



# Improve the techniques of passing, dribbling & shooting

## Week 1, 6U

### PLAY (1<sup>st</sup> and last activity)

**Organization:** In a 20Wx30L field and a small goal on each end line, play a 4v4 game. Team with the ball attempts to dribble past opponents and score.

**Rules:** Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play.

On arrival: When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (10 Min.)

Scrimmage: Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Play for 15 minutes, 2 intervals of 6 minutes with 2-3 minute break.



### Red Light/Green Light:

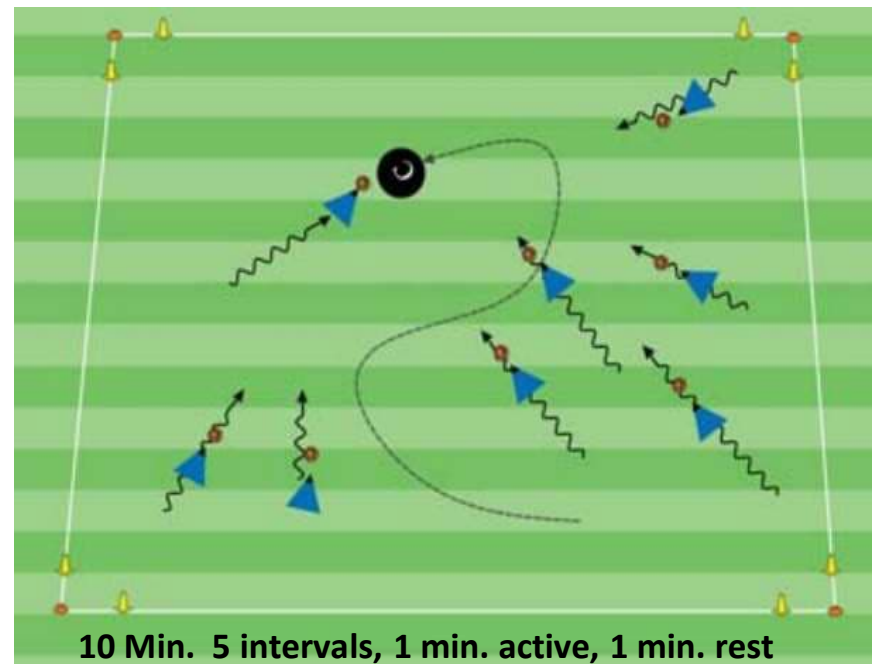
**Organization:** In a 15Wx20L grid, a small cone goal in each corner & all players with a soccer ball dribbling within the space. The coach(es) walk around the space. When the coach says “red light”, the players must stop their ball. If the coach says “green light”, the players must dribble again. If a player cannot stop their ball, they must dribble through any goal then start playing again. Coach controls the frequency of the lights to allow the players time to respond. Variations: Yellow Light-dribble slow, Blue Light-5 toe taps on the ball. Purple Light-hop on 1 foot around the ball.

**Rules:** On Green Light, the players are trying to dribble toward the coach. Once the coach is tagged, start a new game.

**Key Words:** Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot)

**Guided Questions:** Are the players able to stop the ball? Are all players able to use different surfaces of their feet?

**Answers:** Get close to the ball and softly touch the top of the ball with the bottom of the foot. Use terms like big toe and pinky toe instead of inside and outside of the foot.





## Improve the techniques of passing, dribbling & shooting Week 1, 6U

### Demolition Derby:

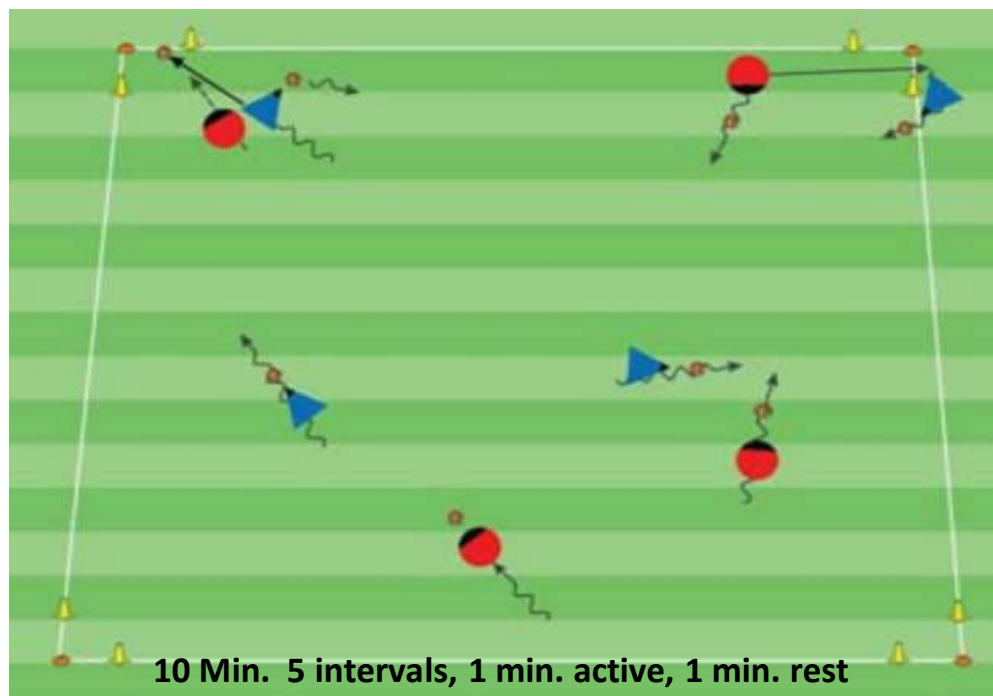
**Organization:** In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. Players try to protect their ball while dribble at the other players and try to knock their ball into 1 of the 4 goals. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals).

**Rules:** Play begins when coach says, "GO". If a player's ball gets kicked into a goal by an opponent, they must retrieve it & re-enter the Derby (game). Coaches can have the players perform a task before re-entering such as 5 toe taps.

**Key Words:** Shield, Turn

**Guided Question:** What do you do to protect your ball? Where do you have to point your toe if you want your laces to kick the ball?

**Answers:** Put your body in the way to block it from the opponents (hide it/shielding). Point your toe to the ground and push the ball in front with your laces.



### Lightning McQueen vs Jackson Storm:

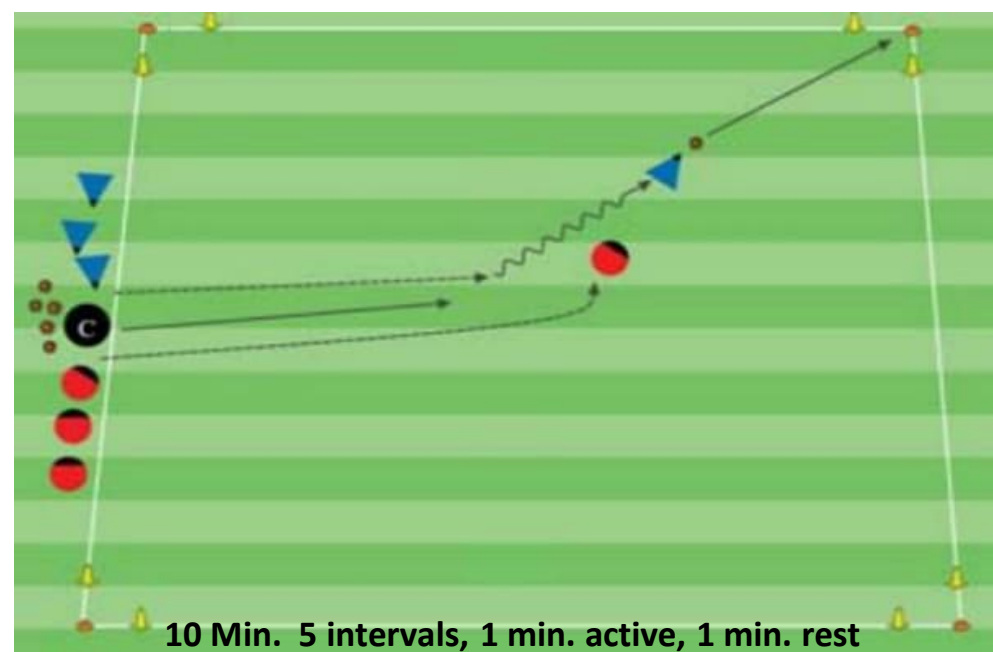
**Organization:** In a 15Wx20L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; Team McQueen vs Team Storm. One team on the coach's right & one on the left. A player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals. (Play for 8 min - 12 intervals of 20 sec with 20 sec rest between intervals).

