



U6 Season Plan

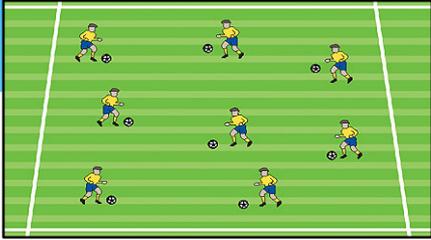


Compiled together by Suleman
Desai, Academy Trainer,
Challenger Sports, Denver Region

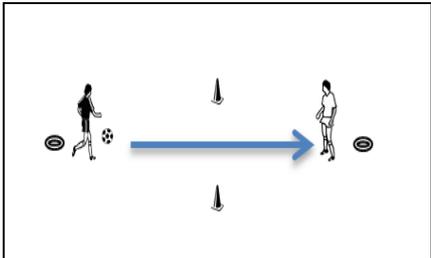
Season Outline

- * Week 1 & 5– Fundamentals (Passing, Shooting, Dribbling)
- * Week 2 & 6 – Passing
- * Week 3 & 7– Shooting
- * Week 4 & 8– Dribbling

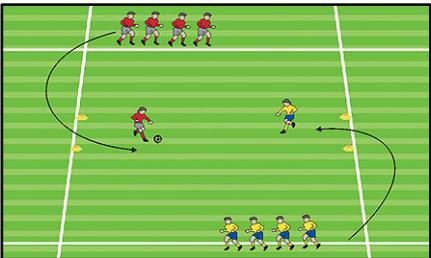
Fundamentals 1



- * Traffic Lights – Players dribble around the playing area waiting for instructions. Red is stop, yellow is slow, green is go.
- * Other instructions – Gas station (toe taps on soccer ball)/Car wash (Roll the ball forwards and backwards or side to sides)/Traffic circle (players dribble in a circle using the inside or outside of their foot)/Reverse – players perform a drag back.
- * Progression – hold up a cone corresponding with the colour of the traffic light/Introduce a police officer to prevent players from going too fast or slow.
- * Coaching Points – Head up, lots of little touches in tight areas, bigger ones okay in space/dribble into space and change direction/use different parts of the feet.



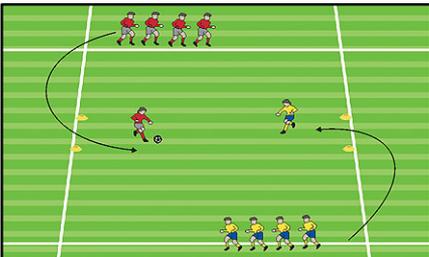
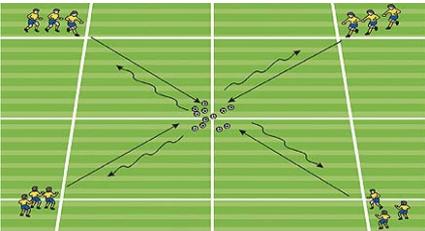
- * Shooting in pairs – Players are positioned 5 yards back from the goal. In pairs players take turns to shoot through the goal. For each goal they score they get a point. Encourage good striking technique .
- * Progression – Add in markers 1-2 yard away from the post. You get 1 point for a goal in the middle, 2 points if you score in a corner./If the players are doing well add in a GK.
- * Coaching Points - Approach the ball at an angle/big last step planting non kicking leg next to the ball pointing to where you want the ball to go/body and knee over the ball/make contact with your laces/strike through the middle of the ball.



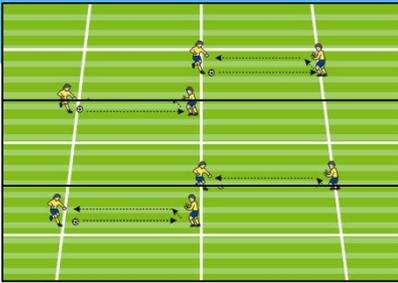
- * Numbers game- Divide players into 2 teams and give them a number. Place a ball in the middle of the playing area. Upon hearing their number players run down their line and through the goal to play in a 1v1 situation. The player that scores a goal gets a point.
- * Progression – Call out more numbers to create 2v2/3v3 situations. Encourage teamwork.
- * Coaching Points – Review previous dribbling and shooting points/can we pass and move?

