

U6 – Week 1 Practice Plan

Warm-ups/Fast footwork – about 10 minutes

1. Take a lap around the field while dribbling the ball or dribble inside one side of the half without running into others
2. Fast foot work – each skill for about 30-60 seconds
 - a. Toe touches
 - i. Start with marching in place and touching the top of the ball with toe – alternative
 - ii. Encourage kids to speed up if feeling comfortable
 - b. Pendulums/Penguins
 - i. using the inside of your feet tap ball back and forth
 - ii. encourage kids to look up every so often (hold up a number for them to call out)
 - c. Drags
 - i. Using the sole of your foot, drag the ball back and behind you then turn and run to it
 - ii. Alternate feet
 - iii. Can also drag ball back and before it rolls behind you, point your toe down and push ball back forward
 - iv. Alternate feet
 - d. Croif
 - i. Drag the ball back until just behind you, then use the inside of your same foot to push the ball at a right angle so it moves behind you
 - ii. **this is tough – but just keep practicing it

The most important thing about fast footwork is to get the kids used to using both feet and all parts of their feet

3. Juggling
 - a. Start with holding ball about waist high and use *thigh* (not knee) hit the ball out of your hands – make sure to alternate
 - b. Encourage kids to try to get 2, then 3, etc
 - c. Next, incorporate juggling with feet by dropping the ball, letting it bounce once and then try to kick the ball up with the laces of your foot
 - i. Make sure these are small touches
 - ii. Make sure to use laces and not toes
 - d. Encourage kids to try any combos of feet and thighs

Kick-ins/Throw-ins – this will take the rest of this first practice

1. Kickoffs – can practice these, but not needed (will happen at the beginning of quarters and after each goal)
 - a. Just remind kids to kick forward and preferably toward a teammate
2. Goal kicks – when the other team kicks the ball out over the endline of the goal you are defending
 - a. The other team should fall back to the halfline
 - b. Encourage big kicks here and preferably toward the side (NOT right in front of the goal)
 - i. Remind kids to use the inside of their foot (NO toes!)
3. Corner kicks – when the other team kicks the ball out over the endline of the goal you are trying to score on
 - a. The defending/other team should have one player on the goal post closest to the ball to defend the goal
 - b. Encourage the kicking team to use a big kick – preferably a few feet in front of the goal (not directly toward the post)
 - c. Teammates should try to move toward the ball and shoot
4. Throw-ins – when the other team kicks the ball out over either of the side lines
 - a. Make sure both feet are behind the line
 - b. The ball needs to be thrown with both hands, starting behind your head
 - c. NO JUMPING
 - d. Make the kids repeat this until they have these 3 steps down
 - e. Then, encourage kids to throw the ball down the sideline or towards the goal you are scoring on (NOT toward the goal you are defending)

Play a game to end each practice (see back of this Practice Guide)

- Red Light, Green Light
- Sharks and Minnows
- Kick the Coach – you give the kids 2 minutes to try to hit you with the ball by passing/kicking the ball at you while you move around
 - NO HANDS

U6 – Week 2 Practice Plan

Warm-ups/Fast footwork – about 10 minutes

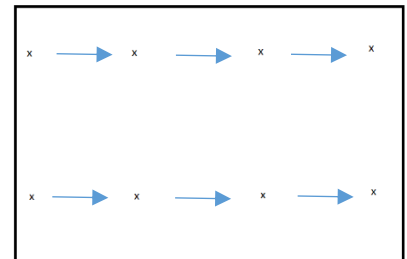
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 - a. Toe touches
 - i. Start with marching in place and touching the top of the ball with toe – alternative
 - ii. Encourage kids to speed up if feeling comfortable
 - b. Pendulums/Penguins
 - i. using the inside of your feet tap ball back and forth
 - ii. encourage kids to look up every so often (hold up a number for them to call out)
 - c. Drags
 - i. Using the sole of your foot, drag the ball back and behind you then turn and run to it
 - ii. Alternate feet
 - iii. Can also drag ball back and before it rolls behind you, point your toe down and push ball back forward
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 - i. Drag the ball back until just behind you, then use the inside of your same foot to push the ball at a right angle so it moves behind you
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The most important thing about fast footwork is to get the kids used to using both feet and all parts of their feet

