



U6

FALL 2018

Objectives:

- Gain confidence, maintain creativity & instill a love of the game through positive reinforcement from coaches and other players
 - Learn names of all other players & coaches
 - Learn parts of the foot (Laces, Inside, Outside, Sole)
 - Burn off energy through age-appropriate physical exertion
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Schedule

Touches	Game 1	Break	Game 2	Break	Scrimmage	Debrief & tidy up
5	15	2	16	2	16	4

WK	Touches	Games	Learning objectives
1	<ul style="list-style-type: none"> • Inside 	<ul style="list-style-type: none"> • Hi-five • Body parts • Scrimmage 	<ul style="list-style-type: none"> • Learning names • Building confidence • Parts of the foot
2	<ul style="list-style-type: none"> • Inside 	<ul style="list-style-type: none"> • Body parts • Kings & Queens • Scrimmage 	<ul style="list-style-type: none"> • Learning names • Building confidence • Parts of the foot
3	<ul style="list-style-type: none"> • Inside • Outside 	<ul style="list-style-type: none"> • Kings & Queens • Soccer Marbles • Scrimmage 	<ul style="list-style-type: none"> • Learning names • Building confidence • Parts of the foot
4	<ul style="list-style-type: none"> • Inside • Outside 	<ul style="list-style-type: none"> • Soccer Marbles • Sharks and Surfers • Scrimmage 	<ul style="list-style-type: none"> • Learning names • Building confidence • Parts of the foot
5	<ul style="list-style-type: none"> • Inside • Outside • Laces 	<ul style="list-style-type: none"> • Sharks & Surfers • Bug Splatter • Scrimmage 	<ul style="list-style-type: none"> • Learning names • Building confidence • Parts of the foot
6	<ul style="list-style-type: none"> • Inside • Outside • Laces 	<ul style="list-style-type: none"> • Bug Splatter • Mud Monsters • Scrimmage 	<ul style="list-style-type: none"> • Learning names • Building confidence • Parts of the foot
7	<ul style="list-style-type: none"> • Inside • Outside • Laces • Sole 	<ul style="list-style-type: none"> • Mud Monsters • Favorite game • Scrimmage 	<ul style="list-style-type: none"> • Learning names • Building confidence • Parts of the foot
8	<ul style="list-style-type: none"> • Inside • Outside • Laces • Sole 	<ul style="list-style-type: none"> • Scrimmage day 	<ul style="list-style-type: none"> • Learning names • Building confidence • Parts of the foot

Touches:

- Ball each
- Players **challenged** to:
 - do as many touches as possible with both feet
 - dribble with correct parts of the foot
 - avoid other players by changing direction
- Players **encouraged** to dribble as fast as possible while maintaining ball control

Games

Hi-Five

- Players dribbling around with a ball each
- Players must leave their ball and collect Hi-Fives when instructed
- **Progression:** Players take ball with them
- **Progression:** Hi-Five only counts if they know the other player's name

Body Parts

- Players dribble around in space
- Coach shouts out parts of the body after they've done enough touches
- Players must touch ball with that part of the body
- **Progression:** Combine parts of the body (eg. hands & feet, back and elbows)
- **Progression:** Larger numbers of body parts (eg. six hands. Players must combine with each other to reach target)

Kings & Queens

- 4-6 squares in area, made from cones
- Select a King/Queen to rule over their castle
- King/Queen must defend their castle from invaders
- Players get point every time they enter a castle and escape without being tagged
- Make sure every player gets a chance to be King/Queen

Soccer Marbles

- Players get a point every time they strike their ball into someone else's
- **Progression:** Players lose points for using toe to strike ball
- **Progression:** increase number of points for striking coach's ball
- **Progression:** Teams of players, lose points for hitting same team

Sharks & Surfers

- Boundaries at either end of field are beaches, the sides are rocky cliffs
- 1-3 sharks start in the middle of the ocean
- Coach makes surfers say “Surf’s Up” / “Kowabunga” before allowing them to start
- Surfers must surf across the ocean and reach the other beach, avoiding sharks
- Once at the other side, they sit on their surfboard and cheer their fellow surfers
- Sharks must force surfers towards rocky cliffs or eat their surfboard
- Surfers who lose their surfboard become sharks

Bug Splatter

- 1-4 players start next to coach with ball in hands, start as exterminators
- Players must dribble away and protect ball from exterminators
- Exterminations must splat soccer balls to create more exterminators
- Last player dribbling is the winner
- Make sure **every** player gets the chance to start as the bug splatter

Mud Monsters

- 1-4 players start next to coach without ball, wearing pinnies, as Mud Monsters
- Players must dribble away and protect ball from Mud Monsters
- Mud Monsters must tag players to freeze them
- Frozen players stand with ball above head, legs wide open
- Other players can rescue frozen players by passing ball between their legs
- Mud Monsters win if all players frozen

Scrimmages

- Teams of four maximum (essential to create enough fields for number of players)
- Remind players to maintain diamond shape, **avoid stopping game if possible**
- Multiball scrimmage (players can compete over any of them)
- **Progression:** Normal scrimmage. If so, players must freeze when ball leaves area