

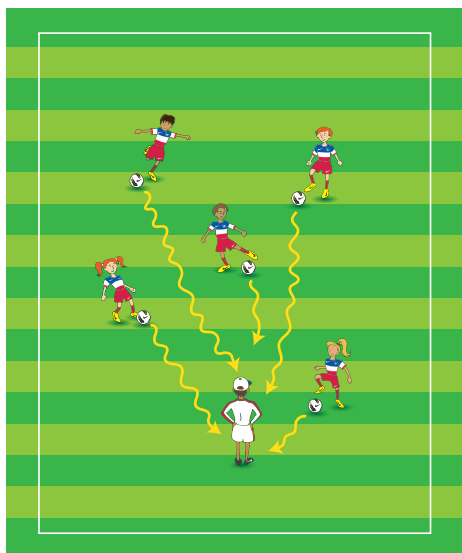
U6 Weekly Lesson Plans





TRAINING OBJECTIVES: AGILITY, COORDINATION, BALANCE

- To work on movement ability. Agility, Coordination, Balance.
- To work on dribbling with the head up.

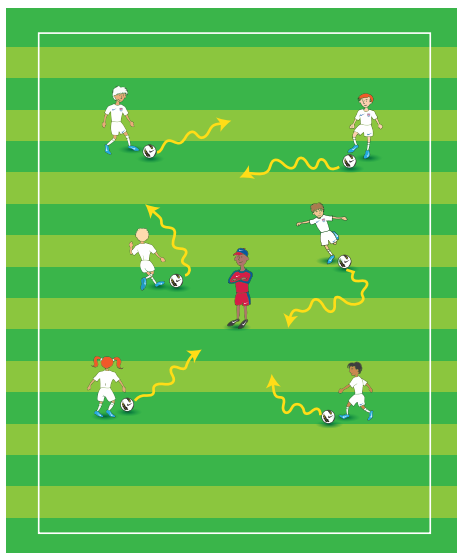


I. Warm-up: Back To Coach

ACTIVITY INTENSITY: Low-Medium
ACTIVITY TIME: 1-2 minutes
DURATION: 8 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Every player has a ball. Coach tosses ball out and players bring ball back in a variety of ways: A) Running, B) Skipping, C) Hopping, D) Dribble ball back.

Coaching Points / Key Concepts: Dribbling with the head up. Working on movement ability (w/out ball).

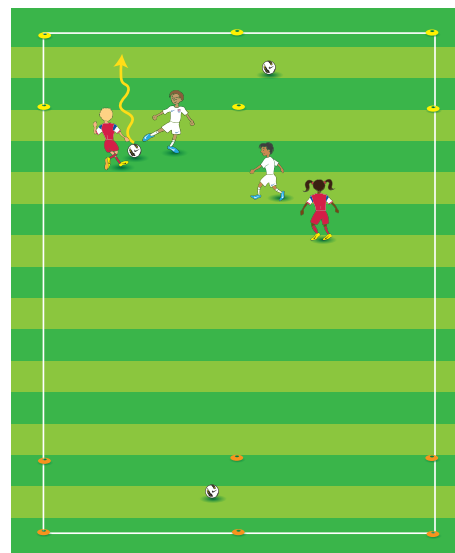


II. Main Part: Body Parts

ACTIVITY INTENSITY: Medium
ACTIVITY TIME: 1 minute
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Players stop ball with body part when called by the coach. A) Progress to you touching the body part but no verbal instructions. B) Progress to having a player decide when to stop the ball. Everyone else then uses the same body part.

Coaching Points / Key Concepts: Dribbling with the head, Agility, Balance, Coordination



III. Main Part: Expanded Activity (2v2 / 3v3 to an end zone)

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 1 minute
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Create two endzones and put a ball in each. There is also one game ball. Play 2v2 or 3v3. The objective is to dribble the ball into the other team's endzone. When a team is successful, they retrieve another ball from their defending endzone and try again. The first team to get all three balls in the other team's endzone wins.

Coaching Points / Key Concepts: Introducing how to dribble around an opponent. Ask players to show you how they go around someone.



