

U6 Week1 - Dribbling

	Description	Coaching Points
Activity #1 (5 min)	Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"	<ul style="list-style-type: none"> * following commands * looking up while dribbling * try new things
Activity #2 (5 min)	Dribble "Switch" -- Players dribble their own ball in and around the other players. At the coaches command they "switch" and start dribbling a new ball. Progress to "Touch & Switch" --- At the coaches command to switch players must touch another ball with their foot and then proceed to a new ball. Eventually have players "switch" back to own ball.	<ul style="list-style-type: none"> * looking up while dribbling * paying attention to surroundings * change of pace - sprinting to new ball
Activity #3 (5 min)	Dribble "Knock-Out" -- Set up a grid using cones for borders (size depends on # of players) Players dribble their own ball randomly throughout the grid. Coach has one player outside the grid as "knockout player" at coaches command that player runs into grid and attempts to knock away as many balls as they can in 30 seconds. Coach then picks a new player to be the "knockout player". If a players ball is knocked out of the grid they retrieve it as fast as they can and dribble around perimeter of grid before they can re-enter.	<ul style="list-style-type: none"> * paying attention to where the knockout player is * Coach can demonstrate "shielding" the ball to players
Activity #4 (5 min)	Shadow Dribbling -- Divide the players into pairs (could also work in three's) The first player dribbles randomly in unrestricted space while the 2nd player shadows them doing everything they do and going where they go. Switch positions after a minute or so.	<ul style="list-style-type: none"> * encourage the lead dribbler to change feet; change direction; speed up; etc.
Activity #5 (5 min)	The Big Race -- Set up as many cones as players in a straight line, 2-3 yards apart Have the players line up 20 yards from the cones in a straight line with their balls (use a sideline from the field) On your command have them dribble around the cone and return to the finish line as fast as they can. Repeat a couple of times.	<ul style="list-style-type: none"> * Have them do a race with their left foot as well
Activity #6 (5 min)	Modified Scrimmage -- Set up 4-6 cone goals around an area. Divide the players into two teams. The teams can score in ANY of the goals, but they must DRIBBLE through the goal.	<ul style="list-style-type: none"> * Watch for "ball hogging" by your best dribblers. Suggest that the same player can't score two goals in a row. * Place the goals at different angles on the field.

U6 Week 2 - Shooting

	Description	Coaching Points
Activity #1 (5 min)	Juggling -- start by having the players bounce the ball off their knee and catching it. Have them try bouncing it off of their foot and catching it	<ul style="list-style-type: none"> * Have them be persistent and keep trying to catch the ball * Be sure to continually demonstrate how it's done
Activity #2 (5 min)	Give players a quick demonstration on the proper shooting technique -- they can use either the inside of their foot or their instep (laces). For instep kick they should approach from a slight angle and foot should be the same.	<ul style="list-style-type: none"> * Don't expect perfect form. Give them an idea and then let them shoot the way their body allows them.
Activity #3 (5 min)	Score a goal on Coach -- have players in a straight line facing the coach, each with a ball. As the coach shuffles sideways the players one at a time try to score by shooting the ball between the coaches legs. Have them chase down their ball and return to their original place for their next turn.	<ul style="list-style-type: none"> * Watch their technique as they strike the ball
Activity #4 (5 min)	Space Invaders -- Two lines of players arms width apart facing each other, each player with a ball. Have 2-3 players dribble through the center of the lines while the players on the sides use their balls to try and knock the dribblers ball away; keep rotating dribblers and shooters	<ul style="list-style-type: none"> * players should "shoot" the ball with the inside of their foot for accuracy and to keep the ball below the waist
Activity #5 (10 min)	Scrimmage -- split them into two evenly matched teams and let them play! Use cones for goals; Can set up either 2 or 4 goals	<ul style="list-style-type: none"> * Do not use Goalkeepers and discourage kids from "hanging back", try to keep them all in or supporting the play * Add a 2nd ball if not everyone is touching the ball

