

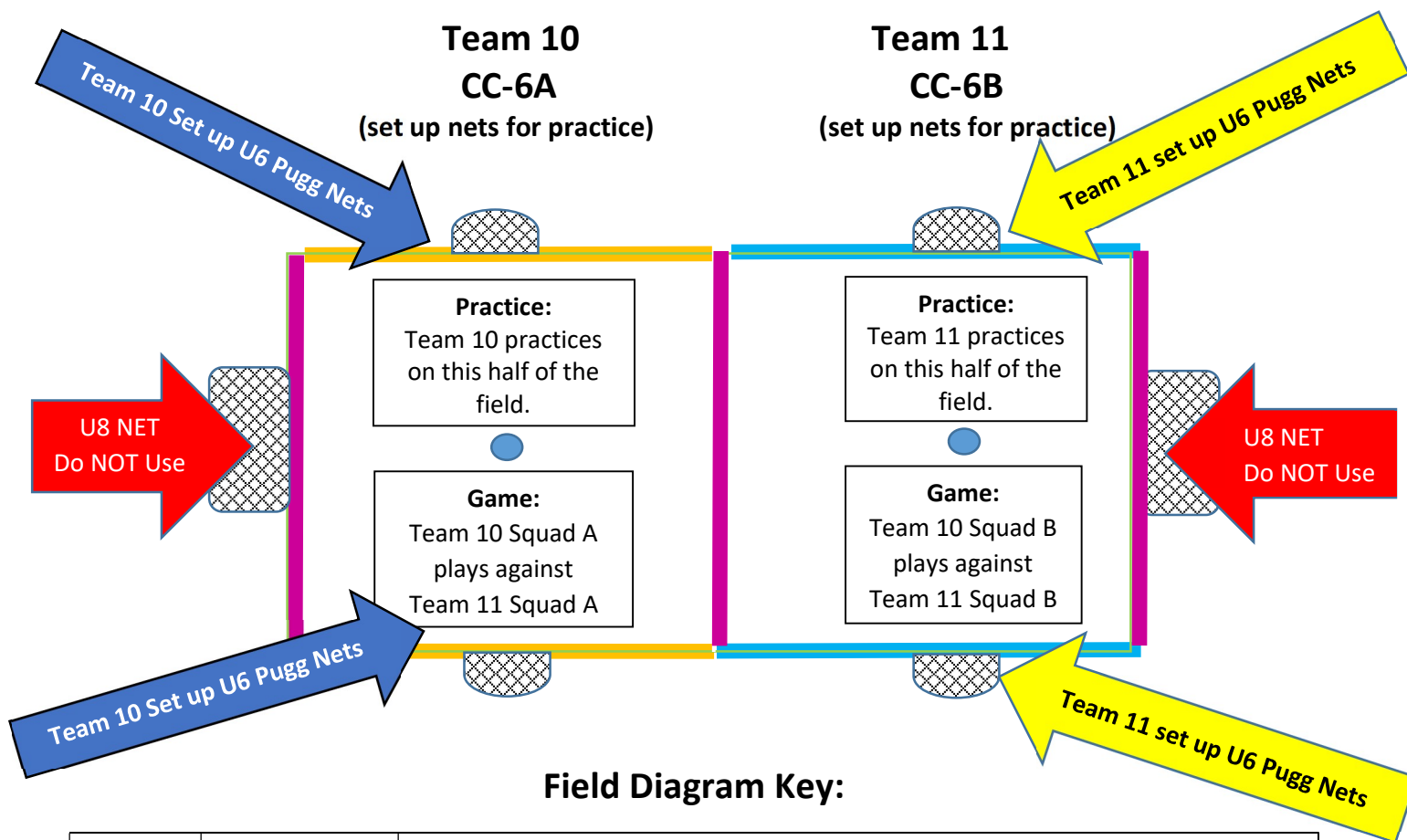


## HFC U6 Weekly Session Format: Saturdays 9:15 – 10:30 AM






Time:	Activity:	Description:
<b>9:10 – 9:15 AM</b>	Coach Arrival/ Set-Up	<ul style="list-style-type: none"> <li>• Coach Arrival</li> <li>• <b>Set up nets on your designated Field (see U6 Schedule, Sample U6 Field Set-Up, and HFC Fall IM Field Map)</b></li> <li>• Begin Setting-up cones for your first practice/drill activity</li> </ul>
<b>9:15 – 9:50 AM (35 minutes)</b>	TEAM PRACTICE	<ul style="list-style-type: none"> <li>• Coaches work on soccer drills focusing on basics like dribbling, kicking, shooting, etc.</li> <li>• Each session should start with a warm-up activity that players can do as they arrive (see <b>U6 Practice Activities Packet</b> warm-up activities) to get kids involved with a STRUCTURED activity by 9:15 AM regardless of the number of players present.</li> <li>• See sample <b>U6 Practice Activities Packet</b> and <b>Week #1 Session Plan</b></li> <li>• Practice should consist of 2-3 fun activities (10-15 minutes in length) which focus on the skills found on the <b>HFC U6 Skills Sheet</b></li> <li>• Water breaks between drills/activities</li> </ul>
<b>9:50 – 9:55 AM (5 minutes)</b>	GAME PREP	<p><b>AFTER THE LAST DRILL:</b></p> <ul style="list-style-type: none"> <li>• Water break after last drill/activity</li> <li>• Players return their soccer ball to parents</li> </ul> <p><b>Dividing the team into TWO Squads</b> (Squad A and Squad B):</p> <ul style="list-style-type: none"> <li>• Briefly Consult with coach of opposing team to determine game teams/squads– see options below</li> <li>• <b>Ways to Divide Players:</b> (a) randomly, (b) by age (younger squad/older squad), or (c) by skill/ability level (Communicate with the Coach of the opposing team during Game Prep Time)</li> </ul> <p><b>Coaches Transition with your Squad:</b></p> <ul style="list-style-type: none"> <li>• One coach from your team will remain with each squad.</li> <li>• Coach reviews Game Rules/Focus Skill(s) with players before the game.</li> </ul>
<b>9:55 – 10:30 AM (35 minutes)</b>	GAME First Half: • 9:55 – 10:10 AM Half-Time /Break: • 10:10 – 10:15 AM Second Half: • 10:15 – 10:30 AM Wrap-up: • 10:30 AM	<ul style="list-style-type: none"> <li>• Two separate and simultaneous <b>3 v 3</b> matches are played on adjacent ½ field against the team you are schedule to play</li> <li>• Substitutions can be made every few minutes at stoppages to rotate all players in/out of play.</li> <li>• <b>U6 Rules:</b> REFER TO “<b>HFC: Rules of Play for U-6 (Summary)</b>”</li> <li>• <i>Parent can accompany their child on the field if he/she is uneasy about joining the game.</i></li> <li>• Half time should be used to take a drink break AND rearrange squads (if needed to balance play), and encourage/motivate the players.</li> <li>• After the games is over, Coaches should have players shake – “Good Game” and gather their team for a brief team chat to motivate them for next week! (Tell them what they did really well, talk about something new they learned (and how you saw them use it in the game), etc.).</li> </ul>