IV. Game: 3v3

ACTIVITY INTENSITY: High
ACTIVITY TIME: 3 minutes
DURATION: 10 minutes
REPETITIONS: 2
RECOVERY TIME: 2 minutes

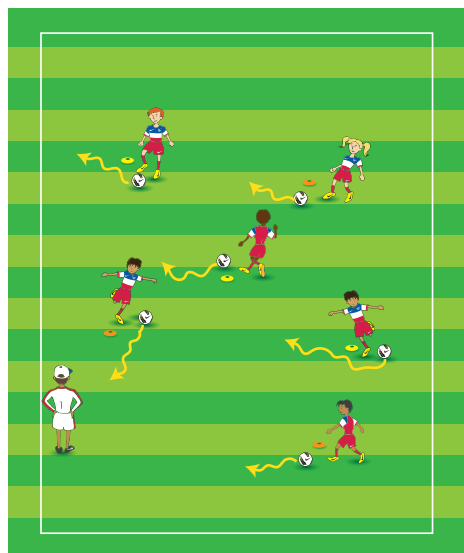
Organization (Physical Environment / Equipment / Players): Play to small goals. At first play "NEW BALL." Whenever a ball goes out of bounds the players will receive a new ball from the coach. Play until one ball is left. When one ball is left, play like a normal game and rules.

Coaching Points / Key Concepts: Play and enjoy!



TRAINING OBJECTIVES: DRIBBLING WITH THE HEAD UP

- To improve dribbling and ball familiarity.
- To work on dribbling with the head up.



I. Warm-up: The Network

ACTIVITY INTENSITY: Low-Medium

ACTIVITY TIME: 1-2 minutes

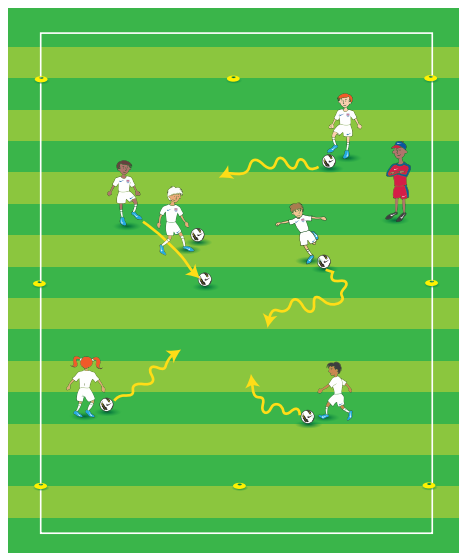
DURATION: 8 minutes

REPETITIONS: 4

RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Place different colored cones within a playing area. Each player has their own ball. At first, perform the activity without the ball. A) Run and touch cones with hands, B) Run and touch cones with feet, C) Run and hop over cones with two feet, D) Run and hop over cones with one foot. Then add a ball. Have the players dribble from cone to cone. A) Dribble around a cone, B) Dribble to a new color.

Coaching Points / Key Concepts: Dribbling with the head up. Working on movement ability (w/out ball).



II. Main Part: Small-Sided Activity (Freeze Tag)

ACTIVITY INTENSITY: Medium

ACTIVITY TIME: 1 minute

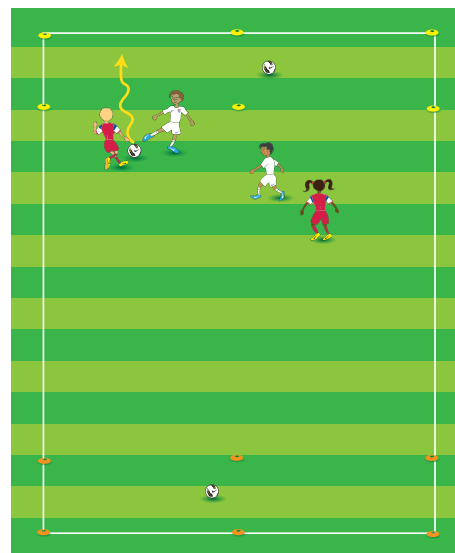
DURATION: 12 minutes

REPETITIONS: 6

RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): To start, have players run with balls in their hands. If player gets tagged then 5 toe taps to get unfrozen. Then progress to dribbling a ball. If player gets tagged by the coach then a teammate has to unfreeze them by passing ball under the legs or dribbling around them. Play for a period then make the boundaries smaller.

