

# U6 Practice Plans

## 1 hour, 1 day a week

- Characteristics of U6 players
  - o Focused on themselves-reality to them is based on what they see and feel
  - o Unable to see the world from another's perspective
  - o Everything is here and now
    - o Cooling systems are less efficient- need frequent water breaks
    - o Enjoy playing, not watching. Every player should have a ball in practice
    - o Limited attention span- keep directions concise and to the point
    - o Effort is performance- if they try hard, they are doing well
  - o Active imaginations- utilized this in activities and they will love practice
  - o They look for adult approval- be encouraging
  - o Unable to think abstractly- spatial relationships are a mystery
  - o Have 2 speeds- fast and stopped
  - o Usually unaware of game scores- keep it that way

### Pre-Season Practice Plan

- Dribbling- 15 minutes
- Passing- 15 minutes
- Shooting- 15 minutes
- Scrimmage- 15 minutes

### Mid-Season Practice Plan

- Dribbling- 10 minutes
- Passing- 10 minutes
- Shooting- 10 minutes
- Game Corrections- 15 minutes
- Scrimmage- 15 minutes

### Pre-Season Practice Plan

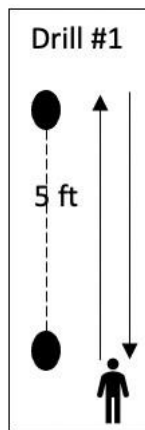
- Dribbling- ***Focus on control, increasing touches, and increasing speed***
  - o Drill #1- Tap, Tap, Tap
    - ***Get as many touches as possible between the cones***
    - Set up 2 cones 5 feet apart for each player
    - With toe pointed down use the laces of shoe
    - Dribble with laces from one cone to the other
      - Using only the right foot
    - Dribble with laces from one cone to the other
      - Using only the left foot
    - Dribble with the laces from one cone to the other
      - Alternating between right and left foot
    - Game
      - Player with the most touches in 30 seconds wins
  - o Drill #2- Inside/Outside (while stationary)
    - ***Keep the ball between cones and to keep it under control***
    - Set up 2 cones 3 feet apart for each player
    - Move the ball side to side using the inside/outside of the right foot for 30 seconds
    - Move the ball side to side using the inside/outside of the left foot for 30 seconds
    - Move the ball side to side using the inside/outside of the right AND left foot for 1 minute
    - Game

- If they lose control of the ball or it goes out of cones, they must sit down. Last player standing wins
  - Drill #3- Inside/Outside (while moving)
    - **Keep the ball close and under control while moving**
    - Set up 2 cones 10 feet apart for each player
    - Dribble the ball inside/outside with right and left foot from one cone to the other while walking
    - Game
      - Using cones create 2 lanes, 10 feet long
      - Divide players into 2 teams
      - Using 1 ball per team, relay race using this technique
      - Ball must stay in the lane or player must go back to the start
    - Modifications
      - Increase distance from cone to cone
      - Increase speed
      - Look up while moving ball
        - King of the Ring (or Queen)
      - Create a 20yd X 20yd grid with cones (may need to adjust size)
      - All players have a ball except for the King
      - Players dribble inside of the grid while the King tries to kick their balls out
      - Players can retrieve ball and return to the game
      - Rotate King after 1 minute
        - Catch the Animal
      - Create a 20yd X 20yd grid with cones (may need to adjust size)
      - Coach pretends to be an animal and moves around the grid
      - Players try to tag coach with their hand while dribbling with their feet
      - Once tagged the player gets to choose a new animal for the coach
      - Can also be played as a passing game- players try to tag coach by kicking their ball at the coach's feet
- Passing- **Focus on accuracy, weight of the pass, stopping pass with foot on top of the ball**
  - Drill #1- Coach in the Middle
    - **Learning names and communicating while passing, aiming**
    - Divide the team in half
    - Each group creates a circle
    - Coach stands in the middle with 1 ball
    - Coach passes the ball to a player and says their name
    - Player passes the ball back to coach
    - Drill #2- Team Passing
      - **Learning names and communicating while passing, aiming**
      - Divide the team in half
      - Each group creates a circle
      - Players pass ball across the circle and call out the recipient's name
  - Drill #3- Partner Passing

