

# The 6U Training Session

## *General Information*

- ✓ The training session should involve fun and imaginative game like activities.
- ✓ Facilitate fun activities that draw out the skill in the player; focus on dribbling and shooting.
- ✓ Light coaching on simple technique is appropriate (dribbling & shooting)
- ✓ Small-sided games such as 1v1, 2v1, 2v2, should be included as well.
- ✓ Training should always conclude with a 3v3 game without goalkeepers if possible.
- ✓ The duration of the training session should be 45-60 minutes.

## Sample Training Session Format

Activity #1 – Dynamic Activity (players moving with or without ball)

Activity #2 – Dynamic Activity (players moving with a ball)

Activity #3 – Dynamic Competitive Activity (activity with pressure\*)

Activity #4 – Dynamic Competitive Activity (activity with pressure\*)

Activity #5 – 3v3 Games

*\* pressure from opponents, space, cones (equipment), time*