<b>10:30 – 10:35 AM</b>	Wrap- Up/ Clean up	<ul style="list-style-type: none"> <li>• Coaches fold up Pugg Nets and collect their equipment (cones, team soccer ball, etc.).</li> <li>• <b>Coaches take Equipment Bags and Soccer Nets Home each week!</b></li> <li>• <b>Coaches/players need to exit the fields no later than 10:35 so that the next age-group can get started.</b></li> </ul>

# SAMPLE U6 FIELD SET UP -

## Example: Field CC-6 Team 10 v 11



### Field Diagram Key:

	End lines for Field CC-6A	When the ball goes out of bounds on the end-lines during a game, you will have a: <ul style="list-style-type: none"> <li>• CORNER KICK – if the team that is DEFENDING that side, kicks it out.</li> <li>• GOAL KICK – If the team that is trying to score kicks it out</li> </ul>
	End lines for Field CC-6B	
	U6 Sidelines	When the ball goes out on either of the two <b>SIDELINES</b> , there will be a <b>Pass-in/Kick-in</b> (on the line at the spot where the ball exited the field) <ul style="list-style-type: none"> <li>• The team that DID NOT KICK THE BALL (or did NOT touch the ball last) will take the kick.</li> </ul> <i>(CC-6A will use the Left &amp; Center Sideline &amp; CC-6B will use the Center &amp; Right Sideline).</i>
	Center Start Point	Ball Starts here: <ul style="list-style-type: none"> <li>• at tap at the Beginning of game &amp; beginning of the 2<sup>nd</sup> half</li> <li>• after each time a goal is scored</li> </ul>
	U6 Pugg Nets	At the start of each game – the net you are FACING is the net you’re trying to score, and the net that is BEHIND you is the net you’re trying to defend! <ul style="list-style-type: none"> <li>• At every re-start, coaches should have players POINT to the goal they are trying to score on so they know which direction to kick the ball!</li> </ul>

## HFC: Rules of Play for U-6 (Summary):

*U6 games are intended to be an opportunity for young players to experience the fun and excitement of playing soccer. Minimal rules are needed and should be applied with a generous amount of flexibility. Let the players have the freedom to play with little interruption. All infringements should be briefly explained to the players. (US Youth Soccer Laws of the Game - Six & Under)*

### Game Format:

- **Two 15-minute halves** (5-minute half-time - water breaks & switch players if needed to balance play)
- Match is played **3 v 3** (the fewer players on the field, the more touches each player gets).
- Two simultaneous games will be played on the game field (each game using half of the U8 Field) against the teams as noted on the U-6 schedule. If attendance is low (6 or fewer players present on each team), you may choose to have ONE game played instead of two simultaneous games. (**You must still use only half of the field and still play 3 v 3**).