Fundamentals 2

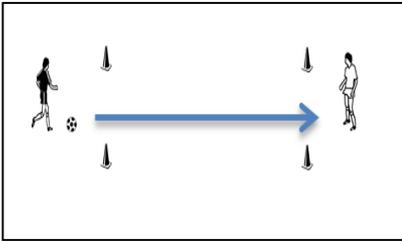
- * Treasure Chest game- Set up a playing area with 4 teams. Upon the coaches command one player from each team runs into the middle and picks up 1 item from the treasure chest and takes it back to their corner. 1 point for a jersey, 2 points for a soccer ball.
- * Round 2 – One player from each team can go steal a jersey or ball from another team however they can not go through the middle.
- * Round 3 – All the players can go steal a ball or jersey from another team.
- * Round 4- Spread the ball out equally between the teams. Players must now pass the ball into the middle square. Can they be accurate and get a good weight on the pass? Challenger the players to get X amount of passes into the square.
- * Round 5 – Set up 4 goals. One goal per team. On the coaches command one player runs into the middle, performs a turn and shoots on his/her teams goal. The team that scores the most goals wins!
- * Coaching points – Dribbling: Lots of small touches, keep the ball close and head up/Passing: Pass with the inside of foot, placement of non kicking foot (next to the ball), passing weight and accuracy/Shooting: Approach the ball at an angle/big last step planting non kicking leg next to the ball pointing to where you want the ball to go/body and knee over the ball/make contact with your laces/strike through the middle of the ball.
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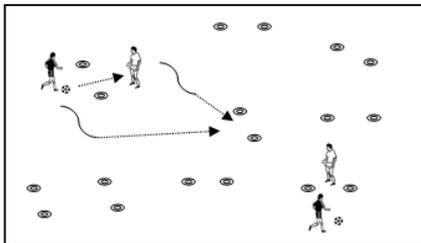
Passing and Receiving 1



- * Passing Pals – Players are in pairs and pass the ball back and forth. They get a point for each pass they get to their partners feet.
- * Progression – Have players run around their partner and back to their starting position after each pass/increase passing distance/place the players in groups of 3 or 4 so they pass at different angles.
- * Coaching Points – Pass with the inside of foot/placement of non kicking foot (next to the ball)/passing weight and accuracy/on our toes to receive the ball/open body shape/when receiving the ball try to push the ball out just a little in front of you/ensure body is behind the ball.



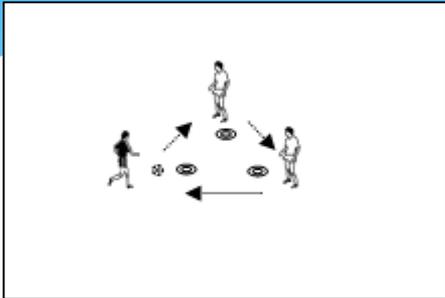
- * Players now pass the ball through a gate to their partner. Each pass that goes through the gates to their partner is a point.
- * Progression – Increase distance of pass/players must touch the ball to the side of their gate then play their pass.
- * Coaching Points – Same as previous drill.



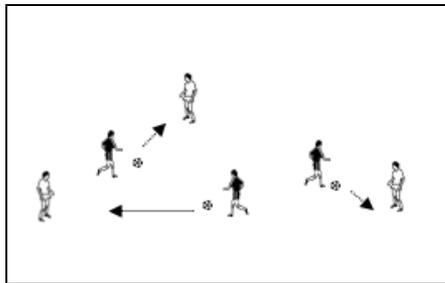
- * Players now pass and move around the playing area. They must try pass the ball through as many gates as they can. They can not score in the same gate twice in a row.
- * Progression – Pass with their weaker foot/Can the partners perform a give and go?
- * Coaching Points – Same as previous drill/Can we dribble quickly to the next gate and make a pass?/Can my partner get to the other side quickly and if possible receive the ball on the move?/Communication (verbal and pointing).

Passing and Receiving 2

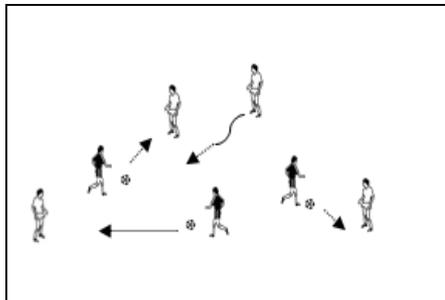
Triangle Passing – Place 3 triangles (more if needed) with cones each 5 yards apart. Players pass the ball in a triangle. Try to avoid the players stopping the ball dead.



