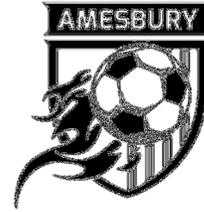


U6 Kickin' It!

Week #1 –Get them dribbling!



Session Objectives/Focus Areas:

Break the Ice: Engage players and learn names

Have Fun--Players, Coaches, & Parents

Get young players to move with the ball-- Touches, Touches, Touches

Soft Touches (keep it close) & Dribbling with Both Feet

Order of Activities:

1. Warm Up: (coach's choice)
 - a. Body Part Dribble
 - b. Red Light Green Light
 - c. Paint the Field
 - d. Hit the Dirt!
2. Station Dribble (Ice Cream Dribble)
3. Sharks & Minnows (Fishy/Fishy Cross My Ocean)
4. Coach's Choice of Dribbling Games listed above (if needed)
5. Scrimmage (last 15 minutes)

Detailed Plan: Descriptions of Activities and Coaching Tips

1. Warm Up Options

a. **Body Part Dribble:** Free dribble- call out a body part. Kids have to put that part on the ball. Add variations based on the week or age level (left foot only). "Put your elbow on the ball!"

b. **Red Light/Green Light:** Green is fast dribble, yellow is slow. Red is stop or freeze. Tell players that on Red Light they need to do a Captain's Pose (put their foot on top of the ball to stop it and rock the ball back and forth)-- arms out straight or on hips. To make it fun the coach can add a rule. For example, Pink Light = Dance around the ball or Purple Light = make a crazy face.

c. **Paint the Field:** Each player has a ball and it becomes a can of spray paint in their favorite color. Now they have to paint a small area of the field with their ball. Reinforce keeping the ball close to their bodies as they dribble. What color are they painting with? Be demonstrative. Ask player to make the spray sound and pretend you can see the colors on the field.

d. **Hit the Dirt!:** On half the field players do a free dribble. When the coach yells, "Hit the Dirt!" they dive to the ground. Like with body part dribble the coach should add variations and rules.

Break for water.

2. **Stations (Ice Cream Dribble):** Set up 4 squares (roughly 3 yds x 3 yds in size) about 20-30 yards apart (you can use the four corners in half a field). The objective is for players to dribble as quickly as they can to each area and do the Captain's Pose when they arrive. If you have

enough cones you can color code each area (one colored cone per station will do). Gather all players into one square and call out the next stop. You can have a player call out a combo of colors. Make it fun by replacing colors with ice cream/snack flavors. For example: Red is strawberry short cake, Yellow = Lemonade, Blue = Blueberry Yogurt, Green = Mint Chocolate Chip ice cream. During the first week, just engage the kids and focus on having fun. In following sessions you'll want to add dribbling rules/restrictions or have players make a move while dribbling. Focus on soft touches and using both feet. You can add rules while progressing. For example, "Go to the blueberry station and only use your left foot."

3. Fishy Fishy Cross My Ocean (Sharks and Minnows): Players all line up with a ball on the end line. The coach or one or two selected players can be the shark(s). The shark calls out, "Fishy fishy, cross my ocean!" Players try to dribble to the opposite end line without the shark kicking away their ball. If the ball is kicked away, the fish becomes a shark. Play until one or two player(s) remain---you can restart and have the winner start as the shark. Have players focus on keeping it close (not kicking and chasing).

4. Free Dribble Game (if you need another activity before the scrimmage)---choose from one of the warm up activities that you did not use earlier. Body Part, Red Light/Green Light, Paint the Field, or Hit the Dirt! This will allow the coach to emphasize using multiple surfaces of the foot, keeping it close, and will make kids familiar with one more warm up to be used at a later session.

Distribute Pinnies & water break.

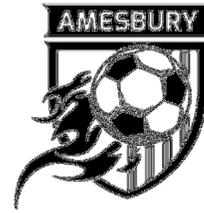
Have parents dress players during quick break.

Scrimmage: 4 v. 4 (but can vary based on numbers). Tips: Subs should be engaged by one of the coaches so they aren't just sitting. Work on passing to a partner, toe taps, etc.

Coaching Points/rules for scrimmage:

1. Focus on direction--Coach stands in the middle of the circle. Tells the kids with pinnies to stand behind coach and kids without pinnies to stand in front of coach. Reinforce which goal each team is trying to get the ball into and to get the ball away from the other team.
2. When the ball goes out of bounds the coach should yell "freeze". Choose a player to do the restart kick and keep the pace moving.
3. Pugg Arc Rule---don't touch the ball in the arc (hot larva rule).
4. Goal Kicks---offense outside first line, defense at mid-field.
5. Restarts from kicks only (no throws).

