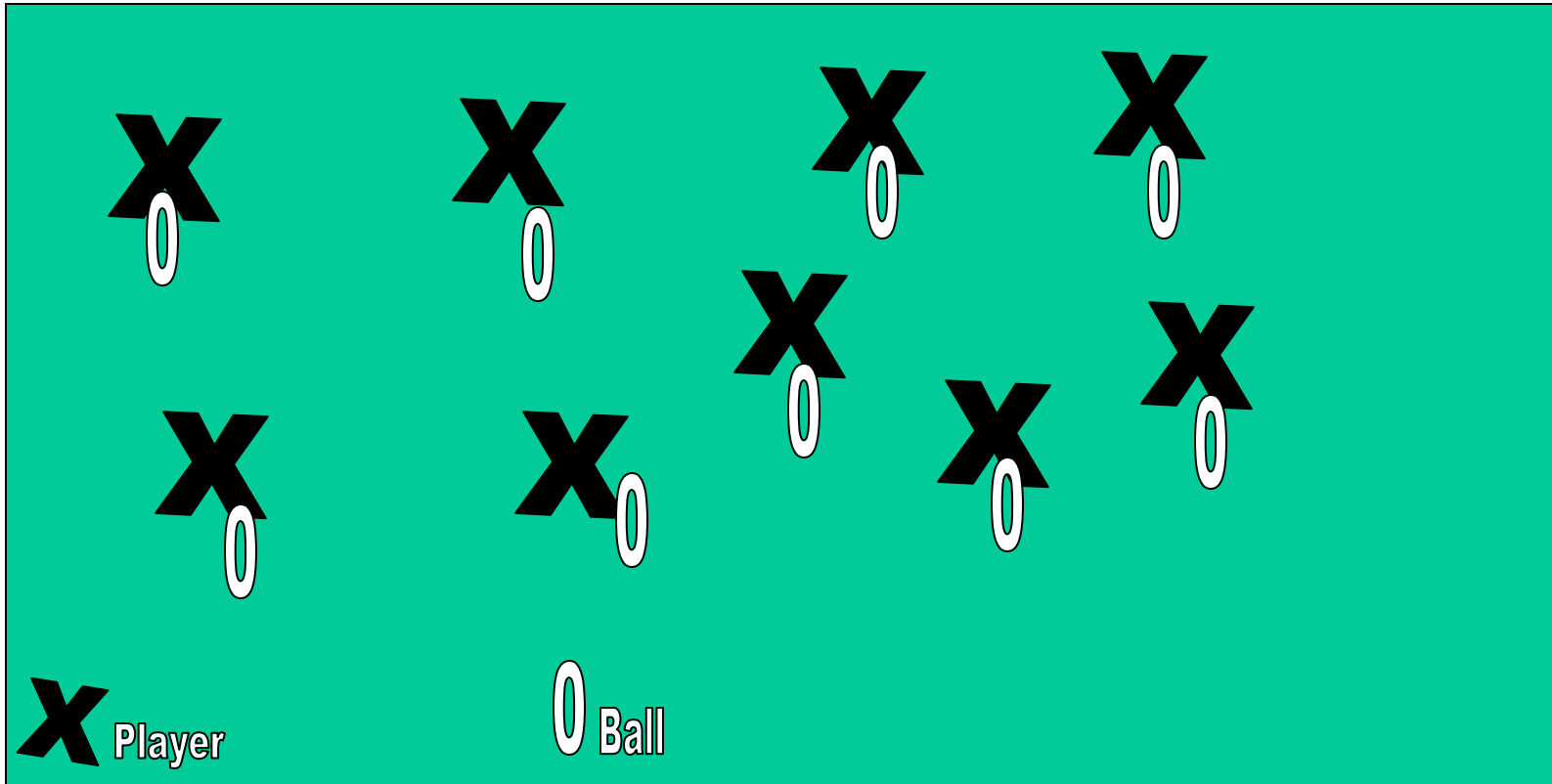
X=Player o=Ball* =cone T=Tarzan

Traffic Lights

Session Six

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Six



Shrek: Session Six

ORGANIZATION: Set up a 25x20 grid. Split group into 2 teams and number them 1-6.