- * Progression – Use other foot and pass the other way/if players are doing well increase the distance or make the triangle into a diamond.
- * Coaching Points - Pass with the inside of foot/placement of non kicking foot (next to the ball)/passing weight and accuracy/on our toes to receive the ball/open body shape/when receiving the ball try to push the ball out just a little in front of you/ensure body is behind the ball.

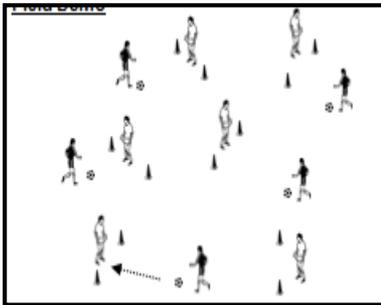
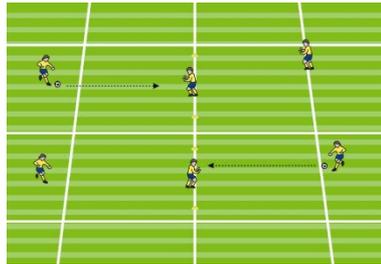
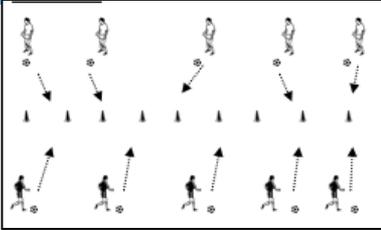


- * Itchy Feet – Half of the players in the playing area have a ball. Players dribble and pass the ball to a player in open space. If players don't have a ball encourage them to get themselves into a position to receive the ball.
- * Progression – Get the players to perform a give and go before finding another free person.
- * Coaching Points – Review previous/keep the ball moving all the time/communication (verbal and pointing)/try not to stop the ball dead.



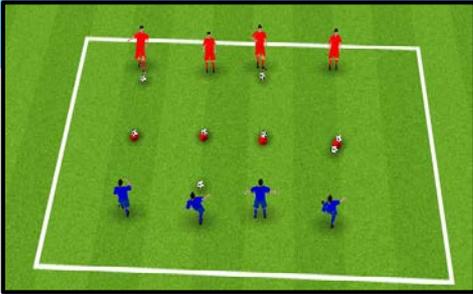
- * Itchy Feet Part 2 - Same as above but add in 1 or 2 defenders to try steal balls. Keep playing until all of the balls have been stolen and then switch defenders.
- * Progression – Take out balls if the players are doing well so the practice becomes a keep away.
- * Coaching Points – Review previous.

Shooting

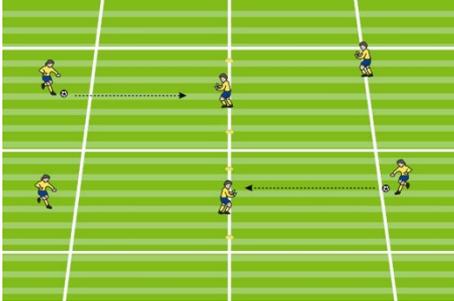


- * Sandcastles – There are 2 teams on either side of the playing area. There should be tall cones in the middle. Everyone has a ball and they try to strike down the sandcastles.
- * Progression – Encourage players to use both feet/increase distance from the sandcastles if players are doing well.
- * Coaching Points - Approach the ball at an angle/big last step planting non kicking leg next to the ball pointing to where you want the ball to go/body and knee over the ball/make contact with your laces/strike through the middle of the ball.
- * Two Way Shooting- 3 players in a team. 2 are positioned at either end of the playing area with a goal in the middle. The other player is the GK. One player shoots and tries to score. If the player scores he/she gets a point. The other team member then tries to score. The ball always alternates sides even if the shot is saved.
- * Progression - Encourage players to use both feet/increase distance from the goal if players are doing well.
- * Coaching Points – Review previous.
- * Multiple Goal Game – Players are in 2 teams. 1 team each have a ball and the others are GK's in the various goals set up around the playing area. Team 1 dribble the balls around and try to score as many goals in a minute. They get a point for each goal they score. Switch teams after a minute.
- * Progression – If the players are doing well encourage them to use both feet or just use their weaker foot.
- * Coaching Points – Review previous/is it easier to score from striking the ball on the move or standing still?

