
U5/U6 Soccer Practice

- Adventures at the Zoo
- Date
- Location – Time

Don't Let the Monkey See You Move

Players line up on one end of a 10-yard by 15-yard grid. The coach (monkey) stands on the opposite end. The players must attempt to get to the monkey's side without being seen. The monkey turns away and then turns to face the players. Can the players stand on one foot while the monkey is looking?

In the next step a ball is introduced.

Coaching points: Simple decision making, change of speed, balance, follow directions, movement of ball

Go See the Animals

All the players now go through the zoo to see the animals. Form 4 squares in a 20 yard by 20 yard grid. Name each square differently using: Reptile House, Big Cats, Elephants, and Monkeys. Have the players dribble around the zoo until they hear the name of one of the squares called. When the area is called all the players dribble their ball to that area.

Coaching points: Simple decision-making, change of speed and direction, dribbling technique with multiple surfaces of the foot, follow directions.

Lion on the Loose

The players dribble their ball in a 20-yard by 20-yard grid that has a lion (coach) on the loose. The lion attempts to bite (tag) the players. The coach can give the role of the lion to each player.

Coaching points: Simple decision-making, change of speed and direction, dribbling technique with multiple surfaces of the foot, follow directions.

Chimpanzee on the Hunt

Use the grid from Lion on the Loose. One player is the chimpanzee and begins the activity without a ball. He or she then attempts to kick out of the zoo one of the balls of any of the other players. Players have to retrieve their own balls while the chimpanzee continues to hunt for more balls. Rotate chimpanzees by making the hunted player the new hunter (old chimpanzee recovers the ball).

Coaching points: Simple decision-making, change of speed and direction, dribbling technique with multiple surfaces of the foot, dribble with head up, change speed and direction with ball, follow directions.

Uniform

Shirt – blue or red

Shorts

Shin guards

Socks

Cleats or tennis shoes

Warm outer layers

Other Resources

Coach extra soccer balls

Coach first aid kit

Coach goals (2 pairs)

Coach cones



Name Game

Set up a small field with 5-yard goal at each end line. Place half of the players in each goal. Name one team elephants and the other rhinos. The coach stands off the field at the midline with the soccer balls. The coach then calls one player from each team's name while rolling out a ball. (This will be useful for teams with players of the same name – e.g. elephant Matthew, rhino Michael). Players who hear their name called come out and play one versus one to goal. More than one versus one can be played together.

Coaching points: Decision-making, ball skills, shooting, tackling, follow directions.

3 versus 3 Game

Set up two small fields with 5-yard goal at each end line. Create four 3 player teams, pair them and assign them to a field. Distribute extra players as substitutes (can be used on either field according to shirt color). Coaches run a game of soccer. Parents help with ball collection. One break after 8 minutes before second 8 minute half (16 minutes play – can be reduced)

Coaching points: Allow players time to play a free game without coaches giving constant instruction. Encourage skills practiced during this session. Plenty of praise and encouragement.

Next Week

We will be playing this Saturday at _____ at _____ Field. We will play two separate games at the same time. Congratulate the players on successfully completing the zoo adventure. Next week will feature adventures with bugs.

U5/U6 Soccer Practice

■ Adventures with Bugs

Don't Let the Frog See You Move

Players (bugs) line up on one end of a 10-yard by 15-yard grid. The coach (frog) stands on the opposite end. The players must attempt to get past the frog's side without being seen. The frog turns away and then turns to face the players. Can the players stand on one foot while the frog is looking?

In the next step a ball is introduced.

Coaching points: Simple decision making, change of speed, balance, follow directions, movement of ball

Find the Bug Nests

All the players search a swamp looking for bug nests. Form 4 squares in a 20 yard by 20 yard grid. Name each square differently using: Bee Hive, Ant Hill, Roly Poly Log, and Flies on Compost. Have the players dribble around the swamp until they hear the name of one of the bug nests called. When the area is called all the players dribble their ball to that area.

