



Under 6
2012
Fall
Training
Sessions



2012 - U6 - Fall Lesson Plan







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2012 - U6 - Fall Lesson Plan - Week 1

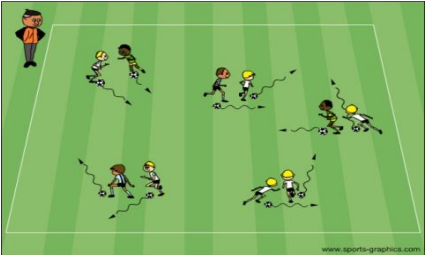

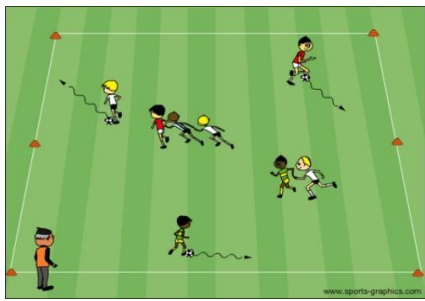
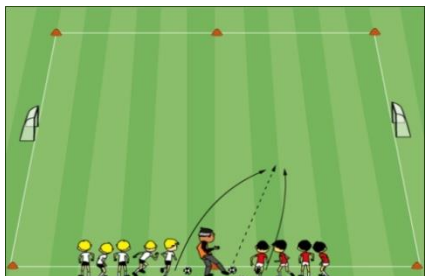


Stage	Organization	Activity Description	Coaching Considerations
Activity 1		<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch ○ Laces push - Stop with sole and Change foot 	<p>4 Surfaces:</p> <ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control • Players should talk to their feet:
Activity 2		<p>Red Light/Green Light: All players are dribbling freely in a 15x20 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast. Coach: Control the frequency of light changes. Variation 2: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop.</p>	<p>“Outside –Inside- Laces push and Stop”</p> <p>Dribbling:</p> <ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot • Stopping the soccer ball
Activity 3		<p>Hit the Dirt: The Players are dribbling a ball in a 15x20 yard grid. When coach says “Hit the Dirt,” each player must touch his/her chest to the ground. When the coach says “UP,” all players get up quickly and resume dribbling.</p>	
Activity 4		<p>Combat 1: The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the playing area, the players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team’s goal for a point. The coach can make the games 1v1, 2v2 and 3v3’s. You can have several groups of players playing in the soccer area.</p>	
Match	3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2012 - U6 - Fall Lesson Plan - Week 2



Stage	Organization	Activity Description	Coaching Considerations
Activity 1		<p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2, or 3 more than before.</p>	<p>Dribbling:</p> <ul style="list-style-type: none"> • Keep ball close to the feet • Dribbling using different surfaces of the foot • Changing speed and direction • Running with the ball • Sudden changes of pace • How to stop the soccer ball • Decision Making <ul style="list-style-type: none"> ○ What foot to use ○ When and how to stop the soccer ball ○ Where to go with the soccer ball ○ Dribble or pass • 1v1 attacking and defending • Protecting the ball
Activity 2		<p>Body Part Dribble: All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.</p> <p>Coach: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>	
Activity 3		<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>	
Activity 4		<p>Get "Outta" There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there".</p> <p>Coach: Can make the games 1v1, 2v2,</p>	
Match	3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2012 - U6 - Fall Lesson Plan - Week 3