U6 Kickin' It!
Week #2 –Ball Close & Eyes Up



Session Objectives/Focus Areas:

Dribble and Look Up
Dribble Away From Pressure
Soft First Touch/Keep it Close
Dribbling with Both Feet & Multiple foot surfaces
Change Speed and Stopping while Dribbling

Order of Activities:

1. Warm Up: (coach's choice)
 - a. Body Part Dribble
 - b. Red Light Green Light
 - c. Paint the Field
 - d. Hit the Dirt!
2. Statue Tag
3. Kick The Coach
4. Traffic Light
5. Scrimmage

Detailed Plan: Descriptions of Activities and Coaching Tips

1. **Warm Up:** See Week 1 Tips on Body Part, Red Light/Green Light and Paint the Field.
2. **Statue Tag/Freeze Tag:** Use about ½ of the U8 size field. Coach tries to tag the players' balls with the coach's ball---then the player has to freeze, hold their ball over their head, spread their legs and call out for help. They must wait for a team mate to pass a ball through their legs to un-freeze them. Encourage players to dribble with both feet and keeping eyes up. Communicate and call for help.

Water Break

3. **Kick the Coach:** Like a game of tag, but players try to use their ball to hit the coach's ball or the coach's legs. Kids love this game. Stay in a small grid (half the field or less) or you can use the center circle if numbers are low. Ask players to keep track of how many times they are able to "Kick The Coach". (This is a good filler activity any time you have 5 minutes or so.) With older kids you can add restrictions/rules.

Water Break

4. **Traffic Light:** Each Coach needs 1 red and 1 green cone. Players line up on the endline with a ball. Coach has a green cone and red cone behind his/her back. When the coach holds up green, players move forward. When the coach holds up a red, they must stop. When the coach holds up both green and red together they must race back to the start line. The player to get back first gets a point. Key Points: Eyes up. The coach should start the game by yelling out the color of the cones being held up, but then progress to doing it silently and emphasize dribbling with eyes up.

Get ready to Scrimmage: Distribute Pinnies & water break.

Have parents dress players during quick break.

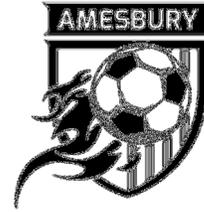
4 v. 4 (but can vary based on numbers). Tips: Subs should be engaged by one of the coaches so they aren't just sitting. Work on passing to a partner, toe taps, etc.

Coaching Points/rules for scrimmage:

1. Focus on direction--Coach stands in the middle of the circle. Tells the kids with pinnies to stand behind coach and kids without pinnies to stand in front of coach. Reinforce which goal each team is trying to get the ball into and to get the ball away from the other team.
2. When the ball goes out of bounds the coach should yell "freeze". Choose a player to do the restart kick and keep the pace moving.
3. Pugg Arc Rule—don't touch the ball in the arc (hot larva rule).
4. Goal Kicks—offense outside first line, defense at mid-field.
5. Restarts from kicks only (no throws).

U6: Week 2

U6 Kickin' It!
Week #3



Session Objectives/Focus Areas:

Soft Touches—dribble, pass & trap
Inside of Foot for Trapping
Inside of Foot for Passing
Attack the Goal

Order of Activities:

- 1A. Quick Warm Up: (coach's choice)
 - a. Body Part Dribble or Red Light Green Light—do this on half field for 5 min.
- 1B. Gate Dribble—on the other side of the field after quick warm up.
2. Partner Pass
3. Egg Hunt (Score a goal)
4. (optional/ if time allows)--Mr. Wolf, What Time is It?
5. Scrimmage

Detailed Plan: Descriptions of Activities and Coaching Tips

1a. **Warm Up:** Coach's Choice—Body Part Dribble, Red Light/Green Light, or Hit the Dirt—focus on keeping it close, using both feet, keeping eyes up. Keep this brief (4-5 minutes) as the next activity is also a dribbling activity. Do this warm up on ½ a field and have gates already set up on the other half.

1b. **Gate Dribble.** Coach randomly places multiple pairs of cones or “gates” in a grid. Place cones about 4-6 feet apart. Create 12-15 gates. Ask players to dribble through as many gates as possible in a set amount of time (1 minute). Seek open gates (look for space/keeping eyes up). Don't crash. Go either direction through gates. When players dribble through the gates they get a point. (Young players can't really keep track, but nonetheless, do it for a minute or two then ask players to do it again and beat their previous total.) For U8 or older you can add rules about foot surfaces.

Water

2. **Partner Pass:** It is important that 3-6 year olds get some direct instruction in passing/receiving. Coaches should demonstrate. This isn't a really “fun” game...keep it brief, you can cycle back to this in upcoming weeks. Using cones already set up from the gate dribble, partner up players at a pair of gates. Use 1 ball per pair. Have them pass the ball through the gate to their partner. Trap with the inside/Pass with the inside. This is a specific skill drill and not the most entertaining--so, keep it brief—(5-6 minutes). Coaches should move around, group to group and help out. Practice with both feet. This is an unnatural motion for young players. Trap the ball before passing. Plant foot and do not use the toe. Progression for older players: Move to an open gate and score points for passes made within a set period of time.

3. **Egg Hunt (Scoring Goals):** This will be a fun way to shake off the stale feeling of the stationary partner pass drill. Objective: Players' balls are Easter Eggs and the goal is the basket. Line up players on the end line and randomly put all balls all over the field (around mid-field). Use any extra balls that you have. When the coach yells "Egg Hunt" players sprint to get any ball, dribble down field, and score on the pugg net. (NOTE: Some young players have a hard time with using other balls or sharing their ball---emphasize that they will get their ball back). It is good for players to have awareness and look around for an available ball. Restart and play several times.