The coach is server and keeper or 2 players could rotate.

OBJECTIVE: The coach calls out a number from 1-6. The players called run around the cones and into the shooting area. The player first to the ball tries to shoot. The other player becomes the defender.

SCENARIO: Shrek has to race against the dragon to get into the castle first.

Differentiation

The player runs with the ball into the grid. Call 2 numbers. Make goals smaller larger. One player defends ball other player is the attacker, with or without GK and only shoot below GK waist.

COACHING POINTS:

Get to the ball first.

Shoot with laces part of foot

Shoot first time as GK will close you down

Look at target

Accuracy before power

'Outcomes' - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using laces part of foot, accuracy.

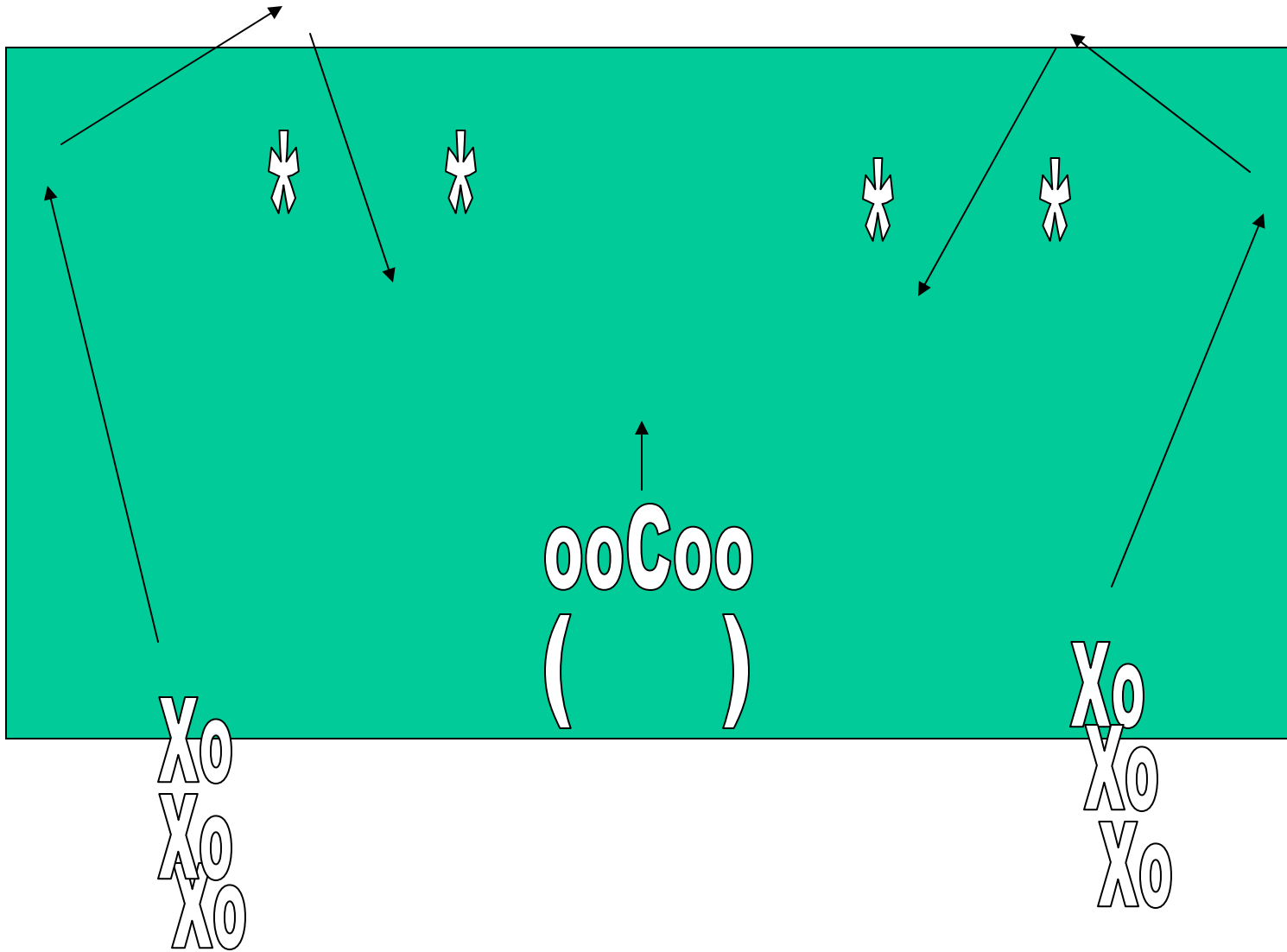
Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **no goalkeeper to encourage shooting**

