

# HFC U6 Skills Sheet:

<b>U6 COED</b> (Birth Year: 2018/2018=9)	<b>Training/Practice:</b> 35-40 minutes	<b>Game Format:</b> 35 minutes – 3 v 3 (2 15-minute halves; 5-minute “half time”)
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**Players at this level should focus on building familiarity with the ball. All practice activities should be FUN and ENGAGING.**

**Players should have a ball at their feet throughout during the training/practice portion of the session.**

<b>Technical:</b>	<b>Tactical:</b>	<b>Physical:</b>	<b>Psychosocial:</b>
Player’s ability to manage the ball individually (Ball Skills)	Understanding of transition play on both sides of the ball (Strategy)	player’s size and strength, to coordination and speed. (Fitness)	Mental aspects of the game including mental toughness, drive, passion, motivation, dedication, and work ethic. (Attitude)
<b>DRIBBLING</b> is the KEY SKILL for U6 Encourage players keep the ball close. (avoid using LARGE kicks moving down the field) How to Strike the ball to shoot Most drills should include DRIBBLING Ok to be “selfish” with the ball in U6 Soccer!	<b>NO TACTICS/STRATEGY in U6</b> NO POSITIONS & Limited Rules <b>Where is the net I am shooting on?</b> <b>What are the boundaries (field lines)?</b> Discourage Players from Defensively standing in front of the net “Don’t Run Away from the Play!” (NO GOALIES)	Keep the players active/engaged. Fitness should be part of playing the game (i.e. no running laps). Increasing balance, coordination, and speed WITH A BALL	FUN for ALL No Emphasis on Winning Model & Expect Good Sportsmanship (Positive Reinforcement for ALL players by coaches) Praise for using Soccer Skills during the practice/games.

### Throughout the season, Players will work on the following Skills:

Reducing use of hands in soccer – Get the ball the “soccer way” (with your feet); carrying your soccer ball on the field with your FEET!

Dribbling –Small Kicks using both feet (increasing speed and keeping eyes up)

Movement toward the ball, not to the net (No Goalies)

Individual Ball Skills (most players aren’t ready for “passing” at this age)

Use of the Foot Brake (Sole of the Foot) to stop the ball

### Players will be provided with:

Maximum Touches on the Ball During the game by providing 3 v 3 Format

Positive Reinforcement as they learn and develop new soccer skills