**Rules:** Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the teams prior to kicking a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next player(s) to play.

**Key Words:** Find the open goal, accelerate towards it

**Guided Question:** What can you do to trick the opponent? When would you use the bottom of your foot?

**Answer:** Pretend to go to one goal then change direction to go to the other. Use the bottom of your foot to stop the ball or to change directions (pull back).





# Improve striking the ball (Technique)

## 6U, Week 2

### PLAY

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

**Organization:** Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)

**Rules:** The ball is given to the first player with his/her pinny on to start the game.

**Key Words:** Move the ball around the opponents

**Guided Questions:** How do you engage all the players? When should the players be encouraged to shoot?

**Answers:** Rotate who starts with the ball after goals or ball out of play and start with dribbling onto the field. Allow the players to find their shooting range on their own. For the players who have scored at least

**Time: Play 5 one min games with 1 min break or multiple 2-3 minute games**  
**Get the wiggles out!**



### The Cats in the Hat vs Things 1 & 2:

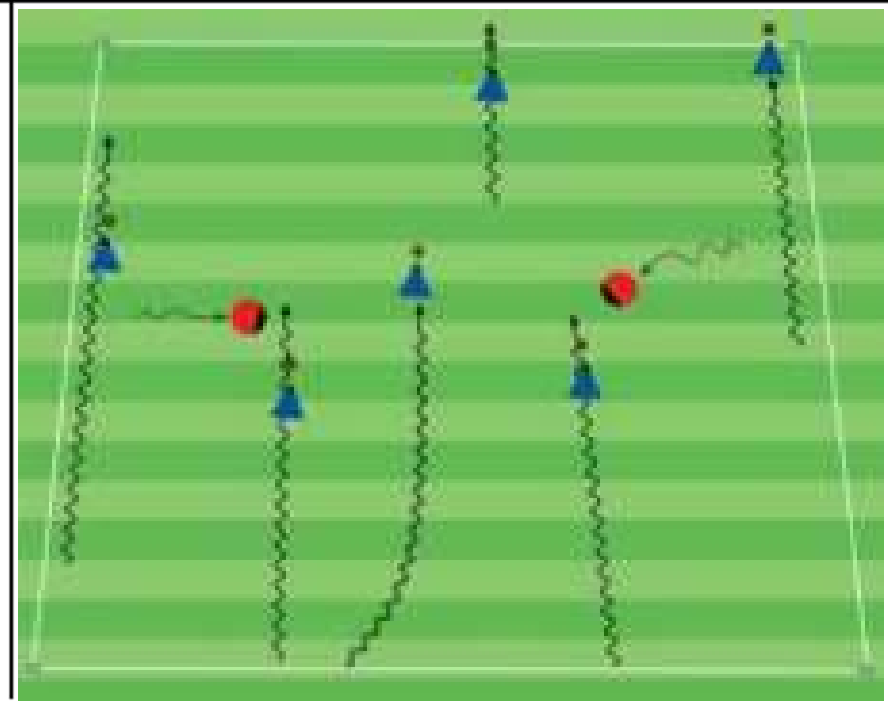
**Organization:** In a 15Wx20L grid, select 2 players to start as Thing 1 & 2; they do not need a soccer ball & can only hop around the field. The rest of the players start at 1 end line, all with a ball. They are "Cats in Hats." The Cats try to dribble their soccer ball from 1 end of the field to the other without getting tagged by Things 1 or 2. **Rules:** Players begin dribbling as soon as the coach says "Let's Have Fun!" and they stop once at the other side. The coach repeats the command. If a Cat gets tagged, they become a Thing also (or can switch roles with Things).

**Key Words:** Faster with longer touches, slower with shorter touches

**Guided Question:** Why should the players use big touches to dribble? When should the players use softer touches?

**Answers:** You can build up and maintain speed if they can get the ball further away from their body. Use softer touches when you want to stop the ball or to change direction.

**Time: Play for 8 min - 8 intervals of 30 sec with 30 sec between intervals)**



8-10 players for each field set up.  
 Figure 1 field per every 2 teams.

Wed: 2 fields



# Improve striking the ball (Technique)

## 6U, Week 2

### Good Minions vs Evil Minions:

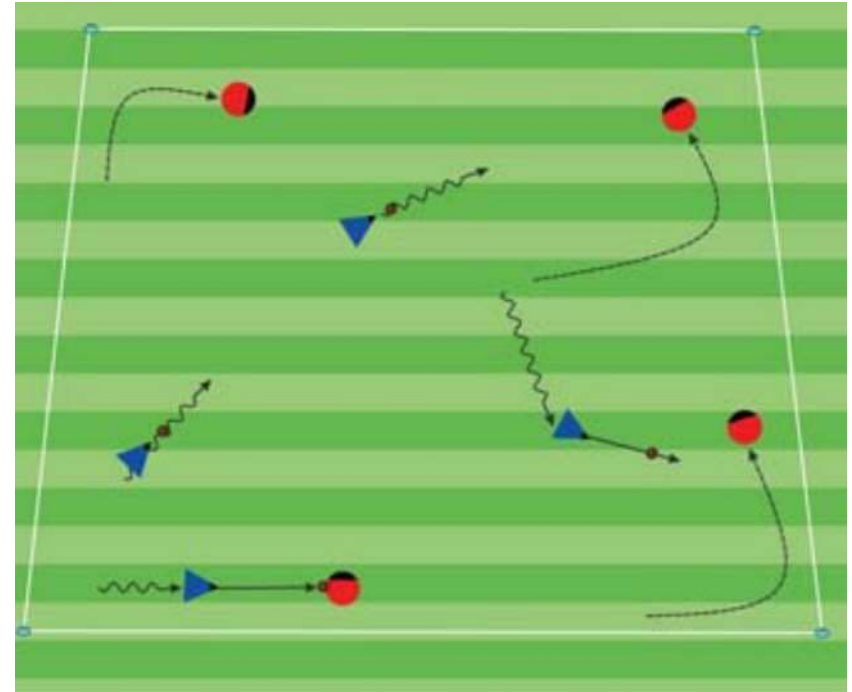
**Organization:** In a 15Wx20L grid, 2 teams-1 team of Good Minions; without a soccer ball & 1 team of Evil Minions; with soccer balls. Evil Minions try to dribble the soccer ball and zap the Good Minions by hitting them below the knee with the ball. Good Minions try not to get hit. **Rules:** Players begin as soon as the first Evil Minion starts to dribble. If an Evil Minion hits a Good Minion, the Evil becomes good and the good becomes Evil. The new Evil Minion gets a soccer ball. Who are the Good Minions at the end of the interval?

**Key Words:** Accuracy (Aim), Pace (Speed) & Weight (Strength)

**Guided Question:** Was there lots of movement from all the players? How can you get more power in your kick?

**Answers:** Try using more Evil Minions to force the Good Minions to move more. When striking the ball far, give a big swing with the kicking leg and follow through the ball.

**Time: Play for 8 min - 8 intervals of 45 sec with 15 sec between intervals**



### PLAY

Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score.