3. Juggling
 - a. Start with holding ball about waist high and use *thigh* (not knee) hit the ball out of your hands – make sure to alternate
 - b. Encourage kids to try to get 2, then 3, etc
 - c. Next, incorporate juggling with feet by dropping the ball, letting it bounce once and then try to kick the ball up with the laces of your foot
 - i. Make sure these are small touches
 - ii. Make sure to use laces and not toes
 - d. Encourage kids to try any combos of feet and thighs

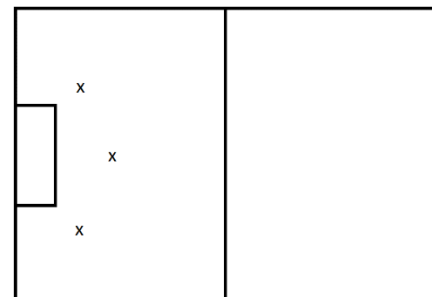
Passing Drill – 10 minutes (about 5 minutes each)

4. Pass Race
 - a. Separate into 2 teams
 - b. Evenly space the kids of each team from one endline to the other endline (length of the field)
 - c. The ball will start on one end and the teams will race to pass the ball down the line and back
 - d. Each player must stop the ball, then turn and pass to the next in line
5. Pass and Move
 - a. Groups of 3 and assign each kid a number
 - b. #1 always passes to #2, and #2 always passes to #3 and #3 always passes to #1
 - c. As soon as you pass the ball, you must move somewhere
 - d. Encourage the kids to pick their head up and look for who they are needing to pass to
 - e. Encourage the kids to talk to each other



Shooting Drill – 10 minutes

6. Around the World
 - a. Set up 3 cones about 8 feet out from the goal
 - b. You can do this as a race if using both sides of the field
 - c. All kids start on one cone and will move to the next cone once score a goal
 - d. The next cone cannot begin until all of their team has made a goal at the 1st cone
7. Pass and shoot – to practice shooting on the run
 - a. Have the kids line up at half
 - b. Pass the ball to you (about halfway to the goal)
 - c. You deflect the ball off to the side just a bit so the kid can run up to the ball and shoot on the run



Play a game to end practice

- Sharks and Minnows
- Duck Tails
- Freeze Tag

U6 – Week 3 Practice Plan

Warm-ups/Fast footwork – about 10 minutes

1. Take a lap around the field while dribbling the ball or dribble inside one side of the half without running into others
2. Fast foot work – each skill for about 30-60 seconds
 - a. Toe touches
 - i. Start with marching in place and touching the top of the ball with toe – alternative
 - ii. Encourage kids to speed up if feeling comfortable
 - b. Pendulums/Penguins
 - i. using the inside of your feet tap ball back and forth
 - ii. encourage kids to look up every so often (hold up a number for them to call out)
 - c. Drags
 - i. Using the sole of your foot, drag the ball back and behind you then turn and run to it
 - ii. Alternate feet
 - iii. Can also drag ball back and before it rolls behind you, point your toe down and push ball back forward
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3. Juggling
 - a. Start with holding ball about waist high and use *thigh* (not knee) hit the ball out of your hands – make sure to alternate
 - b. Encourage kids to try to get 2, then 3, etc
 - c. Next, incorporate juggling with feet by dropping the ball, letting it bounce once and then try to kick the ball up with the laces of your foot
 - i. Make sure these are small touches
 - ii. Make sure to use laces and not toes
 - d. Encourage kids to try any combos of feet and thighs

Dribbling Drills – about 10 minutes

4. Set up an obstacle course to dribble through or just cones in a line
 - a. Start with strong foot, then switch to left foot, then do a 3rd time with both feet
5. Squirrel game
 - a. Put all of the balls in the center of the circle at half and set up a “nest” with cones for the kids to put the acorns they collect
 - b. Have the kids around the outside of the circle until you tell them to collect the acorns
 - c. Encourage the kids to gently (so not to crush the acorn) use the sole of their foot to get an acorn and dribble it to the “nest”

