

# SEACOAST



# COMMUNITY PARTNERSHIPS

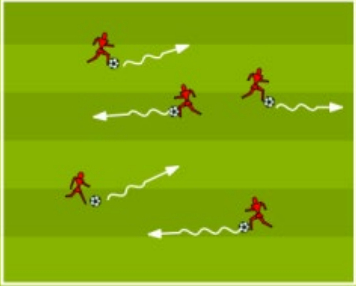
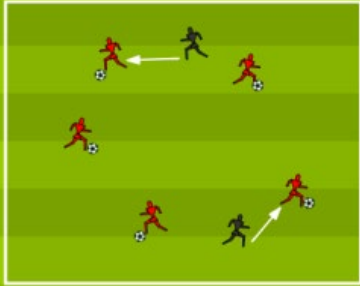
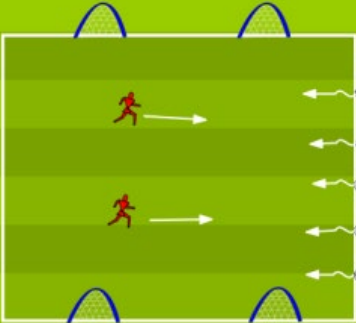

## U6 AGE GROUPS



LESSON PLANS


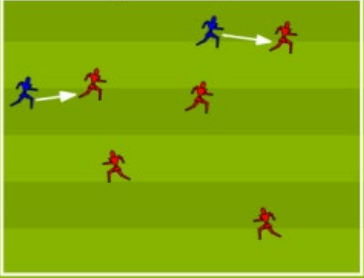
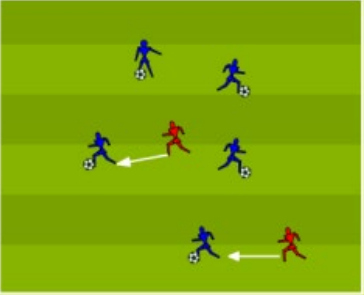
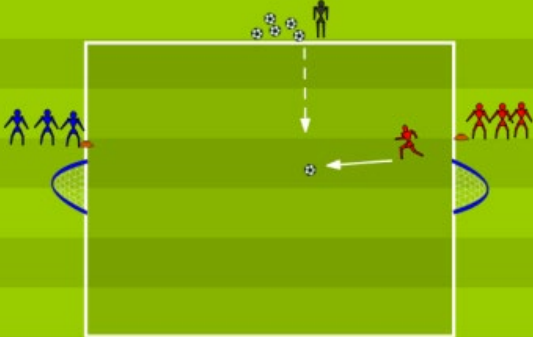


# U6 Academy Week 1

	<p><b>What Makes a Good Dribbler?</b></p> <ul style="list-style-type: none"> <li>-All players are dribbling around the square</li> <li>-Players are not dribbling in a circle, but changing directions finding the space</li> <li>-Ask players questions below on what makes a good dribbler</li> </ul>		<p><b>Ball Tag</b></p> <ul style="list-style-type: none"> <li>-All players but 1 start with ball</li> <li>-1 player (called defender) starts with a pinnie held in their hand</li> <li>-Defender tries to tag other players soccer balls, switch when tagged</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Do players go one speed? (Ask players to go all different speeds)</li> <li>-Do players only go one direction? (Ask players to go in many different directions)</li> <li>-Do players stay close to each other or spread out? (Ask players to stay spread out)</li> <li><b>-Players should take small touches to keep ball close and under control</b></li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Dribblers should never let their ball stop moving</li> <li>-Dribblers should stay as far away from defenders as possible</li> <li>-Dribblers should show defenders their back not belly</li> <li><b>-Players should take small touches to keep ball close and under control</b></li> </ul>		
	<p><b>Sharks and Minnows</b></p> <ul style="list-style-type: none"> <li>-All minnows start on one side with a soccer ball</li> <li>-Players must try to dribble to other side without defender (Shark) stealing ball and putting in goal</li> <li>-If ball is put in the goal- minnows become sharks, if they make it to the other side they are safe</li> </ul>		<p><b>Get Out of Here</b></p> <ul style="list-style-type: none"> <li>- Create two teams, each team next to the goal they are defending</li> <li>-The first player in each line enters the field when the coach rolls a ball on to play 1v1</li> <li>-If the ball leaves the field or after a goal, coach yells "Get Out of Here" – Next ball and pair go on</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Remind players to change direction and speed to stay away from the defenders</li> <li>-If defenders are close dribblers should show their backs not their bellies</li> <li>-Players learn that defenders don't just kick ball away but steal it and try to score</li> <li><b>-Players should take small touches to keep ball close and under control</b></li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to keep the ball on the field for as long as possible</li> <li>-Players should control the ball every time it comes to them</li> <li>-If a defender is trying to steal the ball they should go another direction and show them their back</li> <li><b>-Players should take small touches to keep ball close and under control</b></li> </ul>		



## U6 Academy Week 2

	<p style="text-align: center;"><b>Mini Goal Challenge</b></p> <ul style="list-style-type: none"> <li>-Put down at least as many “goals” as you have players</li> <li>-Challenge players to get through as many without ball, skipping, then with creativity</li> <li>-Challenge players to get through as many dribbling ball, turning on line, then creatively</li> </ul>		<p style="text-align: center;"><b>Stuck in the Mud</b></p> <ul style="list-style-type: none"> <li>-All players start without ball. There are two defenders with pennies in their hand</li> <li>-If players are tagged they are “stuck in mud”- teammates crawl through legs to unfreeze them</li> <li>-Add soccer balls- players must kick through legs to unfreeze</li> </ul>
<p><b>Coaching points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to dribble as fast as they would during a game</li> <li>-Encourage players to find their own way around the field- not follow others</li> <li>-Encourage players to find an open goal- not one that other players are at</li> <li><b>-Players should change speeds while dribbling the ball</b></li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Remind players to change speed and direction rapidly</li> <li>-Remind players that helping teammates is part of the game</li> <li>-Continue encouraging above points when players are dribbling a ball</li> <li><b>-Players should change speeds while dribbling the ball</b></li> </ul>	
	<p style="text-align: center;"><b>Keep Away Group</b></p> <ul style="list-style-type: none"> <li>-All players have a ball except 1 or 2- Coaches start as defenders</li> <li>-Defenders must try to steal ball, if player’s ball is stolen they must now steal another</li> <li>-If ball goes out of square get it back in as soon as possible</li> <li>-Play for 1 minute to 90 seconds</li> </ul>		<p style="text-align: center;"><b>Get Out of Here</b></p> <ul style="list-style-type: none"> <li>- Create two teams, each team next to the goal they are defending</li> <li>-The first player in each line enters the field when the coach rolls a ball on to play 1v1</li> <li>-If the ball leaves the field or after a goal, coach yells “Get Out of Here” – Next ball and pair go on</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-<b>Prior to start:</b> “Does the other team let you score in a real game?” “What do defenders do in a real game?” “If a defender steals your ball what do you do?”</li> <li>-<b>After Start:</b> Big touches vs little touches, going in opposite direction of defenders, keeping ball on field, “Should defenders just kick ball away or keep it”</li> <li><b>-Players should change speed while dribbling the ball</b></li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to keep the ball on the field for as long as possible</li> <li>-Players should control the ball every time it comes to them</li> <li>-If a defender is trying to steal the ball they should go another direction and show them their back</li> <li><b>-Players should change speed while dribbling the ball</b></li> </ul>	

## U6 Academy Week 3

	<p><b>Frogs and Flies</b></p> <ul style="list-style-type: none"> <li>-All players start without soccer balls (Fly's) and coach starts with a ball (Frogs)</li> <li>-Coach tries to hit players on foot with a ball- once hit they become frogs and get a ball</li> <li>-Once frogs they try to hit flies- last fly standing is the winner</li> </ul>		<p><b>Chasing Nemo</b></p> <ul style="list-style-type: none"> <li>-Dribblers are "Nemo's" and must stay away from defenders (sharks/Bruce)</li> <li>-If Shark steals ball they must score in a pug goal- if they miss the Nemo is still in</li> <li>-If a Nemo's ball is scored, they become a Shark (Defender)</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Players should move around to find the most space, staying away from frogs or "defenders"</li> <li>-Players should keep the ball as close as they can until they are sure they can hit their target</li> <li><b>-Players should focus on proper technique while passing- Inside of foot, planted foot pointing at target</b></li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Try to point out how players successfully dribble away from the defenders</li> <li>-Introduce showing defenders your "back" not your "belly"- start of shielding</li> <li>-Keeping the ball close, changing speeds, defenders try to score not just kick away</li> <li><b>-Players should focus on proper passing technique- inside of foot, planted foot etc.</b></li> </ul>		
	<p><b>Get Out of Here</b></p> <ul style="list-style-type: none"> <li>- Create two teams, each team next to the goal they are defending</li> <li>-The first player in each line enters the field when the coach rolls a ball on to play 1v1</li> <li>-If the ball leaves the field or after a goal, coach yells "Get Out of Here" – Next ball and pair go on</li> </ul>		<p><b>2v1 Get Out of Here</b></p> <ul style="list-style-type: none"> <li>-Create 2 teams- One team is attackers, one team is defenders</li> <li>-Attacking team has 2 lines</li> <li>-When coach rolls a ball on the field the first from each line comes out creating a 2v1</li> <li>-If players score or ball leaves field it is done</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to keep the ball on the field for as long as possible</li> <li>-Players should control the ball every time it comes to them</li> <li>-If a defender is trying to steal the ball they should go another direction and show them their back</li> </ul>	<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to pass to teammate when under pressure- many will try to pass when they have time and space- encourage them to dribble into space and pass when under pressure</li> <li>-Encourage players to keep ball on the field as long as possible</li> <li>-Players should control the ball every time it comes to them</li> <li><b>--Players should focus on proper passing technique- inside of foot, planted foot etc</b></li> </ul>		



## U6 Academy Week 4

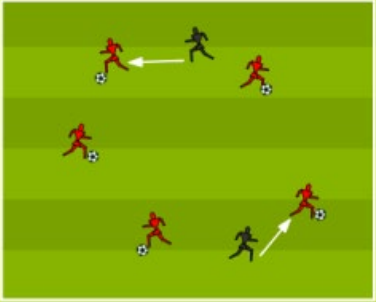
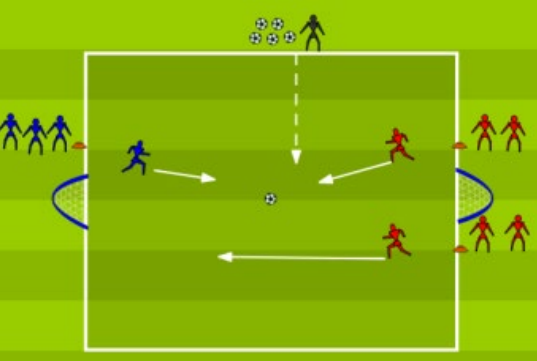
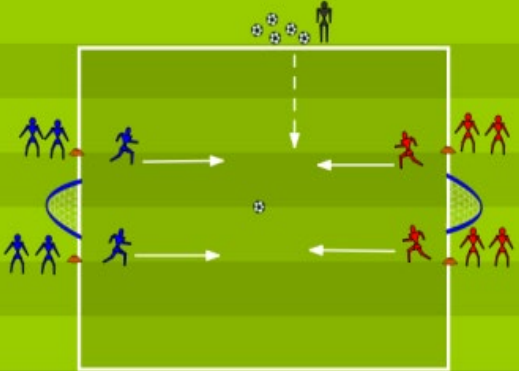

	<p><b>Keep Away Group</b></p> <ul style="list-style-type: none"> <li>-All players have a ball except 1 or 2- Coaches start as defenders</li> <li>-Defenders must try to steal ball, if player's ball is stolen they must now steal another</li> <li>-If ball goes out of square get it back in as soon as possible</li> <li>-Play for 1 minute to 90 seconds</li> </ul>		<p><b>Group Goal Fest</b></p> <ul style="list-style-type: none"> <li>-Each player starts with a ball, coach + assistant are goalies in pug nets</li> <li>-3 Progressions: 1- Players can score on either goal, goalie throws it back out. 2- Once scored, ball is dead and players must steal another. 3- Add 2-3 defenders who just keep ball, they do not try to score</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Prior to start: "Does the other team let you score in a real game?" "What do defenders do in a real game?" "If a defender steals your ball what do you do?"</li> <li>-After Start: Big touches vs little touches, going in opposite direction of defenders, keeping ball on field, "Should defenders just kick ball away or keep it"</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to go with speed</li> <li>-Encourage players to show their backs to anyone stealing the ball, what should they do when someone steals their ball?</li> <li>-Encourage shooting AWAY from goalie</li> </ul>	
	<p><b>2v1 Get Out of Here</b></p> <ul style="list-style-type: none"> <li>-Create 2 teams- One team is attackers, one team is defenders</li> <li>-Attacking team has 2 lines</li> <li>-When coach rolls a ball on the field the first from each line comes out creating a 2v1</li> <li>-If players score or ball leaves field it is done</li> </ul>		<p><b>Forget About It</b></p> <ul style="list-style-type: none"> <li>-No more than 5v5. If ball is scored or goes off field players must "forget about it"</li> <li>-More than one ball can be played at once</li> <li>-Once balls are gone have players collect and go over coaching points</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to pass to teammate when under pressure- many will try to pass when they have time and space- encourage them to dribble into space and pass when under pressure</li> <li>-Encourage players to keep ball on the field as long as possible</li> <li>-Players should control the ball every time it comes to them</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>- Encourage players to: keep the ball on the field for as long as possible, control the ball when it comes to them (Don't just kick it), dribble the ball where there aren't other players, show their back to defenders, change direction to get pass a defender</li> <li>-Remind them not to steal a ball from their teammates</li> </ul>	



## U6 Academy Week 5

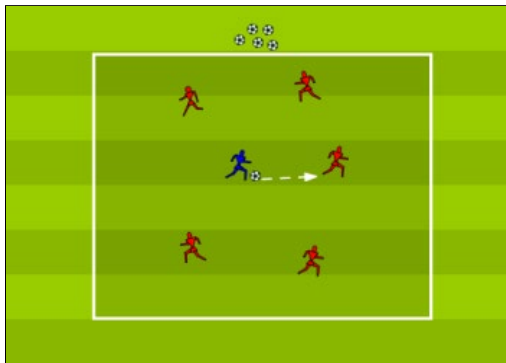
	<p><b>Goals Galore- Passing</b></p> <ul style="list-style-type: none"> <li>-Two players with one ball should pass between the “goals”</li> <li>-Progressions: 1. Must use inside of foot. 2. Can only use bottom of feet. 3. Get it back to teammate in 2 touches. 4. Pass through goal then find another open goal. Give them 1 minute to do as many as possible</li> </ul>		<p><b>Chasing Nemo</b></p> <ul style="list-style-type: none"> <li>-Dribblers are “Nemo’s” and must stay away from defenders (sharks/Bruce)</li> <li>-If Shark steals ball they must score in a pug goal- if they miss the Nemo is still in</li> <li>-If a Nemo’s ball is scored, they become a Shark (Defender)</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Focus on using proper technique- “Standing foot pointing towards target, using inside of kicking foot, contact the middle of the ball.”</li> <li>-Encourage players to control the ball before passing</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Try to point out how players successfully dribble away from the defenders</li> <li>-Introduce showing defenders your “back” not your “belly”- start of shielding</li> <li>-Keeping the ball close, changing speeds, defenders try to score not just kick away</li> </ul>	
	<p><b>Group Goal Fest</b></p> <ul style="list-style-type: none"> <li>-Each player starts with a ball, coach + assistant are goalies in pug nets</li> <li>-3 Progressions: 1- Players can score on either goal, goalie throws it back out. 2- Once scored, ball is dead and players must steal another. 3- Add 2-3 defenders who just keep ball, they do not try to score</li> </ul>		<p><b>Intro to 3v3</b></p> <ul style="list-style-type: none"> <li>- Set up appropriate fields for 3v3 without goalie- fields can border each other</li> <li>-Coach puts a ball back in as soon as possible to keep game flowing</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to go with speed</li> <li>-Encourage players to show their backs to anyone stealing the ball, what should they do when someone steals their ball?</li> <li>-Encourage shooting AWAY from goalie</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Primarily encourage players to change directions, show defenders their backs, dribble when they see space and pass when under pressure, encourage players “not to be next to anyone.”</li> <li>-Coaching points should be based off of previous training sessions</li> </ul>	

## U6 Academy Week 6

	<p style="text-align: center;"><b>Ball Tag</b></p> <ul style="list-style-type: none"> <li>-All players but 1 start with ball</li> <li>-1 player (called defender) starts with a pinnie held in their hand</li> <li>-Defender tries to tag other players soccer balls, switch when tagged</li> </ul>		<p style="text-align: center;"><b>2v1 Get Out of Here</b></p> <ul style="list-style-type: none"> <li>-Create 2 teams- One team is attackers, one team is defenders</li> <li>-Attacking team has 2 lines</li> <li>-When coach rolls a ball on the field the first from each line comes out creating a 2v1</li> <li>-If players score or ball leaves field it is done</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Do players go one speed? (Ask players to go all different speeds)</li> <li>-Do players only go one direction? (Ask players to go in many different directions)</li> <li>-Do players stay close to each other or spread out? (Ask players to stay spread out)</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to pass to teammate when under pressure- many will try to pass when they have time and space- encourage them to dribble into space and pass when under pressure</li> <li>-Encourage players to keep ball on the field as long as possible</li> <li>-Players should control the ball every time it comes to them</li> </ul>	
	<p style="text-align: center;"><b>2 v 2 Get out of Here</b></p> <ul style="list-style-type: none"> <li>-Create two teams, each with two lines next to their pug goal</li> <li>-Coach rolls a ball onto the field and the first players in each line come out, creating a 2v2 game</li> <li>-If the ball goes out or is scored, the coach yells "get out of here", the round is done and the next pair and ball begin</li> </ul>		<p style="text-align: center;"><b>Intro to 3v3</b></p> <ul style="list-style-type: none"> <li>- Set up appropriate fields for 3v3 without goalie- fields can border each other</li> <li>-Coach puts a ball back in as soon as possible to keep game flowing</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to keep the ball on the field as long as possible</li> <li>-Players should control the ball every time it comes to them</li> <li>-If a defender is trying to steal the ball they should decide whether to pass to an open teammate or show the defender their back/change direction</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Primarily encourage players to change directions, show defenders their backs, dribble when they see space and pass when under pressure, encourage players "not to be next to anyone."</li> <li>-Coaching points should be based off of previous training sessions</li> </ul>	

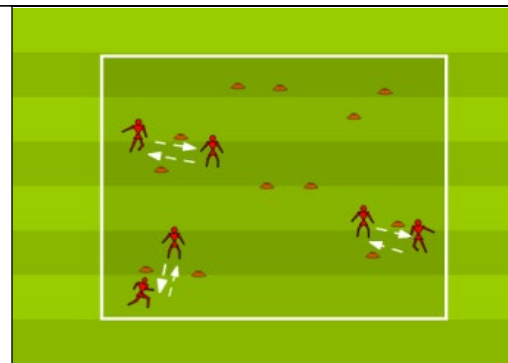


# U6 Academy Week 7



### Frogs and Flies

- All players start without soccer balls (Fly's) and coach starts with a ball (Frogs)
- Coach tries to hit players on foot with a ball- once hit they become frogs and get a ball
- Once frogs they try to hit flies- last fly standing is the winner



### Goals Galore- Passing

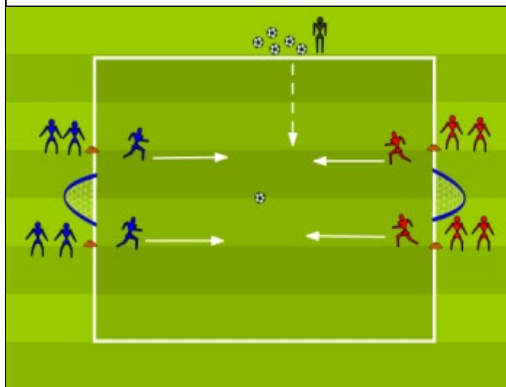
- Two players with one ball should pass between the "goals"
- Progressions: 1. Must use inside of foot. 2. Can only use bottom of feet. 3. Get it back to teammate in 2 touches. 4. Pass through goal then find another open goal. Give them 1 minute to do as many as possible

#### Coaching Points:

- Players should move around the soccer field to find the most space, staying away from frogs or "defenders"
- Players should keep the ball as close as they can until they are sure they can hit their target

#### Coaching Points:

- Focus on using proper technique- "Standing foot pointing towards target, using inside of kicking foot, contact the middle of the ball."
- Encourage players to control the ball before passing



### 2 v 2 Get out of Here

- Create two teams, each with two lines next to their pug goal
- Coach rolls a ball onto the field and the first players in each line come out, creating a 2v2 game
- If the ball goes out or is scored, the coach yells "get out of here", the round is done and the next pair and ball begin



### 4v4 No GK

- Use cones to mark an area in front of the goal where defenders can't go
- Have coach get a new ball in as soon as possible- once players can get it back in quickly switch to kick ins
- Limit stoppages

#### Coaching Points:

- Encourage players to keep the ball on the field as long as possible
- Players should control the ball every time it comes to them
- If a defender is trying to steal the ball they should decide whether to pass to an open teammate or show the defender their back/change direction

#### Coaching Points:

- Introduce shape- Not positions: Players should be in a diamond shape as much as possible
- Continue to focus on when to pass vs. when to dribble
- Begin encouraging passing backwards when a forward option is not on



## U6 Academy Week 8

	<p style="text-align: center;"><b>Ball Tag</b></p> <ul style="list-style-type: none"> <li>-All players but 1 start with ball</li> <li>-1 player (called defender) starts with a pinnie held in their hand</li> <li>-Defender tries to tag other players soccer balls, switch when tagged</li> </ul>		<p style="text-align: center;"><b>Keep Away Group</b></p> <ul style="list-style-type: none"> <li>-All players have a ball except 1 or 2- Coaches start as defenders</li> <li>-Defenders must try to steal ball, if player's ball is stolen they must now steal another</li> <li>-If ball goes out of square get it back in as soon as possible</li> <li>-Play for 1 minute to 90 seconds</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Do players go one speed? (Ask players to go all different speeds)</li> <li>-Do players only go one direction? (Ask players to go in many different directions)</li> <li>-Do players stay close to each other or spread out? (Ask players to stay spread out)</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-<b>Prior to start:</b> "Does the other team let you score in a real game?" "What do defenders do in a real game?" "If a defender steals your ball what do you do?"</li> <li>-<b>After Start:</b> Big touches vs little touches, going in opposite direction of defenders, keeping ball on field, "Should defenders just kick ball away or keep it"</li> </ul>	
	<p style="text-align: center;"><b>2v1 Get Out of Here</b></p> <ul style="list-style-type: none"> <li>-Create 2 teams- One team is attackers, one team is defenders</li> <li>-Attacking team has 2 lines</li> <li>-When coach rolls a ball on the field the first from each line comes out creating a 2v1</li> <li>-If players score or ball leaves field it is done</li> </ul>		<p style="text-align: center;"><b>4v4 No GK</b></p> <ul style="list-style-type: none"> <li>-Use cones to mark an area in front of the goal where defenders can't go</li> <li>-Have coach get a new ball in as soon as possible- once players can get it back in quickly switch to kick ins</li> <li>-Limit stoppages</li> </ul>
<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage players to pass to teammate when under pressure- many will try to pass when they have time and space- encourage them to dribble into space and pass when under pressure</li> <li>-Encourage players to keep ball on the field as long as possible</li> <li>-Players should control the ball every time it comes to them</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Introduce shape- Not positions: Players should be in a diamond shape as much as possible</li> <li>-Continue to focus on when to pass vs. when to dribble</li> <li>-Begin encouraging passing backwards when a forward option is not on</li> </ul>	