**Organization:** In a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)

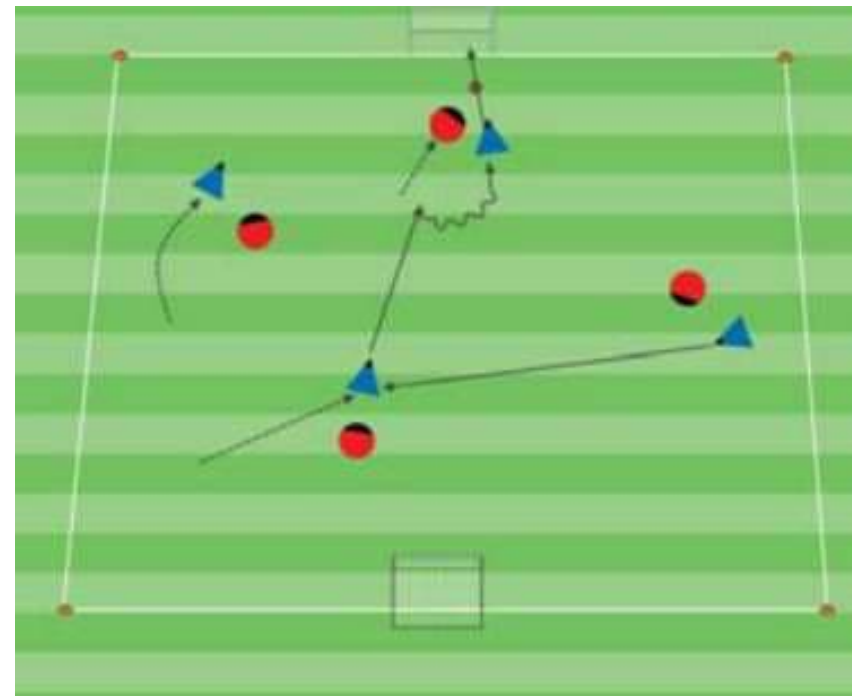
**Rules:** Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.

**Key Words:** Shoot, Score

**Guided Question:** How do you determine the success of your session? How can you get the players to shoot with different surfaces of the foot?

**Answers:** Look at the player's faces. If they are smiling, the session is successful. Challenge the players to shoot with different surfaces of the foot (including the to

**Time: Play for 20 min - 2 intervals of 8 min with 2 min rest between**





## Improve the techniques of dribbling Dribble: 6U Week 3

### PLAY

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

**Organization:** Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)

**Rules:** The ball is given to the first player with his/her pinny on to start the game.

**Key Words:** Move the ball around the opponents

**Guided Questions:** How do you engage all the players? When should the players be encouraged to shoot?

**Answers:** Rotate who starts with the ball after goals or ball out of play and start with dribbling onto the field. Allow the players to find their shooting range on their own. For the players who have scored at least

**Time: Play 3 one min games with 1 min break or multiple 2-3 minute games**  
**Get the wiggles out!**



### 4 Surfaces Dribbling-Explore the Jungle

**Organization:** In a 15Wx20L grid, which includes a 3-yard end zone on each end line and each player with a ball. Have the players use 4 surfaces in 1 fluid motion & in order: Outside of foot (pinky toe)-Inside of foot (big toe)-laces & bottom. Once the ball has been stopped, have them try it with the other foot. Players move throughout the grid toward each end zone

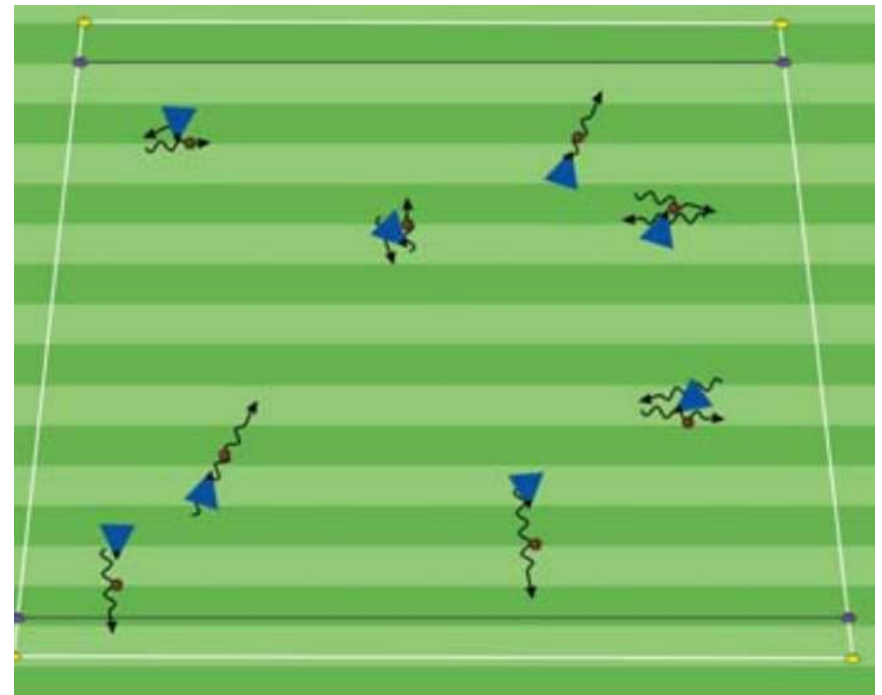
**Rules:** Play begins as soon as the coach calls out a surface. After 2 rounds, see if the players can shout out the surfaces as they use them.

**Key Words:** Outside (pinky toe), Inside (big toe), Laces, Bottom

**Guided Questions:** Did the players enjoy this activity? Was there lots of movement from all the players?

**Answers:** Play for short periods of time. Challenge them to get use as many surfaces as they can in a shorter period of time. Ask the players to move around the space as they use the surfaces.

**Time: Play for 8 min - 6 intervals of 1 min with 20 sec rest between**





## Improve the techniques of dribbling Dribble: 6U Week 3

### Hungry, Hungry Hippos

**Organization:** In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow.

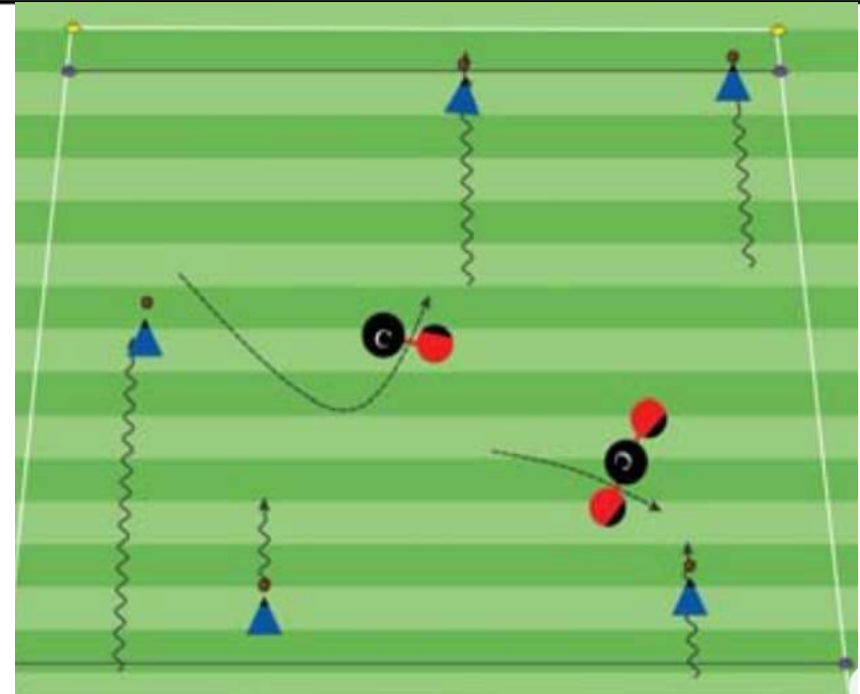
**Rules:** Play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.

**Key Words:** Avoid Hippos

**Guided Questions:** Did the dribblers understand where they need to go (river's edge)? Where should you go if you see a hippo in front of you?

**Answers:** Play without hippos in the first round. Let the players dribble across to see the end zone (river's edge) they are trying to get to. Use different surfaces of the foot to move the ball around the hippos.