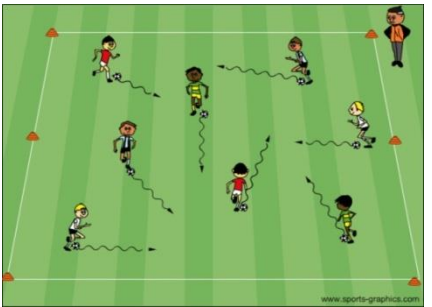


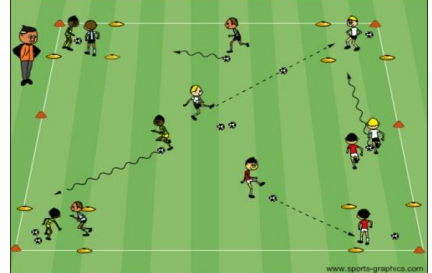


Stage	Organization	Activity Description	Coaching Considerations
Activity 1		<p>Freeze Tagged: All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen. Coaches: One coach may be the freeze monster while another is unfreezing players. Version 2: Players can unfreeze each other by tagging them. Version 3: Players can unfreeze each other by kicking the ball through their legs.</p>	<p>Dribbling:</p> <ul style="list-style-type: none"> • Keep ball close to the feet • Dribbling using different surfaces of the foot • Changing speed and direction • Running with the ball • Sudden changes of pace • How to stop the soccer ball • Decision Making <ul style="list-style-type: none"> ○ What foot to use ○ When and how to stop the soccer ball ○ Where to go with the soccer ball • 1v1 attacking and defending • Protecting the ball
Activity 2		<p>Sharks and Minnows: In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	
Activity 3		<p>Pac Man: Select two players to be the Pac Man. They will dribble around and try to tag any player without the ball. Once they have tagged a runner, he or she becomes a Pac Man and will go to get a ball and join the hunt.</p>	
Activity 4		<p>Shadow Dribble: Two players (Leader and Shadow) each with a ball. They will dribble all over a 20x25 yard grid. The leader will determine where they are going, while the shadow will try to keep up with the leader. Coach: Call the change from leader to shadow. Encourage the Leader to change speed and change direction – try to “lose” the Shadow. Version 2: Use only favorite foot or other foot. Version 3: Leader must make a move.</p>	
Match	3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes

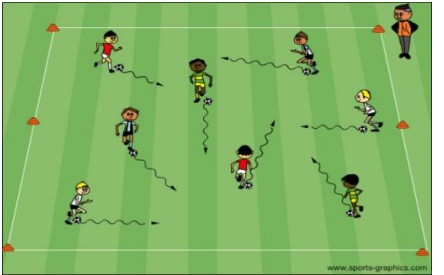


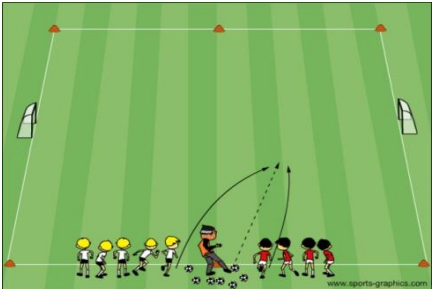


2012 - U6 - Fall Lesson Plan - Week 4



Stage	Organization	Activity Description	Coaching Considerations
Activity 1		<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p>The sequence is:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch ○ Laces push - Stop with sole ○ Change foot 	<p>4 Surfaces:</p> <ul style="list-style-type: none"> ● Players should start slow and increase the speed as they go ● Touches should be soft but able to move the ball ● Keep the soccer ball close and under control ● Players should talk to their feet:
Activity 2		<p>Gate Dribbling: In a 15x20 yard grid, set up 5 to 7 gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat, asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p>	<p>“Outside –Inside- Laces push and Stop”</p> <p>Dribbling:</p> <ul style="list-style-type: none"> ● Dribbling using different surfaces of the foot ● Acceleration after going through a gate
Activity 3		<p>Bandits: Select 1 or 2 players to be the Bandits. Their mission is to get the dribblers’ ball and bring it to their hideout. The dribbler can take the ball back from the bandit. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.</p>	<ul style="list-style-type: none"> ● How to stop the soccer ball ● 1v1 attacking and defending ● Protecting the ball
Activity 4		<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<p>Decision Making:</p> <ul style="list-style-type: none"> ● What foot to use ● When and how to stop the soccer ball ● Where to go with the soccer ball ● How to get the balls from the center or other home bases ● How to defend their home base ● Dribble or pass
Match	3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes

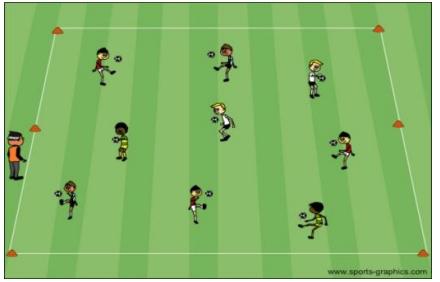
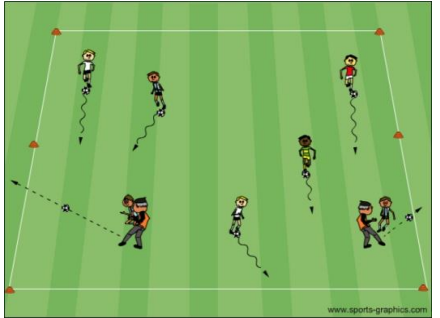