### Field Positions:

- **No Goalies!** No players standing/stationed in front of their defending net. Encourage all players to join in the play by going to the BALL and not to the NET!
- **No Field Positions (offense/defense).** Players should be free to play on the field, following the ball.

### When the Ball Goes out of Bounds:

- **Pass-In** (instead of throw-ins): When the ball goes out of bounds on the SIDELINE, the result is a **pass-in/kick-in** for the team that DID NOT KICK the BALL OUT (or who did NOT TOUCH THE BALL LAST). Goals **cannot** be scored from the pass-in. The ball must be passed **to another player**. *US Youth Soccer strongly recommends a pass-in (instead of a throw-in) for U6 play. HFC will observe this recommendation.*
- **Corner Kick:** Corner kicks are taken when the ball crosses the end-line, and is last touched by a member of the **defending** team. The opposing team should take the corner kick (at the corner mark on the side the ball went out on) and the defending team should retreat to allow the opposing team to set up.
- **Goal Kick:** Goal kicks are taken when the ball crosses the end-line, and it is last touched by a member of the **team that is trying to score on that net**. The Defending team takes the goal kick at a spot on the endline (near the side of the goal (on the side it went out on)). The opposing team should retreat toward the center of the field.

### At the Start of Each Game/2<sup>nd</sup> Half and After a Goal is Scored:

- **Center Starts/Re-Starts:** At the beginning of each half and after a goal is scored. Opposing team must back up to allow the team space to start off the tap.

### Maintaining the Flow of the Game:

- **Substitutions:** Coaches make every few minutes to get players on the field and keep them engaged.
- Coaches on the field should keep the game moving by passing the ball into open space throughout the game when the players are unable to get the ball moving (ex. If players are all swarming at the ball).
- Coaches should provide reminders to players about not using their hands, pushing, tripping, etc. Coaches can stop the game to remind ALL players about the soccer rules if players are experiencing difficulty.
- If one team is dominating the game, both coaches should find a way to even out the play (i.e. placing both team's stronger players on the field at the same time, and then play all the weaker players on at the same time (still maintaining appropriate # of players on the field). Coaches may rearrange game squads to balance play if needed.
- If one player has trouble getting involved in the game find ways to engage him/her by allowing him/her to do pass-ins/tap (center starts), etc.
- Coaches should ensure that they provide players with opportunities to participate in tap, kick-ins, etc. Coaches can rotate to allow all players opportunities within each game.
- Coaches are responsible for making sure all players have fair/equal playing time. Parents can join their player on the field in U6 if they are not comfortable on the field without their parent.

### Sportsmanship:

- **SCORES/STANDINGS ARE NOT KEPT:** There is no winning or losing team since no score is kept. Please remind players (and parents) that we are here to learn and have fun!
- Coaches should promote and set an example of good sportsmanship. Congratulate ALL players (on both teams) for a job well done, a great soccer play, a goal scored, etc.
- ALL Coaches are here to support and encourage ALL players (not just the players on their team).
- Each game should conclude with all players meeting at the center of the field and cheering or shanking hands to say 'good game.' Coaches should set expectations for ALL players to participate in this end of game ritual.
- **Team Wrap-up:** After the handshakes, coaches should gather their team on the field, give positive feedback, and motivate players for the next session before dismissing players.

## ***HFC: Hints, Tips, and Tricks for U6 Soccer:***

At the Under 6 level, the goals of the season should be for:

- (1) the players to learn basic soccer/ball skills (i.e. dribbling/kicking).
- (2) making soccer so much fun that *players* will want to keep playing soccer!