**Time: Play for 8 min - 8 intervals of 30 sec with 30 sec rest between**



### PLAY

Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score.

**Organization:** In a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)

**Rules:** Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.

**Key Words:** Shoot, Score

**Guided Question:** How do you determine the success of your session? How can you get the players to shoot with different surfaces of the foot?

**Answers:** Look at the player's faces. If they are smiling, the session is successful. Challenge the players to shoot with different surfaces of the foot (including the to

**Time: Play for 20 min - 2 intervals of 8 min with 2 min rest between**





## Improve the techniques of dribbling Dribble: 6U Week 4: BULLDOGS!

### PLAY

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

**Organization:** Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)

**Rules:** The ball is given to the first player with his/her pinny on to start the game.

**Key Words:** Move the ball around the opponents

**Guided Questions:** How do you engage all the players? When should the players be encouraged to shoot?

**Answers:** Rotate who starts with the ball after goals or ball out of play and start with dribbling onto the field. Allow the players to find their shooting range on their own. For the players who have scored at least

**Time: Play 3 one min games with 1 min break or multiple 2-3 minute games**  
**Get the wiggles out!**



### Bulldogs Hunting for Milk-Bones

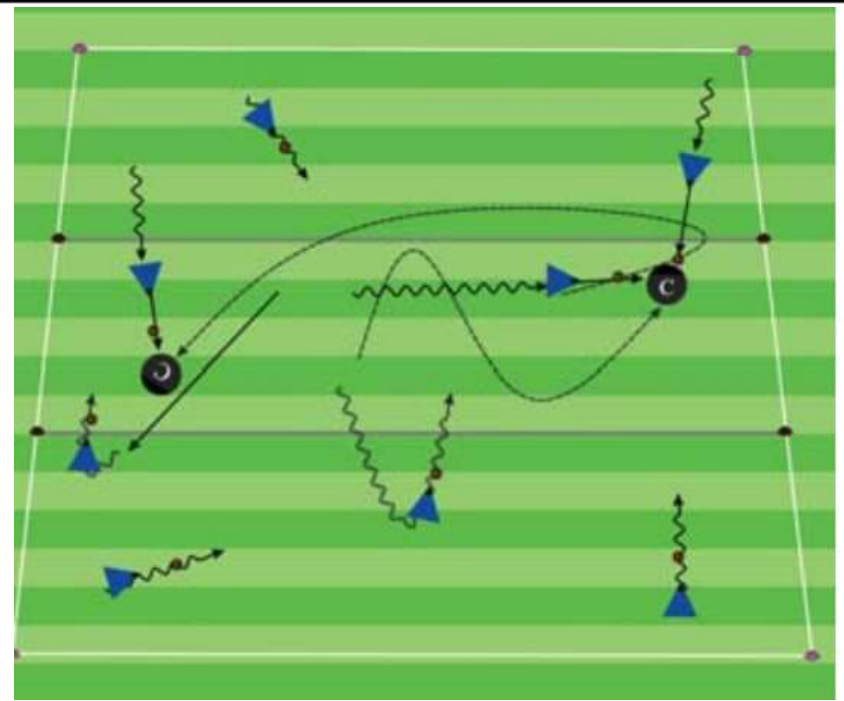
**Organization:** In a 15Wx20L grid, all the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals)

**Rules:** Play starts when the coach asks, "does anyone want a milk-bone?" Coaches can only walk. Whoever scores the most milk-bones wins the round.

**Key Words:** Make the ball move faster with bigger kicks  
**Guided Questions:** Did all the players have a chance to win a milk-bone at least once? How can you get the players to use different surfaces of the foot to pass?

**Answers:** The coach can walk closer to the players who need more help so it is easier for them to get the prize. Award extra milk-bones if a player can hit the coach using surface other than the toe.

**Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals**





## Improve the techniques of dribbling Dribble: 6U Week 4: BULLDOGS!

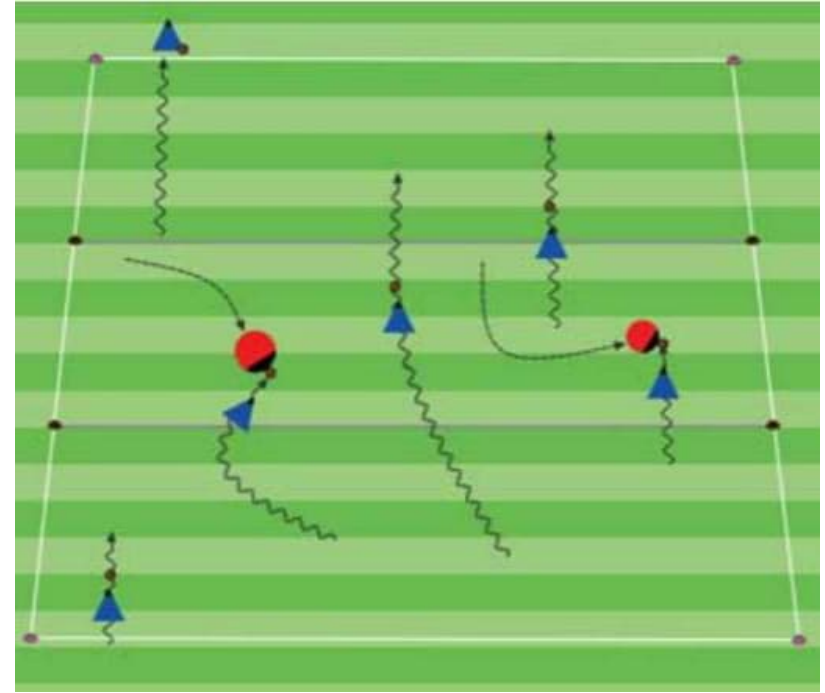
**Organization:** In a 15Wx20L grid, with a 5-yard zone in the middle (the dog pound), coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball & must stay in the pound). Each player has a ball and starts on one end line. Players try to sneak through the dog pound without waking the catchers

**Rules:** When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you become a catcher also. Dog catchers can also switch roles with the bulldogs.

**Key Words:** Slow the ball down  
**Guided Questions:** Are the players getting lots of dribbling repetitions during this activity? Once you get past the dog pound, what part of your foot can you use to stop the ball on the end line?

**Answers:** If they players are not getting enough repetitions, have them dribble across the field and back again before playing the next round. You can stop it with the bottom of your foot or your inside or outside of the foot by wrapping your toe around the ball.

(Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)



**Organization:** In a 15Wx20L grid, with a 5 yard zone in the middle & 2 goals on 1 end line: divide the players into 2 teams; Bulldogs vs Dog Catchers. Coach stands between the goals with all the soccer balls. One team starts on the coach's right the other on his left. Coach plays a ball onto the field. 1 player from each team chases it. Whoever gets it tries to score in their opponent's goal. (Play for 9 min - 12 intervals of 15 sec with 30 sec rest between intervals)

**Rules:** Game starts when the coach passes a ball onto the field. Score with feet. Key Words: Turn to score

**Guided Questions:** Are the players trying to score from far away or very close to the goal? Can the players strike the ball from greater distances?

**Answers:** If they players are dribbling into the goal, award more points for goals scored from your middle zone on the field. Point your toe down, make a big swing with your kicking foot & try to hit the ball with your laces to make the ball go further.

(Play for 9 min - 12 intervals of 15 sec with 30 sec rest between intervals)





## Improve the techniques of dribbling and passing: 6U

### Week 5: GALAXY

#### PLAY

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

**Organization:** Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)

**Rules:** The ball is given to the first player with his/her pinny on to start the game.

**Key Words:** Move the ball around the opponents

**Guided Questions:** How do you engage all the players? When should the players be encouraged to shoot?

**Answers:** Rotate who starts with the ball after goals or ball out of play and start with dribbling onto the field. Allow the players to find their shooting range on their own. For the players who have scored at least

**Time: Play 3 one min games with 1 min break or multiple 2-3 minute games**  
**Get the wiggles out!**



#### Dribbling Galaxy Hoppers

**Organization:** In a 15Wx20L grid, with several 3 yard triangular shaped Galaxies, all players with a soccer ball. In 90 seconds, challenge the players to get into & out of as many Galaxies as they can. Players dribble from one galaxy to another (triangle on the field).