Throw-in/Trapping the ball – 5 minutes

1. Have the kids pair up and practice throwing in the ball (no jumping, both hands with ball behind head) to their teammate
 - a. Aim for their teammate’s feet
 - b. Teammate will “trap” the ball with their feet/legs and pass back
 - c. Switch spots and repeat
 - d. Can have them turn and dribble away (*if grasping the idea well enough)

Battles/Shooting – about 10 minutes

2. Split the kids in half and have them form a line on each side of the center circle at the halflines
 - a. Toss or roll the ball into play in between the 2 lines moving toward the goal
 - b. Have the kids “battle” to score
 - c. *Try to pair the kids up according to ability if possible

Play a game if time

- Kick the Coach
- Sharks and Minnows
- Scrimmage

U6 – Week 4 Practice Plan

Warm-ups/Fast footwork – about 10 minutes

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 - i. Start with marching in place and touching the top of the ball with toe – alternative
 - ii. Encourage kids to speed up if feeling comfortable
 - b. Pendulums/Penguins
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 - d. Encourage kids to try any combos of feet and thighs

Passing Drills – about 10 minutes

4. Gates Race
 - a. Set up “gates” with 2 cones randomly around the half
 - b. Partner the kids up
 - c. Have them try to score as many passes through the gates as possible in 2 minutes
 - i. They cannot use the same gate 2 times in a row
 - ii. Encourage kids to look around to avoid running into other teams
5. Passing Race – same as Week 2
 - a. Separate into 2 teams
 - b. Evenly space the kids of each team from one endline to the other endline (length of the field)
 - c. The ball will start on one end and the teams will race to pass the ball down the line and back (can zig-zag the line too)
 - d. Each player must stop the ball, then turn and pass to the next in line



Shooting Drills – about 10 minutes

1. Around the World – focus on having a strong planted foot and swinging through with the kicking foot
 - a. Set up 3 cones about 8 feet out from the goal – move out further if doing OK
 - b. You can do this as a race if using both sides of the field
 - c. All kids start on one cone and will move to the next cone once score a goal
 - d. The next cone cannot begin until all of their team has made a goal at the 1st cone
2. Shoot off a dribble
 - a. Start near the sideline and have them dribble around a cone near the center of the field in front of the goal
 - b. Once around the cone, shoot
 - c. Switch sides to work on both feet

Play a game

- Freeze Tag
- Duck Tails
- Kick the Coach
- Scrimmage

U6 – Week 5 Practice Plan

Warm-ups/Fast footwork – about 10 minutes

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 - i. Start with marching in place and touching the top of the ball with toe – alternative
 - ii. Encourage kids to speed up if feeling comfortable
 - b. Pendulums/Penguins
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 - i. Make sure these are small touches
 - ii. Make sure to use laces and not toes
 - d. Encourage kids to try any combos of feet and thighs

Dribbling drill – 10 minutes

4. Fill and empty the bucket race
 - a. Timed to see how quickly they can complete
 - b. Put half of the kids on one side line and the other half on the other – each should have a ball
 - c. Use 4 cones to make a square in the middle
 - d. One player starts by running/dribbling and leaving their ball in the square in the middle – the “bucket” and runs on to tag hands with a player across the field from them – then that player runs/dribbles the ball to the bucket.
 - e. This continues until all the balls are in the bucket, then the race continues to “empty the bucket” – then the players race to the bucket to get a ball and dribbles to the opposite teammate to tag hands so they can go get a ball, etc
 - f. Repeat to see if they can improve their time (can always split into 2 teams to race if enough players)

Scrimmage – the rest of practice

5. Split the team into 2 – or grab another team – and play a game
 - a. Stop play when the kids start bunching and encourage them to spread out
 - b. Encourage passing – this will be tough, but important to stop play to point out times to pass
 - c. Stop play and re-do kickins or throw-ins if done incorrectly
 - i. Encourage quick throw-ins