Coaching Points / Key Concepts: Dribbling with the head up. Introduce how to turn the ball with the inside of the foot. Ask them to show how they get away from being tagged.



III. Main Part: Expanded Activity (2v2 / 3v3 to an end zone)

ACTIVITY INTENSITY: Medium-High

ACTIVITY TIME: 1 minute

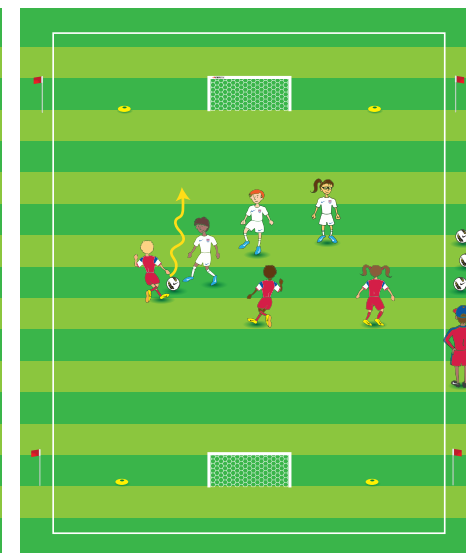
DURATION: 12 minutes

REPETITIONS: 6

RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Create two endzones and put a ball in each. There is also one game ball. Play 2v2 or 3v3. The objective is to dribble the ball into the other team's endzone. When a team is successful, they retrieve another ball from their defending endzone and try again. The first team to get all three balls in the other team's endzone wins.

Coaching Points / Key Concepts: Introducing how to dribble around an opponent. Ask players to show you how they go around someone.



IV. Game: 3v3

ACTIVITY INTENSITY: Medium-High

ACTIVITY TIME: 2 minutes

DURATION: 12 minutes

REPETITIONS: 3

RECOVERY TIME: 2 minutes

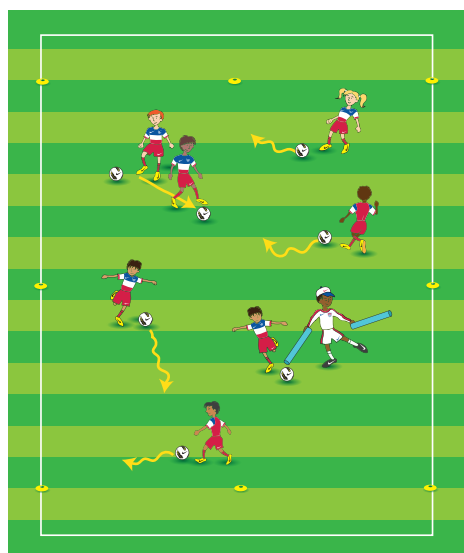
Organization (Physical Environment / Equipment / Players): Play 3v3 to small goals. At first play "NEW BALL." Whenever a ball goes out of bounds the players will receive a new ball from the coach. Play until one ball is left. When one ball is left, play like a normal game and rules.

Coaching Points / Key Concepts: Play and enjoy!



TRAINING OBJECTIVES: DRIBBLING (TURNING THE BALL)

- To improve dribbling and turning the ball with the inside of the foot.
- To continue to work on dribbling with the head up.