U6 Week 3 - Dribbling

	Description	Coaching Points
Activity #1 (5 min)	Juggling -- start by having the players bounce the ball off their knee and catching it. Have them try bouncing it off of their foot and catching it	<ul style="list-style-type: none"> * Have them be persistent and keep trying to catch the ball * Be sure to continually demonstrate how it's done
Activity #2 (5 min)	<p>Ground juggling / toe taps -- Have players place ball directly in front of them. They alternately hop on each foot placing one foot on top of the ball, while trying to keep the ball in the same place.</p> <p>Next have them spread their feet just beyond shoulder width apart with the ball directly under them between their feet. They will then tap the ball lightly back and forth between their feet.</p>	<ul style="list-style-type: none"> * The kids may tire quickly performing these so don't go for more than 30 sec. * Can do 2-3 sets w/ brief rest in between sets * If they seem to be getting the hang of it you can have them count how many taps they can do in 30 seconds
Activity #3 (5 min)	<p>Set up a long rectangle w/ cones ; long sides should be about 5 yards apart. Players line up w/ their balls on one of the long sides facing the other side.</p> <p>On coaches command the players will dribble across the the grid and when they reach the other side they will "step on" the ball w/ one foot allowing their momentum to carry them past the ball. They turn and dribble ball back to the other side repeating</p>	<ul style="list-style-type: none"> * Have them start slow to understand what they're doing then encourage them to try with greater speed.
Activity #4 (5 min)	<p>Same set-up as Activity #3. This time when the players dribble across and step on the ball they will actually "pull it back" behind them. They will then turn quickly and repeat in the other direction.</p>	<ul style="list-style-type: none"> * Have them start slow to understand what they're doing then encourage them to try with greater speed.
Activity #5 (5 min)	<p>Randomly set up "gates" made w/ 2 cones; try to set up 6-8 gates.</p> <p>Players will then dribble around the area trying to go through the gates.</p> <p>Time them for 30 seconds to see how many gates they can get through</p> <p>Have them dribble through a gate and then either "step on" the ball or "pull it back" and go back out of the same gate.</p> <p>Take the ball away from one of the dribblers and have them act as a defender trying to knock balls away from the dribblers (rotate players as defenders)</p>	
Activity #6 (5 min)	<p>Scrimmage -- split them into two evenly matched teams and let them play!</p> <p>Use cones for goals; Can set up either 2 or 4 goals</p>	<ul style="list-style-type: none"> * Do not use Goalkeepers and discourage kids from "hanging back", try to keep them all in or supporting the play

U6 Week 4 - Shooting

	Description	Coaching Points
Activity #1 (5 min)	Ground juggling / toe taps -- Have players place ball directly in front of them. They alternately hop on each foot placing one foot on top of the ball, while trying to keep the ball in the same place. Next have them spread their feet just beyond shoulder width apart with the ball directly under them between their feet. They will then tap the ball lightly back and forth between their feet.	<ul style="list-style-type: none"> * The kids may tire quickly performing these so don't go for more than 30 sec. * Can do 2-3 sets w/ brief rest in between sets * If they seem to be getting the hang of it you can have them count how many taps they can do in 10-15 seconds
Activity #2 (5 min)	Kick the Coach -- Coach moves around in a space while the players dribble their balls following them. When close enough they can try to score by hitting the coach with their "shot". Have them keep score.	<ul style="list-style-type: none"> * Try to let all players "score"
Activity #3 (5 min)	Space Wars -- Divide into two teams; set up a square grid roughly 15 x 15; teams line up across from each other and each player has a ball At coaches command they dribble into the grid and attempt to "shoot" their ball at balls from the other team to knock them out of the grid while keeping their own in the grid; if a players ball is knocked out they can return when their ball is retrieved Have players keep score and add for a winner!	<ul style="list-style-type: none"> * Accuracy is better than a big strike so have players use the inside of their foot when shooting; stronger kicks will leave the grid.
Activity #4 (8 min)	Soccer Golf -- Set up as many cones as players. The cones should be 4-5 yards apart in a straight line. Line the players up 30 yards away in a straight line with their balls, facing the line of cones. On your command they see how many "shots" / kicks it takes to knock down one of the cones. Repeat a couple of times.	<ul style="list-style-type: none"> * Their "drive" should be a fairly hard strike (watch their form and encourage a "laces" strike on the ball) * The closer they get the more accurate they should try to be and use the inside of their foot.
Activity #5 (7 min)	Scrimmage -- split them into two evenly matched teams and let them play! Use cones for goals; Can set up either 2 or 4 goals	<ul style="list-style-type: none"> * Do not use Goalkeepers and discourage kids from "hanging back", try to keep them all in or supporting the play