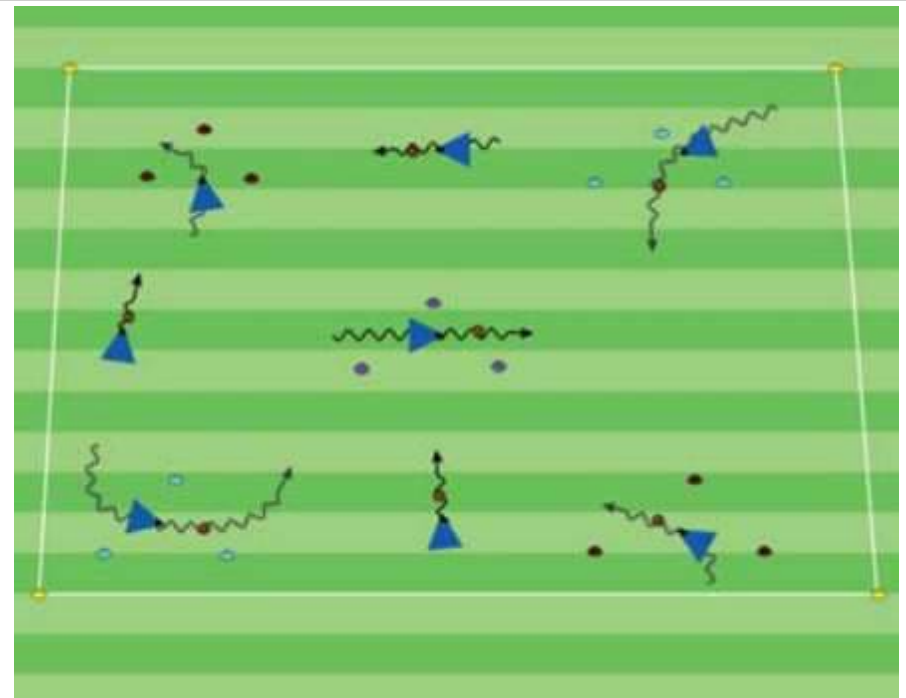
**Rules:** Play when coach says, "Go explore the Galaxy". Interval 1-how many Galaxies can you visit? Intervals 2 & 3, beat your score. Interval 4, must stop in the Galaxy before you can exit.

**Key Words:** Find your way through the galaxies. Go fast with the ball if you see an open galaxy.

**Guided Questions:** Why is it important to pick your head up or look over your shoulder? Where would you have the players start?

**Answers:** Pick your head up and check over your shoulder to find the open galaxies. Continue to look around while dribbling slowly. You can either have the players start inside a galaxy or start outside of the galaxies (coach's choice).

**Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals**





## Improve the techniques of dribbling and passing: 6U

### Week 5: GALAXY

#### Guardians of the Galaxy:

**Organization:** In a 15Wx20L grid, with several 3-yard Spaceships (bases). Select 2 players to be it. They have their ball in their hands & are the Guardians of the Galaxy; they protect the ships. The rest of the players dribble their soccer ball and are space fighters who are safe if they can land on a ship.

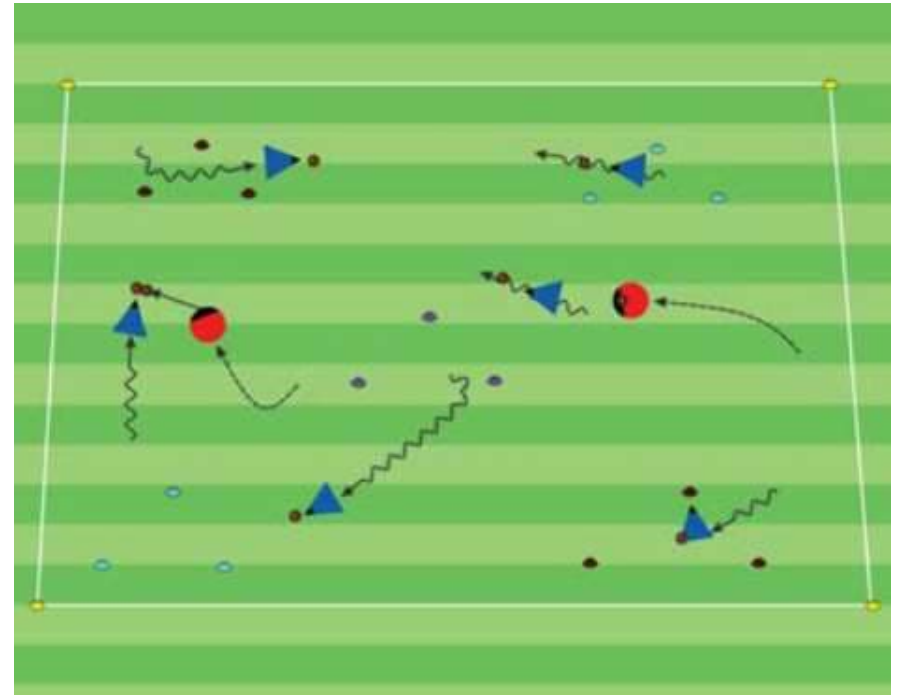
**Rules:** Play when coach says, "Go save the Galaxy". Guardians can only toss their soccer ball underhand to hit the space fighter's ball. Space fighters are safe if they can stop in a triangle. Count how many bases you can land on. If you ball is hit, you lose your points.

**Key Words:** Stop your ball, look before you move to the next spaceship

**Guided Questions:** Were the triangle (spaceships) big enough for the players to stop the ball in? Can the players use their laces to dribble the ball?

**Answers:** Make the triangles bigger if the players are not successful. Coaches can help the players use their laces by encouraging them to point their toe down and make a fist with your toes.

Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals.



#### PLAY - LET THEM PLAY

Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score.

**Organization:** In a 20Wx30L field and a small goal on each end line, play a 4v4 game.

**Rules:** Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.

**Key Words:** Play the ball forward, Score goals **Guided Questions:** What actions are you looking for from the players? How can you tell if the players have understood your technical demonstration?

**Answers:** Try to identify when the players are dribbling, stopping, turning or shooting. Have the players show you what they have learned.

Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals





## Improve the techniques of dribbling: 6U Week 5

### PLAY

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

**Organization:** Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)

**Rules:** The ball is given to the first player with his/her pinny on to start the game.

**Key Words:** Move towards the open goal. Try to change direction.

**Guided Questions:** What can you do or say to get the game started in 1 minute or less? What can you do if the game is lopsided?

**Answers:** Only provide the players with the team they are on and the direction they are playing. Leave the rest of the details for the players to discover. If you have multiple games, rotate teams every 2 minutes. If you have 1 game, rotate teams every few minutes.