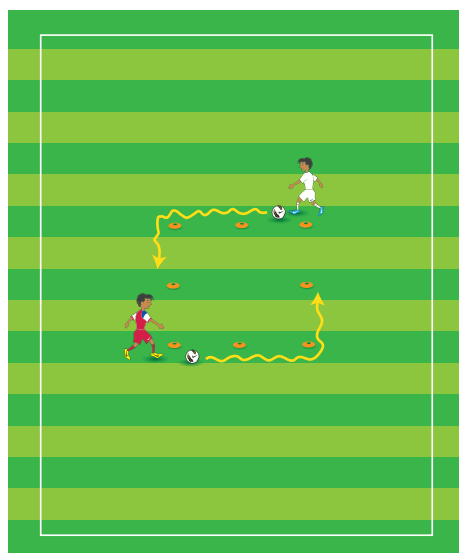


I. Warm-up: The Octopus

ACTIVITY INTENSITY: Low-Medium
ACTIVITY TIME: 1-2 minutes
DURATION: 8 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Each player has their own ball. A coach holds two vests or two pool noodles. At first, perform the activity without the ball. A) Try to tag the players, B) Every player now has their ball and now you attempt to touch their ball. C) If a player's ball gets touched, they are frozen. They can be unfrozen if a teammate comes and passes a ball between their legs.

Coaching Points / Key Concepts: Dribbling with the head up. Working on movement ability (w/out ball).

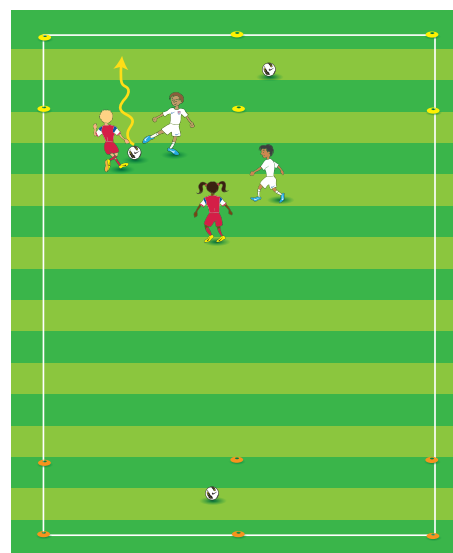


II. Main Part: "Chase"

ACTIVITY INTENSITY: Medium
ACTIVITY TIME: 1 minute
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): To start, players run without a ball. Players start on opposite ends. When coach says "Go" one player is "it," the other tries to get back to starting cone. Switch roles. Then add a ball to it. Switch groups around. Variation: Put three players in a grid and have them race back to their starting cone.

Coaching Points / Key Concepts: Introduce how to turn the ball with the inside of the foot. Ask them to show how they get away from being tagged?

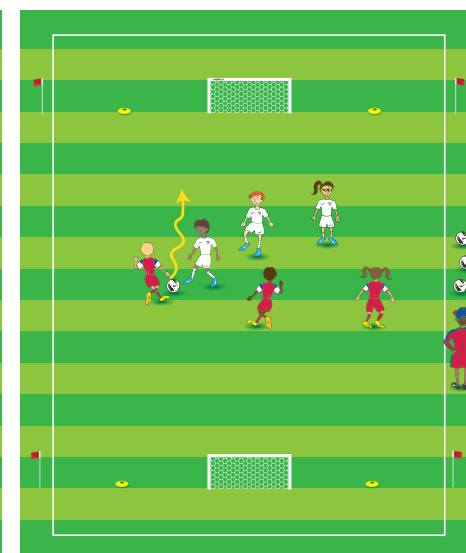


III. Main Part: Expanded Activity (2v2 / 3v3 to a line)

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 1 minute
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Play 2v2 or 3v3. The objective is to dribble the ball into the other team's endzone. A point is scored when the ball is dribbled into and controlled in the other team's endzone. Switch teams around.

Coaching Points / Key Concepts: Ask players to show you how they go around someone? How do they protect their ball?



IV. Game: 3v3

ACTIVITY INTENSITY: High
ACTIVITY TIME: 2 minutes
DURATION: 16 minutes
REPETITIONS: 4
RECOVERY TIME: 2 minutes