U6 Week 5 - Dribbling

	Description	Coaching Points
<p>Activity #1 (5 min)</p>	<p>Tiger Tails -- each player tucks a pinnie into the back of their shorts (most of the pinnie hangs out). Players run around a 10 x 10 grid trying to collect as many pinnies as they can. Once they take another players pinnie they place it in their shorts. After a few minutes have each player dribble their ball while playing</p>	<ul style="list-style-type: none"> * When a player loses their pinnie they continue to play trying to get someone else's pinnie.
<p>Activity #2 (5 min)</p>	<p>Juggling -- start by having the players bounce the ball of their knee and catching it. Have them try bouncing it off of their foot and catching it</p>	<ul style="list-style-type: none"> * Have them be persistent and keep trying to catch the ball * Be sure to continually demonstrate how it's done
<p>Activity #3 (5 min)</p>	<p>In a large area have the players move the ball around using just the sole of the foot. After a short period have them switch to the other foot. Switch back and forth several times.</p>	<ul style="list-style-type: none"> * Standing on the support foot properly is the key to balance in this activity. * Be sure the players move ball in all directions
<p>Activity #4 (2 min)</p>	<p>Have players move around in the area using only their heels. Switch back and forth several times.</p>	<ul style="list-style-type: none"> * Players must be aware of what is behind them by turning their heads.
<p>Activity #5 (3 min)</p>	<p>Combine #4 & #5 above, having them move freely using either foot.</p>	
<p>Activity #6 (10 min)</p>	<p>Modified Scrimmage -- Set up 4-6 cone goals around an area. Divide the players into two teams. The teams can score in ANY of the goals, but they must DRIBBLE through the goal.</p>	<ul style="list-style-type: none"> * Watch for "ball hogging" by your best dribblers. Suggest that the same player can't score two goals in a row. * Place the goals at different angles on the field.

U6 Week 6 - Shooting

	Description	Coaching Points
Activity #1 (5 min)	Simon Says / Coach Says -- Have players start without a ball; have them doing dynamic moves - "giant steps"; "shuffle sideways"; "walk backwards"; etc. Introduce the ball and continue the game.	
Activity #2 (5 min)	Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"	<ul style="list-style-type: none"> * following commands * looking up while dribbling * try new things
Activity #3 (5 min)	Randomly setup tall cones in a large area. Have players dribble around and try to "shoot" and knock-down as many cones as they can (have the players reset the cones they knock down). Give them several minutes and then challenge them to knock over as many as they can in 30 seconds.	<ul style="list-style-type: none"> * encourage them to shoot with the inside of their foot for better accuracy
Activity #4 (5 min)	Clear Your Side -- divide an area in half w/ a series of cones; divide the team in half w/ teams on opposite sides of the grid. Distribute all balls w/ half on each side. On your command the teams try to clear the balls from their side onto the other side. Play until one team clears all of their balls.	<ul style="list-style-type: none"> * it helps to have some parent helpers behind each side to keep feeding the balls back into the grid. * play more than once if a team clears their grid quickly.
Activity #5 (5 min)	1v1 Run and shoot -- divide players into 2 groups / lines; have them start roughly 5 yards apart at center line facing the goal. Coach plays ball toward goal between the 2 players. They race onto the ball when struck and try to win the ball and score	
Activity #6 (5 min)	Scrimmage -- split them into two evenly matched teams and let them play! Use cones for goals; Can set up either 2 or 4 goals	<ul style="list-style-type: none"> * Do not use Goalkeepers and discourage kids from "hanging back", try to keep them all in or supporting the play