2012 - U6 - Fall Lesson Plan - Week 5

Stage	Organization	Activity Description	Coaching Considerations
Activity 1		<p>Paint the Field: All players will dribble their soccer ball in a 15x20 yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p>Coach: Have the players write their names with the “Paintbrush” (Ball) can they “paint” different shapes? How big can they paint the shapes?</p> <p>Variation 2: Ask the players to dribble only with the left foot, then with the right foot.</p>	<p>Dribbling:</p> <ul style="list-style-type: none"> • Keep ball close • Changing pace and direction • Dribbling using different surfaces of the foot • How to stop the ball
Activity 2		<p>Around the Cone: The Coach will put the players in teams of two or three players. The first player on the team will run with the ball from their Red cone to their Yellow cone. At the Blue cone the player will perform the following:</p> <ol style="list-style-type: none"> 1. Go around the cone with the inside of the foot 2. Go around the cone with the outside of the foot 3. At the cone stop the soccer ball: do a drag back or heel turn 	<p>Running with the ball:</p> <ul style="list-style-type: none"> • Use front part of the foot • Run in a straight line • Head up • When and how to turn • Acceleration after the turn
Activity 3		<p>Hospital Tag: All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged, he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p>Coach: Acts as the “doctor” and heals the dribblers so they can keep involved in the activity. The coach “cures” the patient by asking him/her to do: Toe Taps, Pendulum, 4 surfaces with each foot.</p>	<p>Get Out of there:</p> <ul style="list-style-type: none"> • 1v1 dribbling • 1v1 defending • Scheming and creativity • Decision making
Activity 4		<p>Get “Outta” There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.</p> <p>Coach: Can make the games 1v1, 2v2,</p>	
Match	3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2012 - U6 - Fall Lesson Plan - Week 6

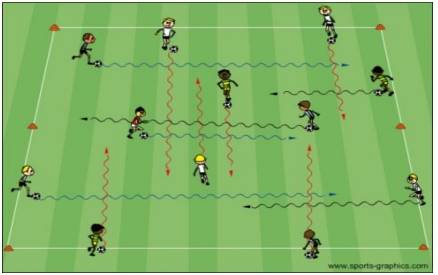
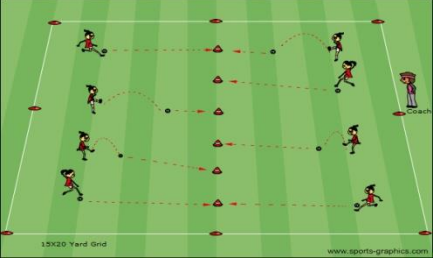




Stage	Organization	Activity Description	Coaching Considerations
Activity 1		<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p>Juggling:</p> <ul style="list-style-type: none"> • Hand, eye, foot coordination • Use foot and thigh <p>Running with the ball:</p> <ul style="list-style-type: none"> • Using laces to run • Running in a straight line • Changing pace and direction
Activity 2		<p>British Bulldog: All players are dribbling a soccer ball from one end to the other end of a 15x20 yard grid. The coach begins as the “bulldog” and tries to kick the dribbling players’ soccer balls out of the grid. Once a player’s soccer ball is kicked out of the grid, they become a “bulldog”.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Players who dribble the soccer ball close to their feet do not get attacked by the bulldog.</p>	<ul style="list-style-type: none"> • Keep the ball close • 1v1 defending <p>Striking the ball:</p> <ul style="list-style-type: none"> • Passing technique • Weight of the pass • Accuracy of the pass
Activity 3		<p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	
Activity 4		<p>Catching Robbers: All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p>Coach: Place the balls that are not being used around the perimeter of the grid.</p>	
Match	3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2012 - U6 - Fall Lesson Plan - Week 7