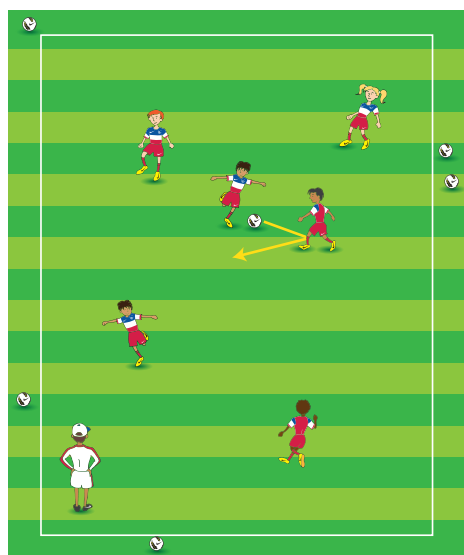
Organization (Physical Environment / Equipment / Players): At first, play "NEW BALL." Whenever a ball goes out of bounds the players will receive a new ball from the coach. Play until one ball is left. When one ball is left, play like a normal game and rules.

Coaching Points / Key Concepts: Play and enjoy!



TRAINING OBJECTIVES: STRIKING THE BALL

- To improve striking the ball with the inside or instep (laces) of the foot..
- To introduce how to work with a teammate.

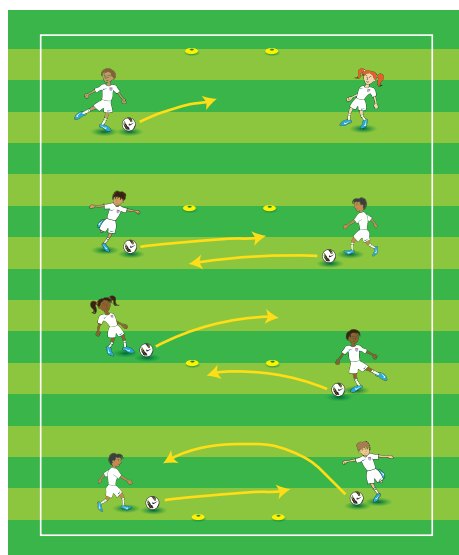


I. Warm-up: "Minions"

ACTIVITY INTENSITY: Low-Medium
ACTIVITY TIME: 1-2 minutes
DURATION: 8 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Small area is created. One player has ball and is "it." They try to pass the ball and hit someone below the knee. If a player gets hit, they then get a ball and join the "it" player. Play for 1 minute and then start a new game.

Coaching Points / Key Concepts: Dribbling with the head up. Striking the ball with the biggest part of the foot, which is the inside.

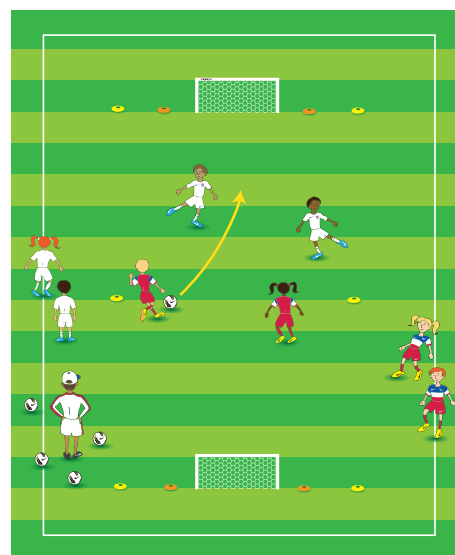


II. Main Part: Junkyard Soccer

ACTIVITY INTENSITY: Medium
ACTIVITY TIME: 1 minute
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Players pair-up. Create two teams. Put each team on a half of the playing area. The objective of the game is to have the fewest number of balls on your side when time is called. Note: Have an odd number of balls. Example: If you have 6 players then use 5 balls.

Coaching Points / Key Concepts: How can they strike the ball back to the other side? What part of the foot should they use? (Instep or shoe laces) Note: At first they may not be comfortable using their instep.