U6 Week 7 - Dribbling

	Description	Coaching Points
Activity #1 (5 min)	Have players dribble their own ball in and around the other players, following coaches commands - i.e./ "Left Foot"; "Bottom of Foot"; "Outside of Foot"	<ul style="list-style-type: none"> * following commands * looking up while dribbling * try new things
Activity #2 (5 min)	Set up a long rectangle w/ cones ; long sides should be about 5 yards apart. Players line up w/ their balls on one of the long sides facing the other side. On coaches command the players will dribble across the the grid and when they reach the other side they will "step on" the ball w/ one foot allowing their momentum to carry them past the ball. They turn and dribble ball back to the other side repeating	<ul style="list-style-type: none"> * Have them start slow to understand what they're doing then encourage them to try with greater speed.
Activity #3 (5 min)	Put out as many cones as there are players. Ask players to dribble randomly until you give a signal. At the signal each player must leave their ball and sprint to the nearest cone. 1 player per cone. Repeat. Remove half of the cones and continue play, this time you can have no more than 2 players per cone. Repeat.	
Activity #4 (5 min)	Ball Fetch -- Have each player hand you their ball and stand beside you with their eyes closed. Randomly distribute the balls Have them open their eyes; find their ball and dribble it back to you as fast as they can Progression-- pair players of equal ability and have one ball between them. When coach tosses ball they play 1v1 to see who can return the ball to the coach (toss all the balls at the same time as in previous)	
Activity #5 (5 min)	Soccer Marbles -- Group your players into 3's, each player with a ball. 1st player dribbles around while the other two players dribble their balls trying to hit the 1st players ball with their own. When the defender hit's the attackers ball they switch positions.	<ul style="list-style-type: none"> * 1st player (attacker) needs to keep their head up and pay attention to position of the defenders * Defenders should try to get close before shooting at the attacker * Attackers should work on their turning with the ball
Activity #6 (5 min)	Scrimmage -- split them into two evenly matched teams and let them play! Use cones for goals; Can set up either 2 or 4 goals	<ul style="list-style-type: none"> * Do not use Goalkeepers and discourage kids from "hanging back", try to keep them all in or supporting the play

U6 Week 8 - Shooting

	Description	Coaching Points
Activity #1 (5 min)	Juggling -- start by having the players bounce the ball of their knee and catching it. Have them try bouncing it off of their foot and catching it	<ul style="list-style-type: none"> * Have them be persistent and keep trying to catch the ball * Be sure to continually demonstrate how it's done
Activity #2 (5 min)	In a large area have the players move the ball around using just the sole of the foot. After a short period have them switch to the other foot. Switch back and forth several times.	<ul style="list-style-type: none"> * Standing on the support foot properly is the key to balance in this activity. * Be sure the players move ball in all directions
Activity #3 (5 min)	Kick the Coach -- Coach moves around in a space while the players dribble their balls following them. When close enough they can try to score by hitting the coach with their "shot". Have them keep score.	<ul style="list-style-type: none"> * Try to let all players "score"
Activity #4 (10 min)	Target Practice -- Set up 2 lines of short cones roughly 15 yards apart (4-5 cones). Place a ball on each cones. Split your team into fairly even sides. Have them play 2v2 trying to defend one row of cones and trying to shoot and knock the balls off of the other line of cones. Have them play for 30 seconds then switch in a new set of players. Re-set the cones once they're all knocked down.	
Activity #5 (5 min)	Scrimmage -- split them into two evenly matched teams and let them play! Use cones for goals; Can set up either 2 or 4 goals	<ul style="list-style-type: none"> * Do not use Goalkeepers and discourage kids from "hanging back", try to keep them all in or supporting the play