Water Break

4. **(If time allows): Mr. Wolf, What Time is It?:** Players line up on the end line with a ball. The coach will ask players to yell out, "Mr. Wolf, What time is it?" Players must dribble forward with the corresponding number of touches as what the coach yells back. For example, "It's three o'clock." Players come forward three touches. As players start to get to the far end of the playing area, the coach will respond, "It's Dinner Time!!" and chase the players back to the sideline. If the coach wins the ball from a player, that player becomes a wolf.

5. **Scrimmage:**

U6 Kickin' It!
Week #4



Session Objectives/Focus Areas

Maintain possession

Look for space/awareness

Movement in Different Directions

Order of Activities:

1. Warm Up: Coach's Choice
2. Egg Hunt
3. Kick the Coach
4. Capture the Balls
5. Optional: Traffic Light or Mr. Wolf (if needed)
6. Scrimmage (last 10-15 minutes)

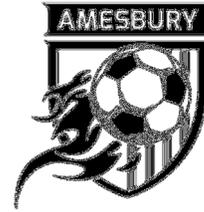
Detailed Plan: Descriptions of Activities and Coaching Tips

1. **Warm up of Choice**—Red Light/Green Light, Body Part Dribble, or Hit the Dirt. Focus on changing speeds, both feet, soft touches, eyes up.
2. **Egg Hunt**—familiar from a previous week---jump right into it. Scatter balls around mid-field and have players race to score a goal on the opposite end. Restart quickly and do this several time.

Water

3. **Kick the Coach**—Should be familiar from prior sessions and won't need much explanation. Play for 5 minutes.
4. **Capture the Balls**—Use all balls available. Good for U6 or U8. Warning: Prepare young players that we are sharing balls. (Some are very attached to their ball and may get upset when another player uses it.) Set up three or four stations of cones---a square area about 4 yards by 4 yards (it helps to color code the grids so you have a green team, blue team etc.) and evenly distribute players to be part of a team at each home station. Use half a field or a little more. Place all the balls in the center of the space. When the coach says to begin, players run to the center and try to dribble or pass as many balls as they can to their own grid. Players can steal balls from any team to their own home station. Rules: Do not allow players to defend the balls within their own grid – No Hens (no sitting on the balls). Play for a couple minutes: Freeze—count up tallies, continue. The score constantly fluctuates. This is a good game to focus on using space, stealing from all locations and working with teammates.
5. **Optional**—(if time allows): **Traffic Light or Mr. Wolf, What Time is It?** Both focus on dribbling under control, dribbling forward, then stopping the ball.
6. **Scrimmage.**

U6 Kickin' It!
Week #5



Session Objectives/Focus Areas:

Look for space
Movement in Different Directions

Order of Activities:

1. Warm Up—Coach's Choice (Red Light/Green Light, Body Part, Hit the Dirt, Gate Dribble, Paint the Field)
2. Snake
3. Coach's Choice: Traffic Light/Fishy Fishy/or Mr. Wolf
4. Capture the Balls
5. Scrimmage

Detailed Activities and Coaching Points:

1. **Warm Up**- Focus on changing speeds, using multiple foot surfaces and being aware of space/surroundings.
2. **Snake:** On ½ field all players have ball except for the 1 or 2 players and a coach who hold hands and form a snake. They are "it." The snake tries to chase down players and knock away their ball—which makes the player join the snake. Once the snake gets to 5 or 6 people, split into 2 smaller snakes etc. Play until 1 player is left. Restart.

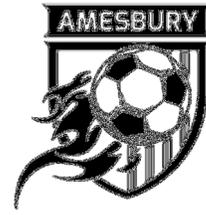
Break for water.

3. **Traffic Light/Fishy Fishy/or Mr. Wolf: Coach's Choice:** Focus on soft touches, keeping it close, keeping eyes up.
4. **Capture the Balls:** Good for U6 or U8. Warning: Prepare young players that we are sharing balls. (Some are very attached to their ball and may get upset when another player uses it.) Set up three or four stations of cones---a square area about 4 yards by 4 yards (it helps to color code the grids so you have a green team, blue team etc.) and evenly distribute players to be part of a team at each home station. Use half a field or a little more. Place all the balls in the center of the space. When the coach says to begin, players run to the center and try to dribble or pass as many balls as they can to their own grid. Players can steal balls from any team to their own home station. Rules: Do not allow players to defend the balls within their own grid – No Hens (no sitting on the balls). Play for a couple minutes: Freeze—count up tallies, continue. The score constantly fluctuates. This is a good game to focus on using space, stealing from all locations and working with teammates.

Break for water.

5. Scrimmage

U6 Kickin' It!
Week #6 –Coach's Favorites & Scrimmage



Recommended Overview:

Body Part dribbling
Kick the Coach
Traffic Light Dribble or Fishy/Fishy
Capture the Balls
Scrimmage