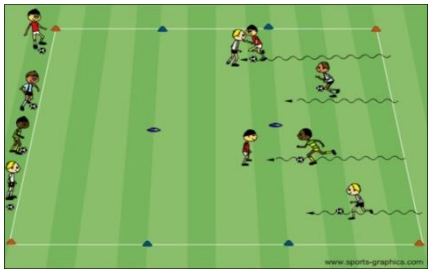

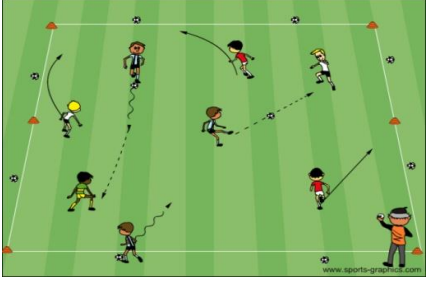
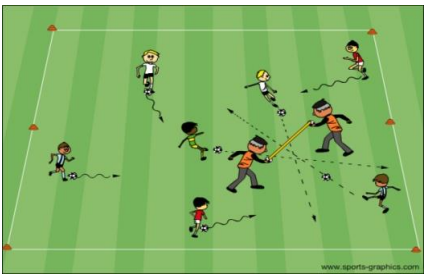


Stage	Organization	Activity Description	Coaching Considerations
Activity 1		<p><u>Cross Over Dribbling:</u> All players with a ball standing around the perimeter of a 15x20 yard grid. When the coach says “GO” the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their spots.</p> <p>Variation 2: Have them reach the other side and return to another spot. Variation 3: Time the activity and see how many times the players cross over in 30 seconds or a minute</p>	<p><u>Running with the ball:</u></p> <ul style="list-style-type: none"> • Keeping head up • Using laces to run • Running in a straight line • Changing pace and direction • Keep the ball close
Activity 2		<p><u>Kicking the Cones:</u> Each player with a ball in defined area. Players are placed several steps away from the row of cones in the middle of the area. After kicking your ball, get another ball. The game lasts until all cones are down.</p>	<p><u>Striking the ball:</u></p> <ul style="list-style-type: none"> • Technique of striking the ball • Willingness to kick the ball away from them. • Players can experiment with how hard to kick the ball. • Dribbling and striking the ball • Weight of the pass • Accuracy of the pass
Activity 3		<p><u>Cops and Robbers:</u> The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers.</p> <p>Variation 2: If you do not have tall cones, divide the group in half cops and half robbers, and place the cops’ balls on top of discs.</p>	<p><u>Decision Making</u></p> <ul style="list-style-type: none"> • What foot to use • When and how to stop the soccer ball • Where to go with the soccer ball • How to get the balls from the center or other home bases • How to defend their home base
Activity 4		<p><u>Capture the Balls:</u> Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	
Match	3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2012 - U6 - Fall Lesson Plan - Week 8



Stage	Organization	Activity Description	Time
Activity 1		<p>Border Patrol In a 15x20 yard grid, the dribblers will try to cross the border by eluding the guards. Place two guards inside a 5x 15 yard area in the middle of the grid. Place half of the players (Dribblelinos) with a ball at each end of the grid. At coach's command, one group of dribblelinos will try to cross the border going by the guards. As soon as one gets to the opposite line the next dribblelino waiting goes. If the guard dispossesses the dribblelino he/she becomes a guard.</p>	<p>Running with the ball:</p> <ul style="list-style-type: none"> • Keeping head up • Using laces to run • Running in a straight line • Changing pace and direction • Keep the ball close • 1v1 attacking and defending
Activity 2		<p>Bandits: Select 1 or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to their hideout. The dribbler can take the ball back from the bandit. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.</p>	<p>Striking the ball:</p> <ul style="list-style-type: none"> • Technique of striking the ball • Willingness to kick the ball away from them. • Players can experiment with how hard to kick the ball. • Dribbling and striking the ball • Weight of the pass • Accuracy of the pass
Activity 3		<p>Catching Robbers: All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says "let's catch some robbers" the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p>Coach: Place the balls that are not being used around the perimeter of the grid.</p>	
Activity 4		<p>Moving Goal: All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p>Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>	
Match	3v3 - Dual Field Scrimmage	Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes