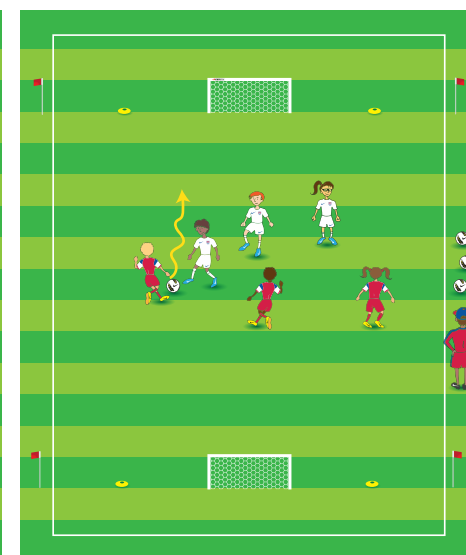


III. Main Part: Expanded Activity (2v2 Get out of here!)

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 1-2 minutes
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Bring two teams together. Play 2v2 to goals. When the ball goes out of bounds, the coach yells "Get outta here" and the players on the field run off. A new pair from each team then runs on and plays. Note: Make the field smaller so the ball goes out of bounds and the players aren't waiting too long in line.

Coaching Points / Key Concepts: What part of the foot do you use to score? What if you can't shoot? Then what? (pass the ball to a teammate)



IV. Game: 3v3

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 3 minutes
DURATION: 10 minutes
REPETITIONS: 2
RECOVERY TIME: 2 minutes

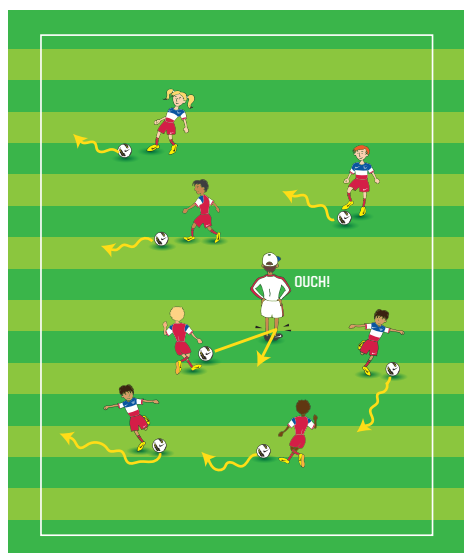
Organization (Physical Environment / Equipment / Players): Play small-sided game to goals.

Coaching Points / Key Concepts: Play and enjoy!



TRAINING OBJECTIVES: STRIKING THE BALL TO SCORE

- To improve striking the ball.
- To continue to work on dribbling with the head up and striking the ball.

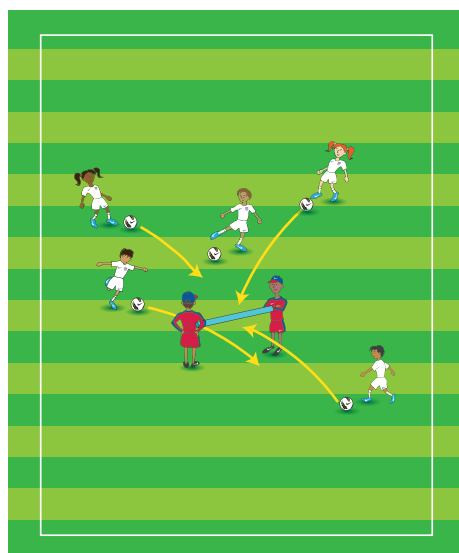


I. Warm-up: "Ouch"

ACTIVITY INTENSITY: Low-Medium
ACTIVITY TIME: 1-2 minutes
DURATION: 8 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Players dribble their own soccer ball and try to hit the coach below the knee. When coach gets hit, they yell "ouch." Include parents or assistant coaches for other rounds.

Coaching Points / Key Concepts: Dribbling with the head up. Striking the ball with the biggest part of the foot, which is the inside.