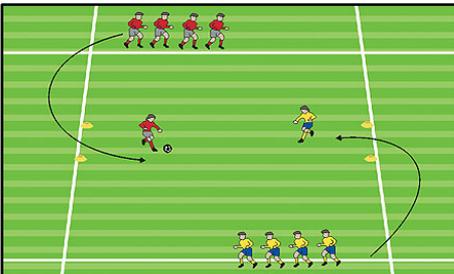
Shooting 2



- * Battleships – Players are in pairs each with a ball. There is a tall cone or disc cone with a ball 5 yards away from each player. On the coach’s command the players strike the ball trying to sink the battleship before their partner.
- * Progression – Increase distance from the battleship if the players are doing well/position the balls inside the square. Players run around the playing area until the coach shouts “battleships”. Upon hearing this the players enter the playing area and find the nearest soccer ball to try sink a battleship.
- * Coaching Points - Approach the ball at an angle/big last step planting non kicking leg next to the ball pointing to where you want the ball to go/body and knee over the ball/make contact with your laces/strike through the middle of the ball.



- * Two Way Shooting- 3 players in a team. 2 are positioned at either end of the playing area with a goal in the middle. The other player is the GK. One player shoots and tries to score. If the player scores he/she gets a point. The other team member then tries to score. The ball always alternates sides even if the shot is saved.
- * Progression - Encourage players to use both feet/increase distance from the goal if players are doing well.
- * Coaching Points – Review previous.



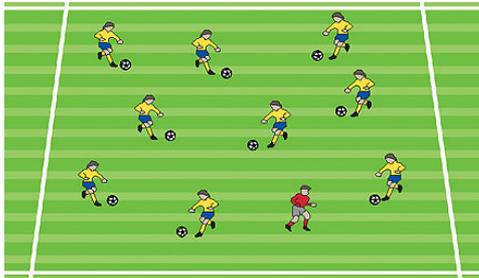
- * Numbers game- Divide players into 2 teams and give them a number. Place a ball in the middle of the playing area. Upon hearing their number players run down their line and through the goal to play in a 1v1 situation. The player that scores a goal gets a point.
- * Progression – Call out more numbers to create 2v2/3v3 situations. Encourage teamwork.
- * Coaching Points – Review previous/can we pass and move?/Can we dribble and shoot?

Dribbling



Treasure Hunt– Players are in pairs and start at one side of the playing area. Set up 4 zones. Zone 1 is empty, zone 2 has jerseys/disc cones inside it, zone 3 has tall cones, and zone 4 has soccer balls. Players dribble to whichever zone they like and pick up 1 item. Jerseys/disc cones are worth 1 point, tall cones are worth 2 points/soccer balls are worth 3 points.

- * Progression – Players must perform a turn (drag back/inside or outside hook) after they have picked up an item/Players must kick down tall cones before they can pick them up.
- * Coaching Points - Head up, lots of little touches in tight areas, bigger ones okay in space/dribble into space and change direction/use different parts of the feet.



- * Sharks and Minnows – There are 2 teams. 1 team dribbles around the square and are the minnows. The other team (maximum of 2 players) are sharks who are trying to kick the minnows balls out. If a player gets their ball kicked out they perform a skill on the outside e.g. 10 toe taps/10 side to sides etc. before returning to the inside. Change sharks every 2 minutes.
- * Progression – If a player gets knocked out they are out. However have them perform a skill whilst waiting/When a player gets knocked out they become a shark.
- * Coaching Points – Review previous.



- * Pirates of the Caribbean – There are two teams. Each player has a soccer ball. On each end of the playing area have a zone with tall cones (treasure). Players must dribble to the other teams zone and kick over a tall cone with their soccer ball. They can then pick up the cone and dribble back with it and place it in their teams end zone.
- * Progression – Have 1 player on each team without a ball protecting the treasure. Can the players beat this player if they get themselves into a 1v1 situation before getting the treasure? If they get tackled the player must return to his/her end zone before attempting to try steal the other teams treasure again.
- * Coaching Points – Review previous/How can I beat the defender? (Dribble into space/be positive/attack space behind defender)

Dribbling 2



Dribble Through Gates – Each player has a ball. They try to dribble through as many gates as they can.