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area. Coach Leaves

Shrek: Session Six



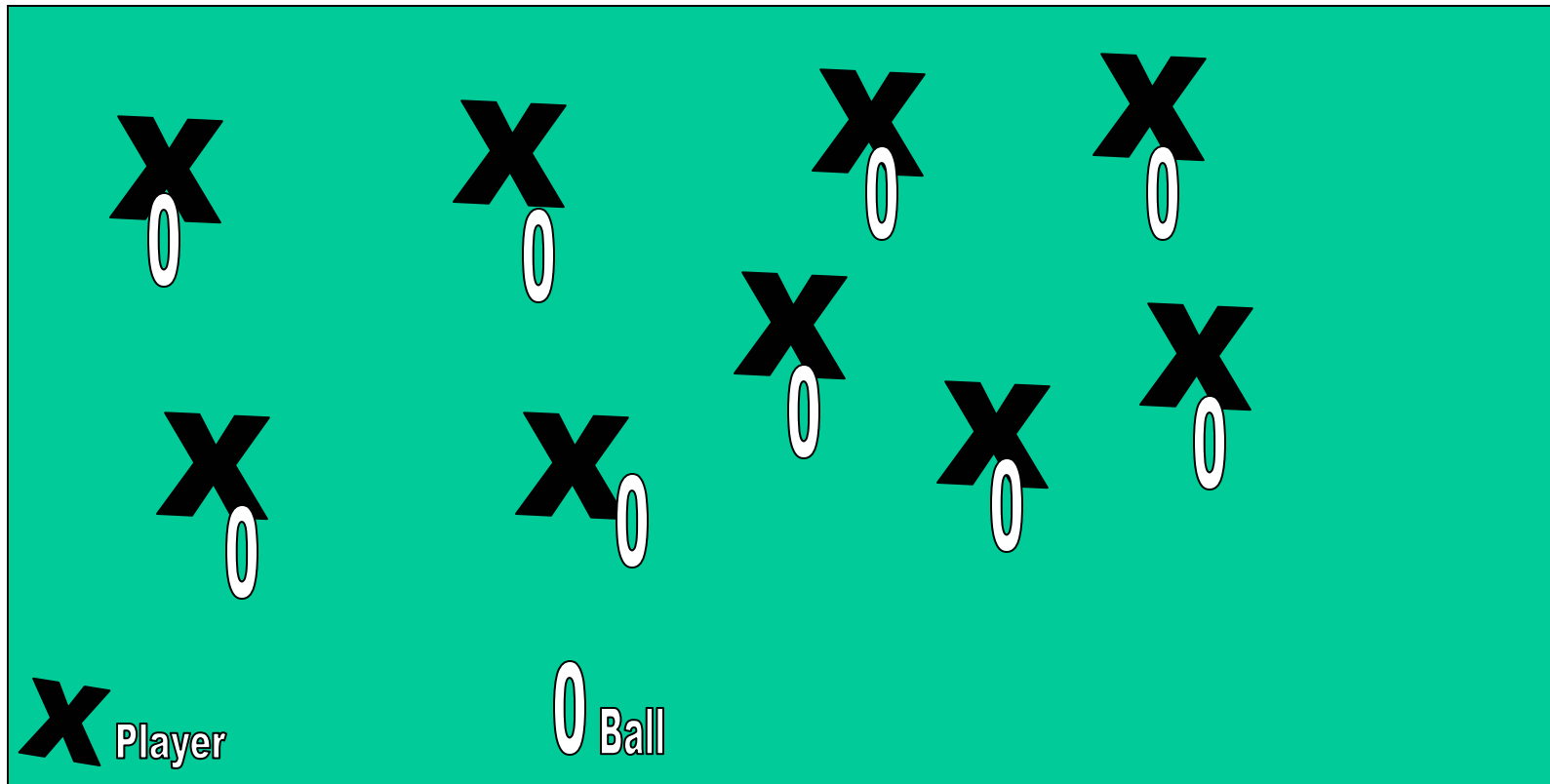
X=Player o=Ball *=cones C=Coach ()= Goal