Play a game

- Red Light, Green Light
- Get the Monster

U6 – Week 6 Practice Plan

Warm-ups/Fast footwork – about 10 minutes

1. Take a lap around the field while dribbling the ball or dribble inside one side of the half without running into others
2. Fast foot work – each skill for about 30-60 seconds
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 - i. Start with marching in place and touching the top of the ball with toe – alternative
 - ii. Encourage kids to speed up if feeling comfortable
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Shooting Drills – about 10 minutes

4. Pair up kids to have one throw in to the other
 - a. Trap/stop the ball without hands and turn to dribble to goal and shoot
 - b. Will prob need to set-up a cone to tell the player when to shoot the ball
 - i. Encourage longer shots – not dribbling into the goal
 - ii. Encourage shots while on the run
 - c. Switch roles
 - d. Can run this drill from both sides of the field to work on shooting with the other foot as well
5. Around the World – same as previous practice
 - a. Encourage kids to focus on kicking with the inside of their feet (not toes!)
 - b. Change up the angles to get practice shooting from all over

Passing Drills – about 10 minutes

6. Pass and move – circle formation
 - a. Form a circle with cones (more than you have players)
 - b. Have the kids find a cone around the circle with a ball and have 2 players inside without a ball
 - c. Have the 2 in the center call out to a teammate for a pass
 - d. The player receiving the ball will turn and dribble to an open cone while the player that passed the ball will run into the circle and find a teammate to pass to them
 - e. Play for 3-5 minutes – encouraging talking/calling for the ball

Play a game

- Sharks and Minnows
- Battles
- Kick the Coach
- Freeze Tag

U6 – Week 7 Practice Plan

Warm-ups/Fast footwork – about 10 minutes

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 - d. Encourage kids to try any combos of feet and thighs

Drill if needing to work on something, otherwise...

Last Practice – play whatever games the kids want!

Games

Red Light, Green Light

- Have the coach call the lights
- Players must dribble a ball
- Can use red light (stop), yellow light (slow) and green light (fast)....but the ball must be stopped when red light is called

Kick the Coach

- Give the kids 2 minutes to try to hit you with the ball as you move around
- NO throwing the ball...no hands at all
- Can make this tougher by covering your eyes if the kids are having trouble getting you

Freeze Tag

- Everyone is dribbling a ball
- The IT player (can be without a ball if too tough, but then they must walk) tries to tag the other players
- Once tagged, the player must stand with their legs apart and their ball above their head and wait until another player passes the ball between their legs to “unfreeze” them

Sharks and Minnows

- One “shark” will start on one sideline without a ball
- The “minnows” will start on the opposite sideline with a ball
- The minnows have to make it to the other sideline with their ball while the shark tries to kick their ball out of bounds
 - Minnows cannot dribble out of bounds either, otherwise they also turn into a shark
- Once minnows lose their ball, they join the shark until there is only one minnow left

Duck Tails

- All players tuck a jersey/penny into the back of their shirts as a “duck tail”
- Set a boundary with cones
- Have the players dribble around trying to take the other players’ ducktail or kick their ball out of bounds
- Once the player loses their tail, they move to the outside of the boundary
 - If the game is going too long, you can send in the players already out to speed this up

Get the Monster

- Set up a large circle with cones and have the kids line up outside the circle with a ball
- Have 1-2 kids enter the circle as “monsters” without a ball
- The other kids will try to get the monster with the balls by passing to each other while the monsters run around inside the circle
 - Make sure the kids are not “booting” or kicking the ball hard – they are to be passing to each other outside the circle while trying to hit the monsters on the inside

Battles

- Have the players sit on the centerline facing away from the goal you are using
- Call out 2 players’ name while rolling a ball into play
- The 2 players will then “battle” to be the first to score
 - Try to call out players with similar skill – or roll the ball towards a player that needs an advantage, etc
- If the ball goes out of bounds, play is done
- Call 2 new players
- Can play as survivor-mode with only one left, or just continue to call out names until ready for the next game

****If you have any practice or game ideas that we could add to this guide, please share!**