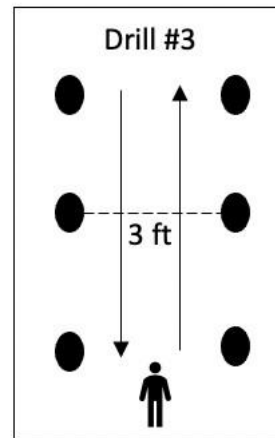
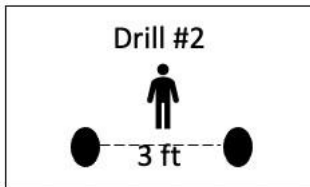
- ***Aiming, kicking with appropriate force***
    - Stand opposite of partner about 6 feet apart
    - Pass the ball back and forth
      - Modifications
    - Increase the distance between passes
    - Passing with strong and weak foot
  - Cross Fire
    - Divide team in half and create two lines 10 feet with players facing each other and 5 feet between players
    - Each player in one line has a ball
    - Coaches run between the two lines and the players kick the ball at them trying to hit them with the ball
    - Once the coaches are through the other line gets the balls and repeat
    - The line with the most coach hits wins the game
      - Minions
    - Create an 8yd X 8yd grid with cones (may need to adjust size)
    - 1 player is a minion and has a ball
    - They try to tag the other players by passing the ball and hitting them below the knee
    - Once tagged, that player also becomes a minion, gets a ball and helps tag the other players
    - Last player standing becomes the first minion in the next round
- Shooting- ***Don't worry about how they kick it, let them figure it out on their own***
  - Drill #1- Score
    - Divide team in half and create 2 lines
    - Place 2 cones 10 feet from goal
    - Players shoot from the cone
    - Coaches retrieve and roll ball towards the touch line
    - Player dribbles ball to the end of the line
      - Drill #2- Dribble and Score
    - Put a second cone 5 feet behind each of the original cones
    - Player dribbles from new cone to original cone
    - Player shoots from this cone
    - Coaches retrieve and roll ball towards the touch line
    - Player dribbles ball to the end of their line
      - Modifications
    - Increase distance goal to cones and/or between the cones
    - Move cones around to change the angle of shooting and dribbling
    - Have players practice Dribble Drill #2 while waiting in line
    - Players on the right side of the goal use right foot to dribble and score
    - Players on the left side of the goal use left foot to dribble and score
  - 1 Minute Blitz
    - Coaches act as goalies/defenders
    - 1 ball per 2 players
    - Players work together to score as many goals against the coaches as they can in 1 minute

- Scrimmage- **NO COACHING**
  - o Preferably play 5v5 against another team
  - o If not possible, divide team in half and play with no goalkeeper
  - o Coaches should referee the scrimmage but don't coach
    - Let them play backyard ball, let them have FUN!
      - o Game Concepts to work on
    - Kick-off
    - Throw-in
    - Goal Kick
    - Corner Kick
    - Goalkeeper
    - Defender/Striker
      - they won't stay in position but that's okay!

Dribbling

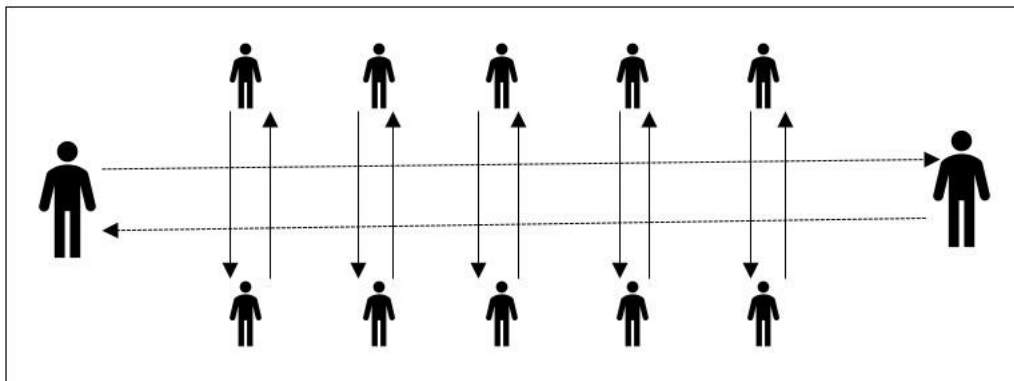


Drills Diagrams



Passing Drill/Game Diagrams

Drill #3 and Cross Fire



# Shooting Drills Diagram