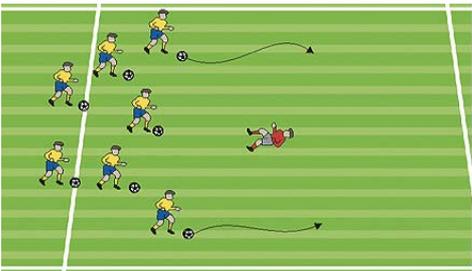
- * Progression – Right or left foot only/outside or inside of one foot only.
- * Coaching Points – Head up, lots of little touches in tight areas, bigger ones okay in space/dribble into space and change direction/use different parts of the feet.



- * Dribble and Turn – Set up various shapes inside the square (1 tall cone, triangles, squares, diamonds). When a player gets to a shape they must dribble and turn accordingly. 1 cone may mean the players perform a drag back. For the other shapes players may perform outside or inside hooks to make their way around the shape.

- * Progressions – Once the players are used to dribbling around the shapes and turning the coach will start commanding the players what to do e.g. “Around a triangle, through a square and into the diamond”. Change the commands so the players get used to dribbling and changing direction.

- * Coaching Points – Review previous/Can the players use both feet to turn?/Can the players change direction at speed?



- * Beat the Crab – Players are positioned on one side of the playing area. Upon the coach's command the players dribble to the other side of the square trying to beat the crab in the middle. If the player gets his/her ball knocked out they become a crab.

- * Progressions – crabs can stand up if players are finding it too easy.
- * Coaching Points – Review previous/How can the players beat the crab? (dribbling into space behind the crab)

Warm Ups/Other Fun Games

- * Mr Men – Players perform actions depending on the Mr. man. Mr Run – players run, Mr. Freeze – players freeze, Mr slow – players walk, Mr Tall – Players stretch up, Mr Small – players get as small as they can, Mr Jump – players jump.
- * Freeze Tag (Frozen) – Players run around the playing area trying not to get tagged by Elsa or Olaf the snowman. If they get tagged they stand still. Their team mates can unfreeze them by tagging them.
- * Partner Tag – Players have a partner and try to tag their partner. If they tag their partner they get a point. Their partner then tries to tag them. Whoever has the most points after 30 seconds wins. Repeat.
- * Banana Tag – One player is the tagger. Players try to run away from the tagger. If the tagger tags them they become a banana. Players can be freed by their team mates peeling them.
- * Donkeys and Farmers – All the players except 1 place jerseys in shorts like a tail The 1 player that does not have a jersey is the farmer who tries to pull the donkeys tails off. Once your tail has been taken you help the farmer. You can also do this dribbling a soccer ball.
- * Body Parts – Players dribble around the playing area. The coach shouts a body part e.g. right or left foot/knee/head and the players have to put that body part on the ball.
- * Dribble Around the Flowers – Scatter disks around the playing area. Players dribble around the flowers. Can they perform different turns and change direction?
- * Space Invaders – 2 teams. 1 team are space invaders and they all have a soccer ball at their feet. The other team are spaceships who must hold hands with a partner without a soccer ball. The space invaders try to hit the spaceships by passing/striking the ball and hitting the spaceship. Once a spaceship is hit, they become space invaders.

Warm Ups/Other Fun Games

- * Pirate Ship Game - The players are on a ship. Coach shouts out various instructions. Captains on deck – players freeze with their foot on the ball, Get back to work – players dribble around the ship, Scrub the deck – players roll the ball forwards and backwards with the sole of their foot, Climb the riggings - players perform toe taps on the ball, Shuffle the board – players perform side to sides, Shark Attack - players dribble away from the shark (coach).
- * Stuck in the Mud - Players dribble their soccer balls around the square. One person is a tagger. If they tag a player that is dribbling then that player must place their ball above their head and shout “Help! I’m stuck in the mud!”. Players can be unstuck by a person rolling the ball through the stuck players legs.
- * Tigers in the Jungle – Players dribble around the playing area. 1 player is trying to kick players balls out. If a player has their ball kicked out, they link arms with the player that is kicking balls out and help them kick other balls out.
- * Cross the River – 2 teams on opposing islands. There is a river in the middle. Players try to strike their balls into the other teams island. The team with the least balls on their island wins.
- * Chicken Game – The coach is the chicken and has lots of jerseys on. The players dribble and hunt the chicken. When they get close they try to strike their ball at the chicken. If they hit the chicken they get a feather (jersey). The player with the most feathers wins.
- * Foxes and Rabbits – Foxes have the balls on one side of the playing area. The rabbits run across the playing area trying not to get hit by the soccer balls. The foxes try to hit the rabbits by passing the soccer ball underneath waist height. If a rabbit gets hit, it becomes a fox.