

Northern Triad Soccer Club
Model U6 Session

Coach – Garry Norman, Director of Coaching, NTSC/KYSL
USSF National 'B' and Youth License Coach
NSCAA Premier Diploma and Level I Goalkeeping License

Duration – 45 Mins

Warm-Up: 5-10 mins Game of Fetch – Coaches instruct players to bring ball back to them using different body parts, The ball is tossed away and the player is asked to bring ball back, for example with right foot, head, left foot, knee, chin, roll ball back etc... Light Stretching is done, like getting really small or really big or wide..

1st Activity: 10-15 mins Simon Says - Have players dribble ball in a small grid 20v20 or 30v30 depending on number of players. Then Simon tells the players what to do, for example touch ball with knee, toe touches, box the ball between their legs, run around their ball, go to another ball. Variation is the numbers game, have them tell you what number you have up, That is call Soccer Math.. Teaches them to play with their head up....

2nd Activity: 10-15 Mins Dribble Through Gates, set up gates with cones, set a time limit, and see who can dribble through the most gates in the time span.

3rd Activity: 10-15 Mins Open and Close Gates Same as before but now you have gate keepers, use parents in this one or brothers or sisters.... It will help in decision making and changing direction with the ball. The Gate is open when the gatekeepers are standing beside the gate and the gate is close when they are standing in the gate.

4th Activity: 10-15 Mins Chase Game... you have one chaser, kinda like sharks and minnows, The chaser goes after the players in an area and trys to tag them, play without balls and then add balls, You can change the game some, like have safe areas, or if they are touching ball with right foot, they can not be tagged. One option is for tagged players to do a task before getting back in the box or join the chase team until one is left, then that player becomes the chaser.

Game: 15-20 3v3 or 4v4 game to cones goals or real goals, in here I would teach throw ins, rules of the game, getting them to play with their hands down, etc...

Cool Down: Cone pickup, see who can get the most cones, Maybe have an award waiting or something like that

Some Thoughts: Set up Learning Games for this Age Group, The games will be the teacher, The biggest skill in this age group is dribbling the ball with both feet, with their head up, If they begin passing to their teammates, Thats even bigger..., teach proper throws-in, The internet is a good place to learn good activity games.

Things to avoid – The three L's No Laps, No Lines, No Lectures

Things to Do – have players bring their own water, Soccer Ball, take water breaks

The most important thing is have as much fun you can have... Kids are a joy to work with...