**Time: Play 3 one min games with 1 min break or multiple 2-3 minute games**



### 4 Surfaces-to-the Drifting Continents:

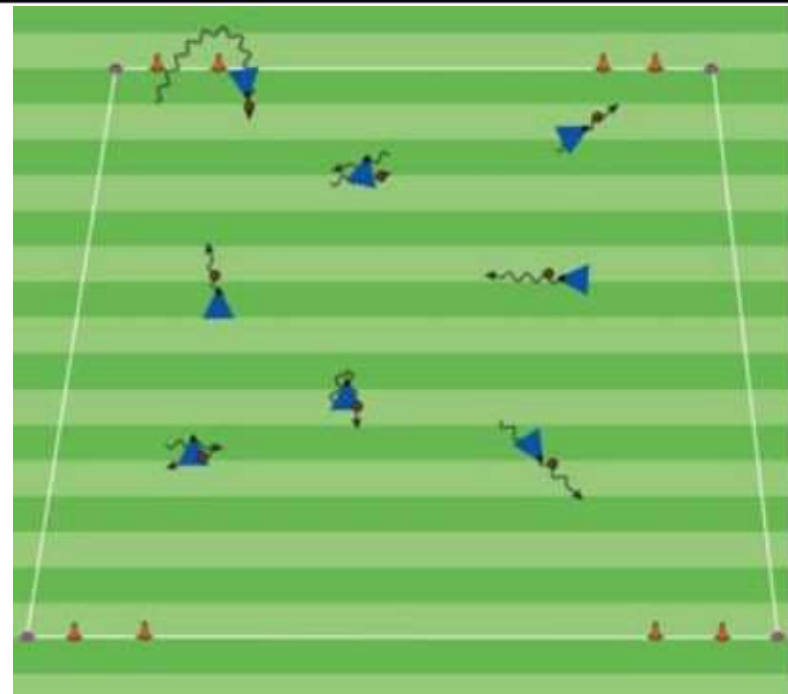
**Organization:** In a 15Wx20L grid, 2 cone goals on each end line & each player with a soccer ball: the players dribble their soccer ball using specific surfaces: outside right (pinky toe)-inside right (big toe)-repeat with the left foot. Coaches walk around and are the drifting continents. Players must avoid them and get to the safety of a goal. How many goals can they get to in 40 sec?

**Rules:** Players begin dribbling as soon as they have their ball. On the coach's command (or whistle), the players will dribble their ball as fast as they can through any of the 4 goals. After each round, the coach can introduce a new surface.

**Key Words:** Move the ball away from the continents with the inside, outside or laces of your foot.

**Guided Questions:** Why should the players use soft touches when dribbling?

**Answers:** Soft touches help to keep the ball close.



**(Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals).**



**Organization:** In a 15Wx20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball anywhere in the grid & avoid Sid the Sloth. (coaches are Sid the Sloths & can only walk): Crash & Eddy try to dribble their soccer ball into as many goals as they can without getting tagged by Sid.

**Rules:** play begins when Crash & Eddy are on the field. Crash & Eddy get 1000 pts for every goal they can score by dribbling through. If they get tagged by Sid the Sloth, they lose all their pts and have to begin counting over.

**Key Words:** Try to go around Sid using the inside and outside of your foot.

**Guided Questions:** When do you want to go fast with the soccer ball? Why would you use your laces to get away?

**Answers:** When Sid is chasing you, go faster with the ball. If you point your toe down you can use your laces for longer/stronger touches on the ball to accelerate.

(Play for 8 min-4 intervals of 90 sec with 30 sec rest between intervals)



#### PLAY - LET THEM PLAY

Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score.

**Organization:** In a 20Wx30L field and a small goal on each end line, play a 4v4 game.

**Rules:** Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.

**Key Words:** Play the ball forward, Score goals  
**Guided Questions:** What actions are you looking for from the players? How can you tell if the players have understood your technical demonstration?

**Answers:** Try to identify when the players are dribbling, stopping, turning or shooting. Have the players show you what they have learned.

Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals





# Improve the techniques of dribbling: 6U

## Week 7

### PLAY

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

**Organization:** Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)

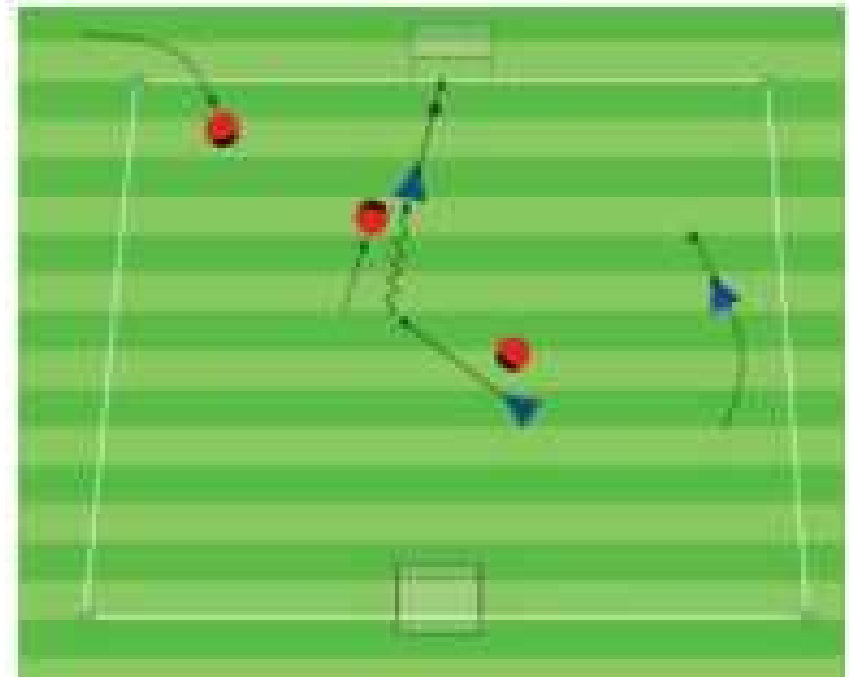
**Rules:** The ball is given to the first player with his/her pinny on to start the game.

**Key Words:** Move towards the open goal. Try to change direction.

**Guided Questions:** What can you do or say to get the game started in 1 minute or less? What can you do if the game is lopsided?

**Answers:** Only provide the players with the team they are on and the direction they are playing. Leave the rest of the details for the players to discover. If you have multiple games, rotate teams every 2 minutes. If you have 1 game, rotate teams every few minutes.

**Time: Play 3 one min games with 1 min break or multiple 2-3 minute games**



### Steal the Treasure.

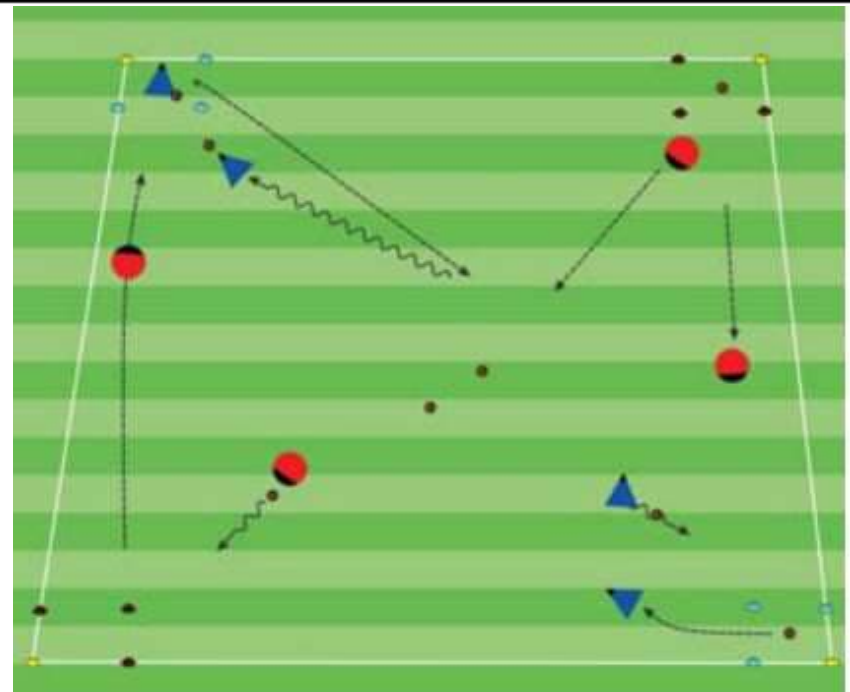
**Organization:** In a 15Wx20L grid, place a 4x4 square in every corner. Divide the players equally between the corners. (each team makes up a team name). All the soccer balls start in the center of the grid. On the coach's command, the players race to the middle to get a ball (with their feet only) and take it to their home base. Once all the balls are gone from the middle, steal them from other teams.