Traffic Lights

Session Seven

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
- Flashing lights: toe taps
- Switch: Leave your ball find another players ball
- Four Way: tick tocks
- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Seven



Harry Potter: Session Seven

"Harry Potter" ORGANIZATION: Set out a 15x25 grid. 2 small goals on the end line. 1 defender in middle. 2 attackers on opposite end line with balls.

OBJECTIVE: The 2 attackers must dribble and score in under 10 seconds by dribbling the ball up the grid and shooting, before the defender stops them. Rotate attackers and defenders.

SCENARIO: Harry Potter is trying to score a goal to open a door and find the scorcers stone but Lord Vordamoor is trying to stop him.

PROGRESSION: Add cones for attackers to dribble through. Add 2 defenders. Goals smaller/larger

COACHING POINTS:

Attack space in front of you.

Be prepared to change direction (turns, fakes)

Use laces of inside of foot when shooting.

Accurate

'Outcomes' - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using laces part of foot, accuracy and to shoot quickly.

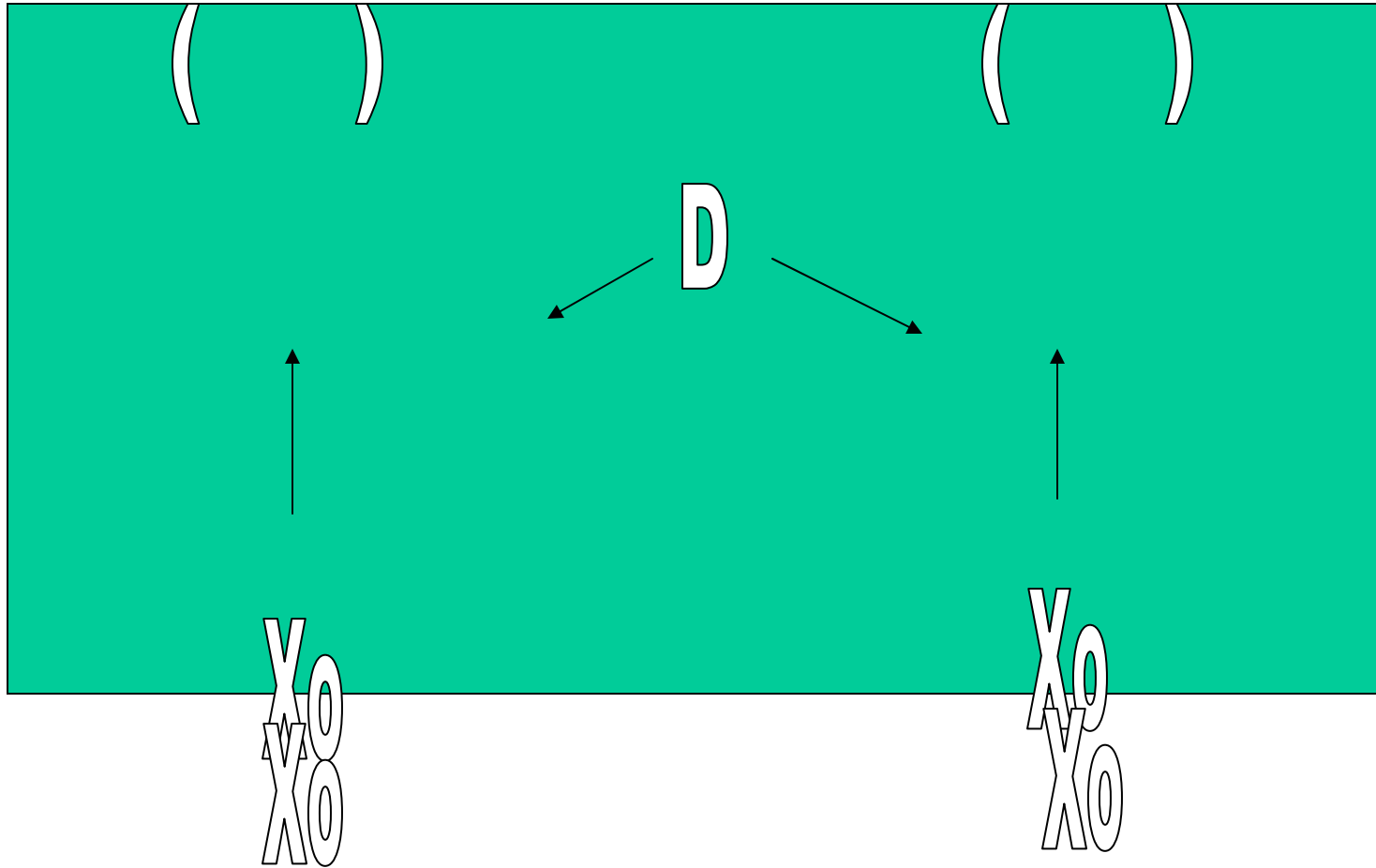
Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **no goalkeepers, two goals for each team to encourage shooting and more frequently**