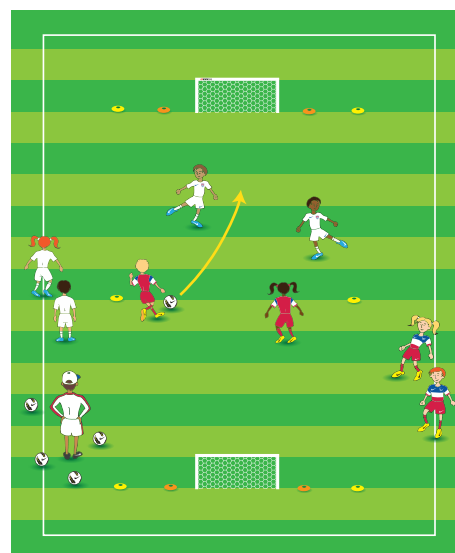


II. Main Part: Moving Goal

ACTIVITY INTENSITY: Medium
ACTIVITY TIME: 1 minute
DURATION: 12 minutes
REPETITIONS: 6
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Coach and Assistant (Parent) hold a pool noodle or tie bibs together. Players are instructed to dribble their soccer ball and try to score on the "Moving Goal!" Coaches lower the goal to encourage shooting lower.

Coaching Points / Key Concepts: Dribbling with the head up. What part of the foot can they use to score a goal?

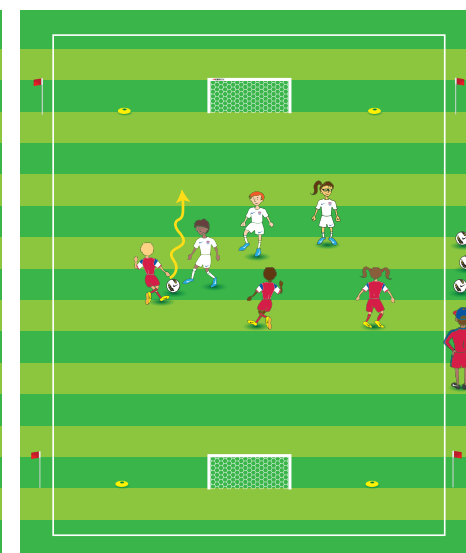


III. Main Part: Expanded Activity (2v2 / 3v3 Get out of here!)

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 2 minutes
DURATION: 12 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Bring two teams together. Play 2v2 to goals. When the ball goes out of bounds, the coach yells "Get outta here" and the players on the field run off. A new pair runs on and plays against another. Note: Make the field smaller so the ball goes out of bounds and the players aren't waiting too long in line.

Coaching Points / Key Concepts: What part of the foot do you use to score? What if you can't shoot? Then what? (pass the ball to a teammate)



IV. Game: 3v3

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 3 minutes
DURATION: 10 minutes
REPETITIONS: 2
RECOVERY TIME: 2 minutes

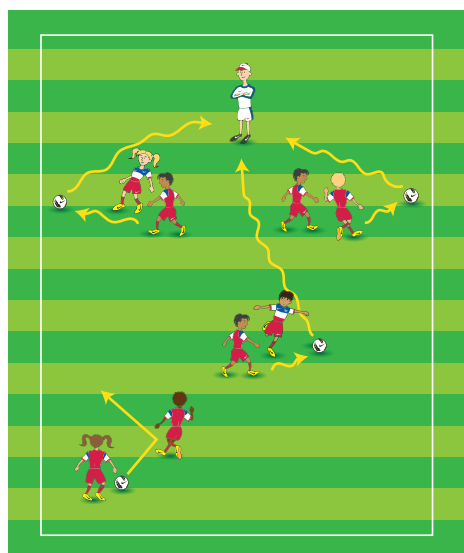
Organization (Physical Environment / Equipment / Players): Play small-sided game to goals. Make a goal worth a million points!

Coaching Points / Key Concepts: Play and enjoy!



TRAINING OBJECTIVES: PUSH PASS

- To improve passing the ball. Specifically the push pass with the inside, instep or outside of the foot.
- To introduce how to work with a teammate.