Coaching points: Simple decision-making, change of speed and direction, dribbling technique with multiple surfaces of the foot, follow directions.

Bug Bite

In a twenty by twenty yard grid (swamp) each bug dribbles the ball attempting to tag (bite) other players. When a player is bitten they must hold their hand (bandage) to the bite. Once they have been bitten three times they must go to the goal (doctor's office) and tap their ball five times. They can now return to the swamp.

Coaching points: Simple decision-making, change of speed and direction, dribbling technique with multiple surfaces of the foot, follow directions.

Get Your Food Home

The group is split in two groups of bugs and each half line up near the coach on the midfield line. A goal (nest) is assigned to each half group. The coach has a supply of balls that will be the food. The coach rolls out a ball and the first players from each line attempt to score a goal

Coaching points: Decision-making, ball skills, shooting, tackling, follow directions..

Uniform

Shirt – blue or red

Shorts

Shin guards

Socks

Cleats or trainers

Warm outer layers

Other Resources

Coach extra soccer balls

Coach first aid kit

Coach goals (2 pairs)

Coach cones

Food Pass

The bug groups now line up facing each other approximately five yards apart. Each bug should be opposite another bug. They pass food (ball) to and fro.

Coaching points: Ball skills, passing, follow directions.

3 versus 3 Game

Set up two small fields with 5-yard goal at each end line. Create 4 3 player teams, pair them and assign them to a field. Distribute extra players as substitutes (can be used on either field according to shirt color). Coaches run a game of soccer. Parents help with ball collection. One break after 8 minutes before second 8 minute half (16 minutes play – can be reduced)

Coaching points: Allow players time to play a free game without coaches giving constant instruction. Encourage skills practiced during this session. Plenty of praise and encouragement.

Game

We will be playing this Saturday at _____ at _____ Field in our _____ shirts.

Next Week

Congratulate the players on successfully completing the zoo adventure. Next week will feature adventures space.

U5/U6 Soccer Practice

- Adventures in Space

Moon Walking

Players (astronauts) walk, jog, skip, hop and gallop on the coach's command as if they were on the moon.

In the next step a ball is introduced but skipping and galloping omitted.

Coaching points: Simple decision making, change of speed, balance, follow directions, movement of ball

Explore the Solar System

Each player brings the coach a ball and the coach throws the ball out for the players to retrieve. They must dribble the ball back to the coach and tell coach which planet they have just visited.

Coaching points: Simple decision-making, dribbling technique with multiple surfaces of the foot, follow directions.

Avoid the Asteroids

Half of the players start dribbling a ball in a grid while the remaining players attempt to shoot asteroids at the players in the grid. Switch roles often.

Coaching points: Simple decision-making, change of speed and direction, dribbling technique with multiple surfaces of the foot, shooting, follow directions.

Avoid the Alien

Have one or more players begin the activity as an alien without a ball. These players attempt to steal a ball from one other player dribbling in the grid. The player who loses their ball becomes an alien.

Coaching points: Decision-making, ball skills, changing speed and direction, tackling, spatial awareness, follow directions..

Space Blasters

The astronauts form two lines standing opposite another astronaut. Each pair blasts one ball between them attempting to get the blaster missile to the feet of

Uniform

Shirt – blue or red

Shorts

Shin guards

Socks

Cleats or trainers

Warm outer layers

Other Resources

Coach extra soccer balls

Coach first aid kit

Coach goals (2 pairs)

Coach cones

their opposite number.

Coaching points: Ball skills, passing, follow directions.

3 versus 3 Game

Set up two small fields with 5-yard goal at each end line. Create 4 3 player teams, pair them and assign them to a field. Distribute extra players as substitutes (can be used on either field according to shirt color). Coaches run a game of soccer. Parents help with ball collection. One break after 8 minutes before second 8 minute half (16 minutes play – can be reduced)

Coaching points: Allow players time to play a free game without giving constant instruction. Encourage skills practiced during this session. Plenty of praise and encouragement.