**Rules:** Play when coach says, "Game On!". Dribblers can only use their feet when getting or stealing a soccer ball. In later rounds, players can also kick the ball back to their home as long as someone can stop it.

**Key Words:** Look up to find soccer balls and find your home  
**Guided Questions:** after you steal a treasure, what now? What can you do if you see a soccer ball on your field?

**Answers:** Once you have stolen some treasure, dribble back to you base as fast as you can. Go get it as fast as you can so you get to it before anyone else

**(Play for 8 min - 4 intervals of 1min with 1 min rest between intervals).**





## Improve the techniques of dribbling: 6U Week 7

### Two-Headed Monster Invasion:

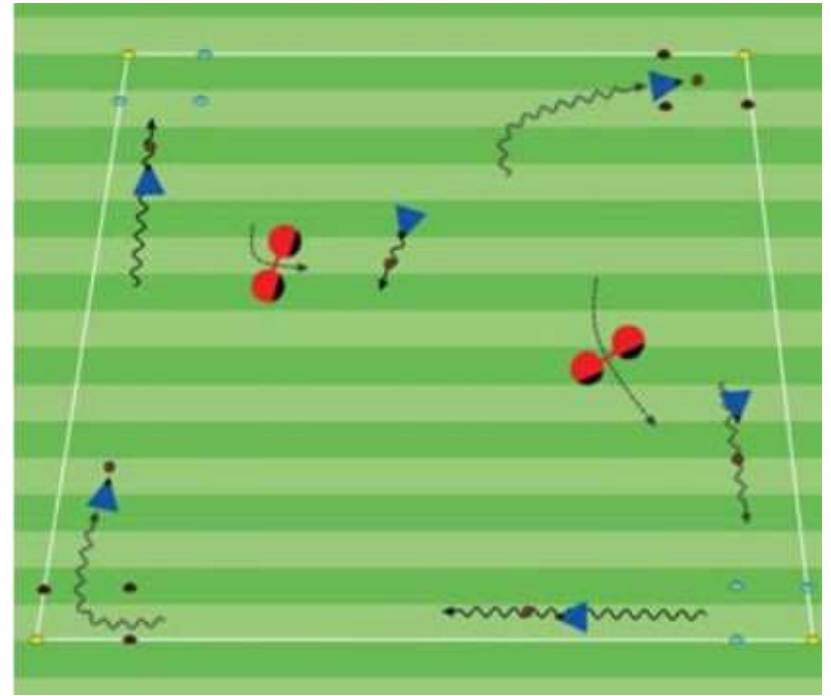
**Organization:** In a 15Wx20L grid, place a 4x4 square in every corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball except for 2 set of 2 players. These players join hands (Two-Headed Monsters). The players try to dribble their ball into as many caves as possible. The Monsters try to tag them

**Rules:** Play when coach says, "Monsters on the Loose!". Dribblers get 100 points for each cave they get into. If tagged by a monster, they lose their points and have to begin scoring again. Monsters must stay connected.

**Key Words:** Try to sneak behind the monsters since they can't turn quickly  
**Guided Question:** What can you do if a monster is chasing you? Where can you go if a monster is guarding a cave?

**Answers:** Run to a cave with your soccer ball to avoid them. Chose a different cave and get their as fast as you can.

(Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).



### Field of Doom:

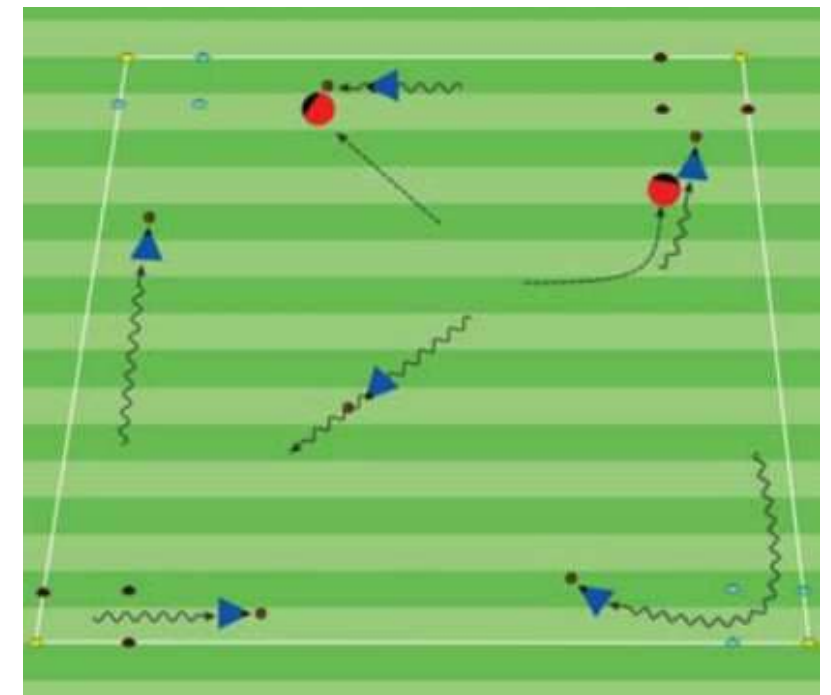
**Organization:** In a 15Wx20L grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to dribble from box to box while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes.

**Rules:** Play when coach says, "Game On!". Only players with a ball can score. If you lose your ball, you can either steal your ball back or steal one from any of the dribblers. Dribblers are safe in any box but need to get to another box for more points.

**Key Words:** Use your laces to push the ball in front of you to go faster. Use the inside or outside of your foot to change direction. **Guided Questions:** Help the players recognize these moments through guided questions. For example, when is it a good time to run to the next box? See if the players can answer.

**Answers:** When the monsters are not ready or not looking, get to the next box as fast as you can.

(Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).





# Improve players ability to Shoot to score goals: 6U

## Week 8

**Organization:** Make 2-3 fields, 15W x 20L w/a goal at each end. As players

arrive to the field start them playing games up to 4v4.

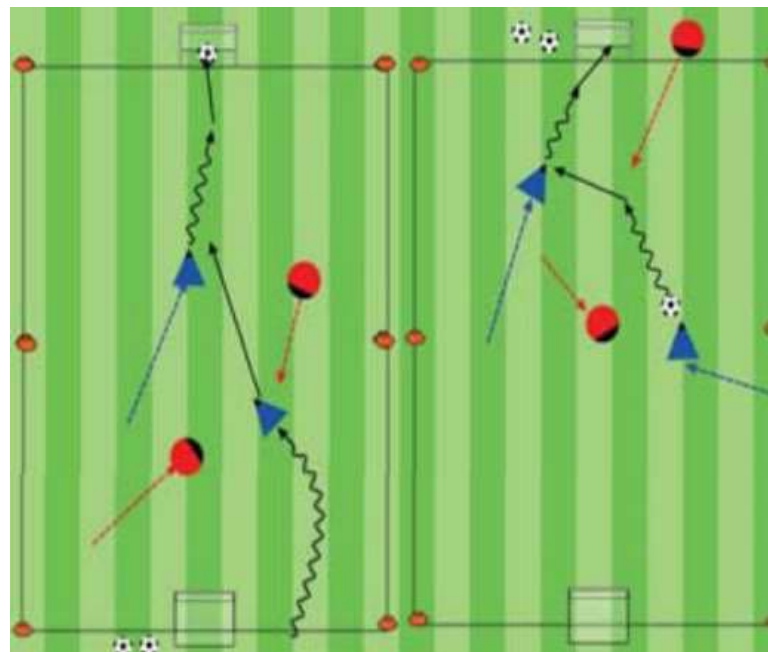
**Rules:** Start games w/ a kick off. Out of bounds, pass the ball in to a teammate. Allow for free play among the players.

**Key Words:** Look up, find an opening, shoot, attack quickly towards the goal

**Guided Questions:** How can you find out the attitude of the players? When is praise and encouragement too much?

**Answers:** Ask players questions that get them talking about themselves and engaged in what's going to happen in practice today. It's too much when you positively cheer on everything players are doing, good or bad.