- Practice activities should be fun and engaging and will generally consist of activities where **ALL players have a ball at their feet** to keep players interested and allow them to learn new skills. It's important to give each player plenty of time with their soccer ball.
- Players should be given TONS of POSITIVE feedback (ex. "I like how you're using both feet to kick the ball," "Wow! That was a big kick!" "Watch how NAME dribbled the ball!")
- Many of your practice activities should encourage players to learn the skill of **dribbling (baby kicks, take turns with both feet, eyes up)**. As the season progresses the players should become more skilled dribblers and increase the speed and ease of their dribbling.
- Coaches should expect to run 2-3 FUN drills during the practice portion of the session.
- **Keep in mind that repetition is good for players!** Sometimes it helps to run a drill the players played at a previous session (maybe adding a new challenge/element when played for the second time). You may want to include one familiar drill (from last week's session) along with 1-2 new drills/activities each session.
- Keep explanations BRIEF. When explaining drills to players, sometimes you may want to have them place their ball somewhere away from the group (i.e. in the net, on a line, etc.) so they aren't distracted during the quick explanation. Coaches can demonstrate the skills/process with the coach's ball. Other times, you may want their ball at their feet to imitate the skill while explaining the drill.
- Coaches should refer to the **U6 Practice Activities Packet** with sample drills for ideas of drills to run.
- Ideally a U6 Soccer Match (3 v 3) will end with many goals scored by each team. Coaches should encourage wide-open games with lots of scoring opportunities!
- **There ARE NO Goalies!** Oftentimes there will be players who decide to station/position themselves in front of the goal and act as "goalie" to stop the other team from scoring. Sometimes the player won't leave the goal area even when the ball is in the other end of the field. As a result, it will be very difficult for opposing players to kick the ball into the protected (and small-sized) net. (And the player acting as goalie will not be part of the game). As a result, players on the opposing team will become frustrated and discouraged. Therefore, **positioning players in a solely defensive position (i.e. stationed in front of the goal) is not permitted in U6 small-sided games.** Players should be reminded **MOVE TO THE BALL, NOT TO THE NET.**
  - If you have a player who consistently retreats to the net, take the time to explain to him/her individually that you'd like him/her to move to the ball and try to take the ball away from the player(s).
- **There are no 'field positions.'** Coaches should teach players to move with the ball throughout the game – stay within the offensive zone when their team is on the attack, and to fall back only when the opposing team gains possession of the ball.

### **Coaches Can Support U6 Players by:**

- minimizing competitive pressures at practices and during the games AND strongly encourage parents to do the same. Remember that the emphasis of the U6 age-group is to promote the player's **enjoyment** of the game and the development of BASIC soccer skills.
- helping every player to succeed and interact with the ball during the practices/games.
- Giving every child an equal opportunity to participate each session
- Letting the players learn through experience during the game
- Using positive reinforcement to ENCOURAGE and MOTIVATE players and identifying the successes no matter how small or big.

## Where can I find FUN Drills & Activities to play with the players?

- U6 Practice Activities Packet (provided by HFC)
- <https://www.soccerxpert.com/>
- <https://www.usyouthsoccer.org/lesson-plans/>
- <http://www.freeyouthsoccerdrills.com/> (U-4/U5 Soccer Drills/U6/U7 Soccer Drills)
- First Time Coaches: <https://www.usyouthsoccer.org/first-time-coaches/>

## What Important Safety Measures should I expect to enforce with my team?

- Coaches should familiarize themselves with the Player Safety Guidelines on HFC's Website: <https://www.harleysvillefc.org/player-safety>
- **Shin Guards:** Players are **REQUIRED** to wear **SHIN GUARDS**. Shin guards should be worn over the shins with soccer socks directly on top of shin guards. Please enforce this rule with parents and players each session.
- **U8 Soccer Goals:** Players may NOT hang from soccer nets/goals (i.e. larger U8 Goals) for safety reasons. If you see players/siblings of players hanging from the nets/goals, please remind them to stop for their safety and the safety of the players on our fields.
- **Sandbags/Anchors on U8 Goals:** Check the Goal on your practice field prior to the start of your session to be sure the sand bags/yellow net anchors are on top of the arms of the goal (to stabilize the goals). Please do NOT allow players to stand on the sand bags or anchors on the U8 Nets. These bags/anchors are there to anchor the goal and prevent them from toppling.
- Heading is not permitted at the U-6 Level (Heading Policies): [EPYSA Heading Policies](#)
- Players should remove ALL jewelry (i.e. bracelets, necklaces, earrings) before playing soccer.

## How do I explain the "Soccer Rules" to the players?

*Encourage players to follow these simple rules.*

*They can be reviewed and discussed during the "Game Prep" time each session.*

- No hands in soccer
- Try to take the ball away from the other team with your feet and kick it in the goal. (Before the game and after each center restart, it's always a good idea to have your team point to the goal they will be trying to score on).
- Be a good sport and kind to the players on ALL teams.
- HAVE FUN!
- Always say "good game" at the end of the games (both teams can meet in the center and clap/cheer and say good game) or traditional end of game hand-shake.

## What equipment does each player need?

**Every player should bring/wear the following each week:**

- Players should wear their soccer uniform each session.
- Size 3 Soccer Ball (Labeled with CHILD'S NAME)
- Sneakers or Cleats
- Shin-guards (socks should be pulled up OVER the shin-guards) NO EXCEPTIONS!
- Water Bottle (Labeled)

## 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 <i><b>Where is the net I am shooting on?</b></i> <i><b>What are the boundaries (field lines)?</b></i> 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