Congratulations on successfully completing the space adventure

Game

We will be playing this Saturday at _____ at _____ Field in our _____ shirts.

Next Week

Next week will feature adventures at the circus.

U5/U6 Soccer Practice

- Adventures at the Circus

Walking the High Wire

Players (circus performers) walk along a marked line pretending to be 100 feet off the ground. Can they keep their balance?

In the next step a ball is introduced. As players gain confidence ask them to walk faster keeping the ball at their feet.

Coaching points: Balance, follow directions, movement of ball

Clown Sharing

Players (clowns) dribble around the pitch and swap balls with another clown when directed by the coach. Initially pairs are called out by the coach; as the players become more confident they can select their own partners and all swap at the same time.

Coaching points: Simple decision-making, change of speed and direction, dribbling technique with multiple surfaces of the foot, passing, follow directions.

Splash the Clown

Inform the players that a clown from another circus has entered their circus tent. They have to splash the clown with a wet sponge (their ball). Coach is the clown and moves around the pitch. Coach increase speed and change direction as players gain confidence.

Coaching points: Decision-making, ball skills, spatial awareness, follow directions..

Circus Monkeys

Coach starts this exercise by attempting to steal a ball from the circus monkeys (players) who can try to evade within the pitch. When a monkey loses its ball it now has to take one from another player.

Coaching points: Ball skills, tackling, dribbling, follow directions.

Human Cannonballs

Uniform

Shirt – blue or red

Shorts

Shin guards

Socks

Cleats or trainers

Warm outer layers

Other Resources

Coach extra soccer balls

Coach first aid kit

Coach goals (2 pairs)

Coach cones

Payers (the cannonballs) dribble their ball to coach who fires them off (kicks their ball). Players recover their ball and dribble back to coach. Coach can stay still or move.

Coaching points: Simple decision-making,, dribbling technique with multiple surfaces of the foot, follow directions.

3 versus 3 Game

Set up two small fields with 5-yard goal at each end line. Create four 3 player teams, pair them and assign them to a field. Distribute extra players as substitutes (can be used on either field according to shirt color). Coaches run a game of soccer. Parents help with ball collection. One break after 8 minutes before second 8 minute half (16 minutes play – can be reduced)

Coaching points: Allow players time to paly a free game without giving constant instruction. Encourage skills practiced during this session. Plenty of praise and encouragement.

Congratulations on successfully completing the circus adventure

Game

We will be playing this Saturday at _____ at _____ Field in our _____ shirts.

Next Week

Next week we will be adventuring with pirates – oh arrg.

U5/U6 Soccer Practice

- Adventures at the Circus

Follow the Lead Pirate

Players (the scurvy crew) walk behind the captain pirate who is exploring the island (pitch). Coach could be the first captain and then nominate players in turn. Watch out for traps, loose rocks and falling bridges (change directions or fall down or crawl, etc.)

In the next step a ball is introduced. As players gain confidence ask them to walk faster keeping the ball at their feet.

Coaching points: Balance, follow directions, movement of ball, change of direction.

Walk the Plank

Payers (crew) are formed in groups of three (or pairs perhaps). One crewmember has to walk the plank (without ball first time through) and the other crewmembers of that group determine whether they walk forward, sideways or backward. After 10 steps they fall in the water and it is the turn of the next player.

Crew members have to dribble a ball in the next step.

Coaching points: Simple decision-making, dribbling technique with multiple surfaces of the foot, follow directions.

Pirate Treasure Hunt

Quarter the island (pitch) by describing a feature in each part: dark cave, crossed palm trees, waterfall, skull rock. Players dribble their balls (empty treasure chests) around the island. Coach calls out a location to search and all players dribble as fast as they can to that location.

Coaching points: Ball skills, dribbling, change of direction, follow directions.