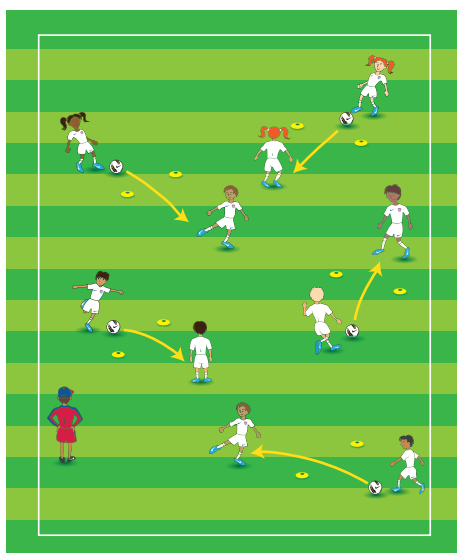


I. Warm-up: "Back to Coach - Pairs"

ACTIVITY INTENSITY: Low-Medium
ACTIVITY TIME: 1-2 minutes
DURATION: 8 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Players are in pairs. Coach tosses ball and each pair brings the ball back to the coach by passing it back to each other. A) Get it back to coach B) make a specific amount of passes, C) Coach walks away. Now can they find the coach?

Coaching Points / Key Concepts: Dribbling with the head up. Striking the ball with the biggest part of the foot, which is the inside.

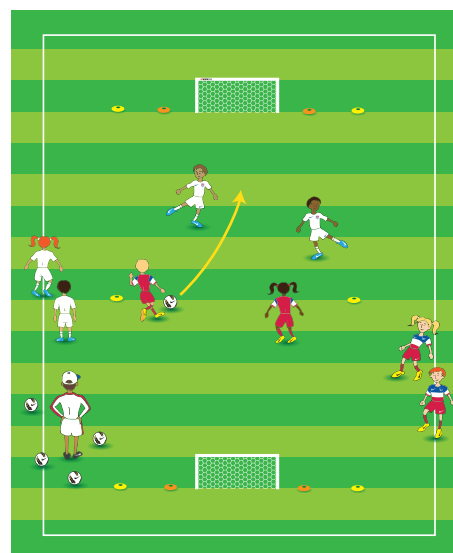


II. Main Part: Gates

ACTIVITY INTENSITY: Medium
ACTIVITY TIME: 2 minutes
DURATION: 12 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Each pair has a ball. Make small gates. Progression: A) Players pass ball back and forth through gate. See how many they can get in 20 seconds, B) Pass through gate and go to a new one. C) Pass through gate two times then go to a new one. D) Coach and assistants walk around and block a gate.

Coaching Points / Key Concepts: Push pass. What part of the foot do you use to pass the ball? (Inside, instep, or outside). Note: For this age, using the outside of the foot is very challenging. Challenge players based on their abilities.

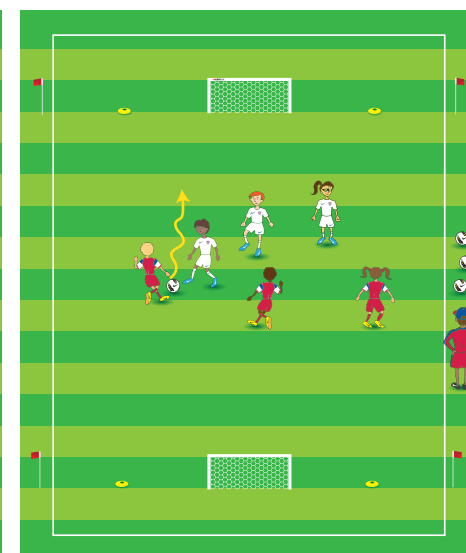


III. Main Part: Expanded Activity (2v2 Get out of here!)

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 2 minutes
DURATION: 12 minutes
REPETITIONS: 4
RECOVERY TIME: 1 minute

Organization (Physical Environment / Equipment / Players): Bring two teams together. Play 2v2 to goals. When the ball goes out of bounds, the coach yells "Get outta here" and the players on the field run off. A new pair runs on and plays against another. Note: Make the field smaller so the ball goes out of bounds and the players aren't waiting too long in line.

Coaching Points / Key Concepts: What part of the foot do you use to score? What if you can't shoot? Then what? (pass the ball to a teammate)



IV. Game: 3v3

ACTIVITY INTENSITY: Medium-High
ACTIVITY TIME: 3 minutes
DURATION: 10 minutes
REPETITIONS: 2
RECOVERY TIME: 2 minutes

Organization (Physical Environment / Equipment / Players): Play small-sided game to goals.

Coaching Points / Key Concepts: Play and enjoy!