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

All equipment collected in, check of fields and training area. Coach leaves.

Harry Potter: Session Seven



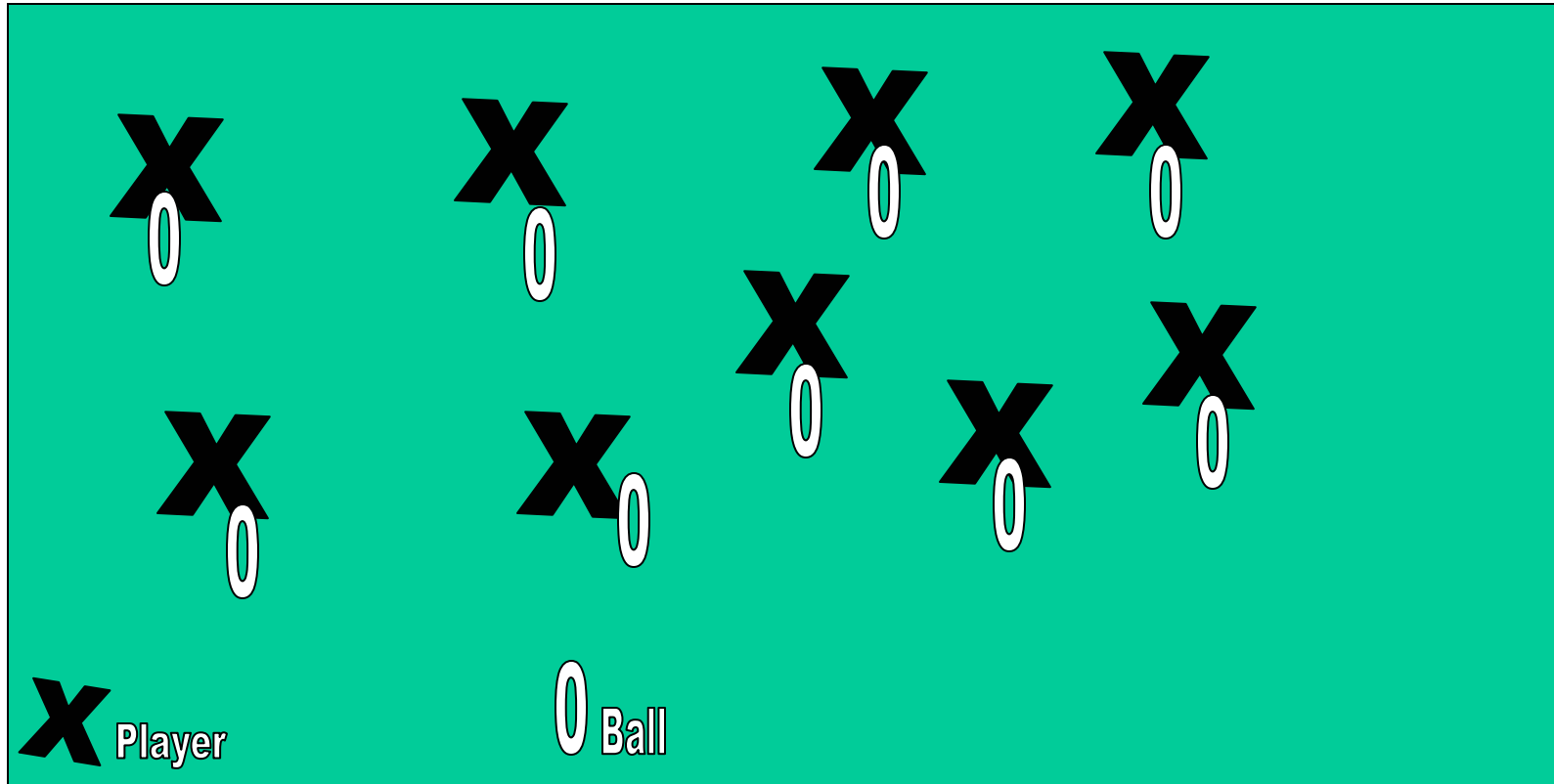
X=Player o=Ball D=Defender ()=Goals

Traffic Lights

Session Eight

- **The size of the grid will depend on your player's ability. Stronger players: smaller grid**
- It is recommended that this is done as a warm-up to every session, lasting approximately 10 minutes and to use a variety of commands each time.
- **COMMANDS**
- **'Traffic lights'** - players will dribble ball around the grid in any direction. When coach calls out:
 - Red light- all must stop with ball on foot
 - Yellow light - change direction with a turn
 - Green light- increase their speed
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- Traffic Jam: sit on the soccer ball
- Rail Road Crossing: foot on ball, look left then right continue to dribble
- Reverse: toe taps going backwards
- Rotary: dribble in a small circle using outside of foot only
- **Outcomes:** great warm up game, which encourages players to keep their heads up and introduces dribbling skills and running with the ball, changes of direction, turning, awareness, ball familiarisation, using different part of the foot and change of speed.

Traffic Lights: Session Eight



London Underground: Session Eight

"London Underground" ORGANIZATION: Set out a 20x25 grid. 4 teams at each corner of the grid

OBJECTIVE: The first player must dribble to every cone, return to their start point, pick up another player and go to every station. Return to their start point pick up another player until all of the team are travelling together. First team to finish wins.

PROGRESSION: Use weaker foot, coach times the journey, add defenders into the grid, must change route every time they pick up another passenger.

COACHING POINTS:

Head up, close control use both feet

Be prepared to change direction (turns, fakes)

Take plenty of touches of the ball

'Outcomes' - more competitive and realistic in game situation. Reinforces the importance of keeping head up, using both feet and taking plenty of touches.

Games to finish off. Games will be conditioned according to the ability of the students. Games will last 3 mins each.