Raid

Two teams of pirates are meeting on the island (pitch) for the annual pirate challenge. Each crew member has a bag of treasure (ball) that they place in front of their goal. The other pirates have to run to their opponents goal, take a bag of treasure and dribble it back to their goal. No defending first few times through. After the idea of the game is established, introduce defending of treasure by having the raiding pirates tackle the defenders, who can tackle

Uniform

Shirt – blue or red

Shorts

Shin guards

Socks

Cleats or trainers

Warm outer layers

Other Resources

Coach extra soccer balls

Coach first aid kit

Coach goals (2 pairs)

Coach cones

back.

Coaching points: Decision-making, ball skills, tackling, spatial awareness, follow directions.

Broadside

Payers (gun captains) dribble their ball to coach who fires them off (kicks their ball). Players recover their ball and dribble back to coach. Coach can stay still or move.

Coaching points: Simple decision-making,, dribbling technique with multiple surfaces of the foot, follow directions.

3 versus 3 Game

Set up two small fields with 5-yard goal at each end line. Create 4 3 player teams, pair them and assign them to a field. Distribute extra players as substitutes (can be used on either field according to shirt color). Coaches run a game of soccer. Parents help with ball collection. One break after 8 minutes before second 8 minute half (16 minutes play – can be reduced)

Coaching points: Allow players time to paly a free game without giving constant instruction. Encourage skills practiced during this session. Plenty of praise and encouragement.

Congratulations on successfully completing the pirate adventure

Game

We will be playing this Saturday at _____ at _____ Field in our _____ shirts.

Next Week

Next week we will be adventuring at the Olympics.

U5/U6 Soccer Practice

- Adventures in the Olympics

I can do this, can you?

Coach explains that many skills are needed to take part in the summer or winter Olympics. Coach can do these – can the players? Balancing on one foot, turning quickly, side-to-side stepping, going backwards, etc.

In the next step a ball is introduced. As players gain confidence ask them to do more difficult skills.

Coaching points: Balance, follow directions, movement of ball, change of direction.

Slalom

We are now at the winter Olympics about to take part in a slalom race. Set out cones (maybe two lines or more depending on player numbers) in a line about 2 feet apart, perhaps 5 cones. First time through players walk or run without a ball. Next runs are with the ball.

Introduce races if dribbling skills allow.

Coaching points: Dribbling technique with multiple surfaces of the foot, follow directions.

Shot Put

Now we are at the summer Olympics. Shorten the cone line from the previous exercise to 3 cones and have the line end facing a goal. Players dribble their shot (ball) building up power for the “put” (shot) at goal.

Coaching points: Ball skills, dribbling, shooting, change of direction, follow directions.

Wrestling

Pair players and give them one ball per pair. One player starts with the ball and attempts to keep it. The other attempts to tackle the first and take the ball. Roles are then reversed. Emphasize no grappling and careful tackling. Players score one point each time they take the ball.

Coaching points: Decision-making, ball skills, tackling, spatial awareness, follow directions.

Javelin

Uniform

Shirt – blue or red

Shorts

Shin guards

Socks

Cleats or trainers

Warm outer layers

Other Resources

Coach extra soccer balls

Coach first aid kit

Coach goals (2 pairs)

Coach cones

Payers dribble their ball to coach who throws the javelin (kicks their ball).
Players recover their javelin and dribble back to coach. Coach can stay still or move.

Coaching points: Simple decision-making, dribbling technique with multiple surfaces of the foot, follow directions.

3 versus 3 Game

Set up two small fields with 5-yard goal at each end line. Create 4 3 player teams, pair them and assign them to a field. Distribute extra players as substitutes (can be used on either field according to shirt color). Coaches run a game of soccer. Parents help with ball collection. One break after 8 minutes before second 8 minute half (16 minutes play – can be reduced)

Coaching points: Allow players time to paly a free game without giving constant instruction. Encourage skills practiced during this session. Plenty of praise and encouragement.

Congratulations on successfully completing the Olympic adventure

Game

We will be playing this Saturday at _____ at _____ Field

Next Week

Next week will be our spooky adventure .