Time: 4 games of 2 mins, 30 sec rest, activity duration is 10 min.



**Objective:** Play 2v2 to shoot to score in one of the opponents 2 goals.

**Organization:** On 10Wx15L field w/ a midfield line & 4 cone goals on the endlines. Have 2 even teams on each endline. Coach has the balls at midfield.

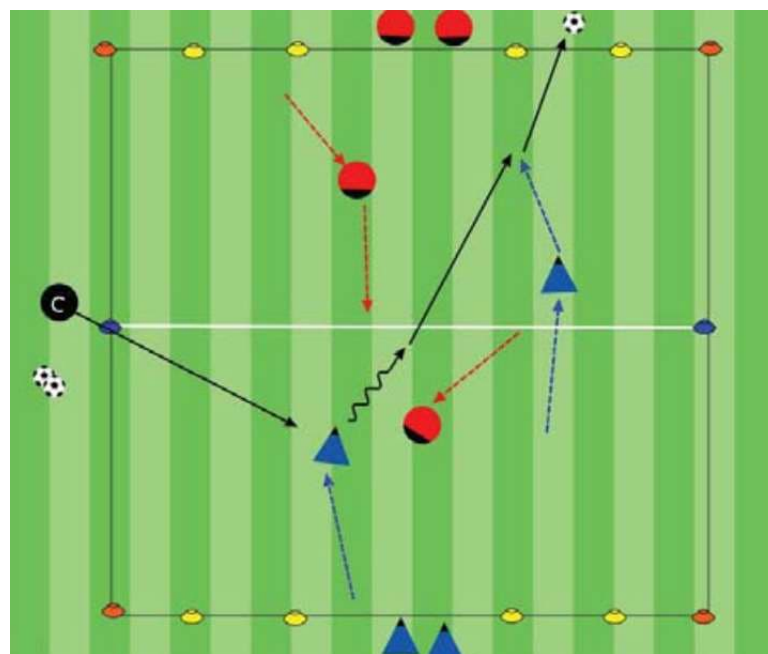
**Rules:** Each team sends 2 players onto the field. Coach plays the ball to one team on one half of the field. Score by shooting into the opponents cone goals. Bonus pts if you score a goal from a shot taken from your half of the field (long range shot). Play for 1 min or a goal is scored before rotating players on the field. Keep score.

**Key Words:** Look up, find an opening quickly, move forward, go to goal, shoot to score

**Guided Questions:** What should you do if there isn't enough repetition of shooting? What can you do if players are only shooting with their big toe?

**Answers:** Play numbers up, 2v1 or 3v2. Demonstrate to players how to shoot using different surfaces of their feet for power, accuracy and over a distance.

Time: 5 Intervals of 1 minute with 1 minute breaks,.





## Improve players ability to Shoot to score goals: 6U Week 8

**Organization:** 20Wx25Lyd field with goals. 2 teams split on each corner. Coach has all the balls. Play 2v2 to goal.

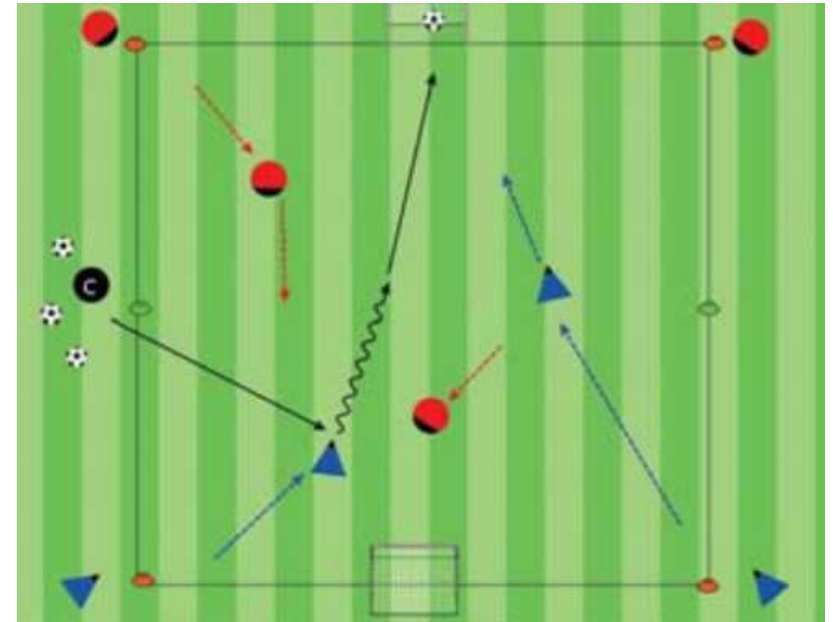
**Rules:** One player from each corner steps on the field. Coach plays a ball directly to a player to start. Play to score in the opponent's goal. Play 1min mini games before rotating players. Keep score.

**Key Words:** Look up, find an opening quickly, move forward, go to goal, shoot to score  
**Guided Questions:** What should you do if there isn't enough repetition of shooting? What can you do if players are only shooting with their big toe?

**Answers:** Play numbers up, 2v1 or 3v2. Demonstrate to players how to shoot using different surfaces of their feet for power, accuracy and over a distance.

**Key Words:** Look up, find an opening quickly, move forward, go to goal, shoot to score

**Guided Questions:** What should you do if there isn't enough repetition of shooting? What can you do if players are only shooting with their big toe?  
**Answers:** Play numbers up, 2v1 or 3v2. Demonstrate to players how to shoot using different surfaces of their feet for power, accuracy and over a distance.  
Time: 5 Intervals of 1 minute with 1 minute breaks,.



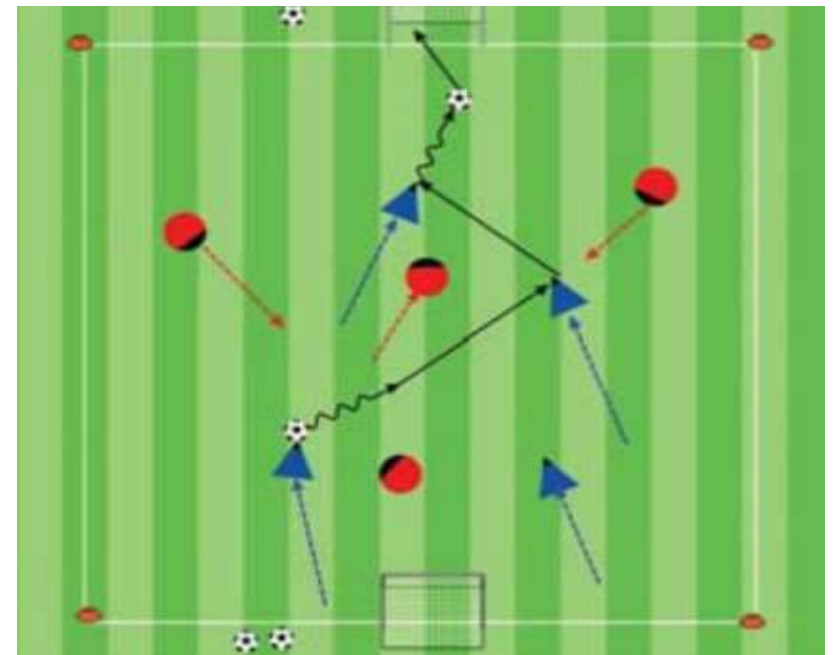
**Objective:** Each team is playing the game to score goals.

**Organization:** On a 25W x 35L field w/ a small goal at each end. Play 4v4.  
Rules: All modified 4v4 rules apply.

**Key Words:** Find or make an opening quickly (between defenders & nearer to the goal), shoot to score goals

**Guided Question:** How do you notice by watching the game that players understood the practice?

**Answer:** There are loads of shooting chances created during the game. Players are constantly trying to shoot & score goals whenever they think they can.



Time: Game is for 30 min, 2 halves of 12 min with 3 min of rest after each half.