Possible **conditions** game. 3v3 half, **no goalkeepers, two goals for each team. Must dribble thorough goal to score.**

Review of lesson. Q & A session (coach led) to ascertain what the players have learned and what they feel they could improve on

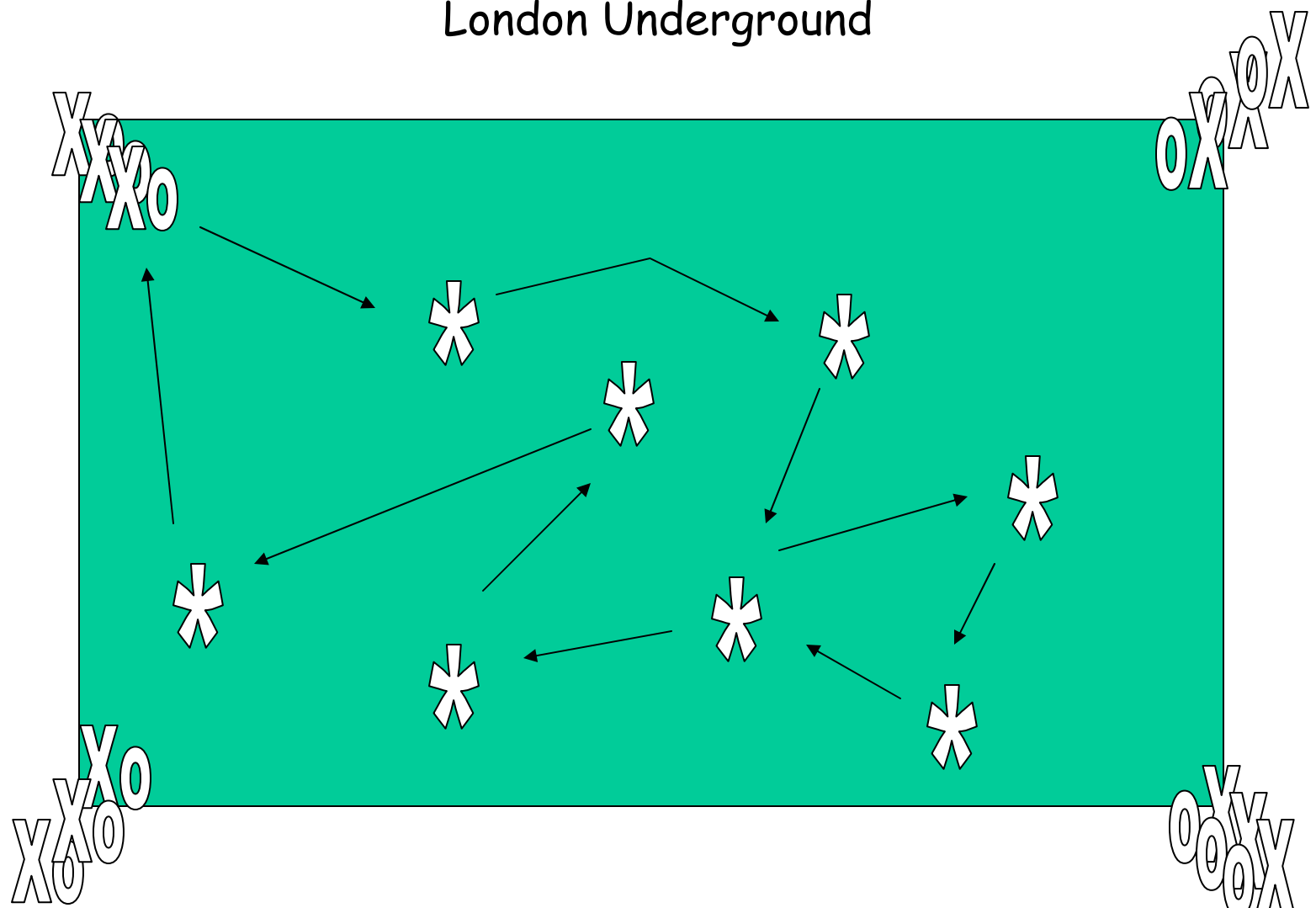
All equipment collected in, check of fields and training area. Coach leaves.

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Coaching Sessions

2006

London Underground



X=Player o=Ball * = Train Station