

U6 Practice #10

Appendix B

U6 SOCCER PRACTICE SCHEDULE

Most, if not all, of the small-sided soccer games, fun games and soccer skill drills set out in the practice schedule are covered in the U6 clinic.

<u>Practice #1</u> Bulldog Soccer + SK drills..(12 mins) Micro-Soccer game.....(10 mins) Mack II(10 mins) Mini-Soccer game + Chain-Link Soccer (10 mins)	<u>Practice #2</u> Square Dance + Anatomy + Space Invaders Change Soccer game Mack I Mini-Soccer game
<u>Practice #3</u> Bulldog Soccer + SK drills Change Soccer game Circle Passing Mini-Soccer game + Chain-Link Soccer	<u>Practice #4</u> Square Dance +Anatomy +Musical Soccer Balls Numbers game Circle Passing Change Soccer game
<u>Practice #5</u> Shadow Soccer + SK drills Numbers game Mack II Mini-Soccer game + Chain-Link Soccer	<u>Practice #6</u> Square Dance +Musical Soccer Balls +Survivor Change Soccer game Mack II Mini-Soccer game (kids vs parents?)
<u>Practice #7</u> Shadow Soccer + SK drills Numbers game Mack I Mini-Soccer game + Chain-Link Soccer	<u>Practice #8</u> Square Dance +Musical Soccer Balls +Nutmeg Change Soccer game Circle Passing Mini-Soccer game + Chain-Tag game
<u>Practice #9</u> Chain Tag + SK drills Numbers game Circle Passing Mini-Soccer game + Chain-Link Soccer	<u>Practice #10</u> Square Dance + Anatomy + Nutmeg Change Soccer game Mack II Mini-Soccer game (kids vs parents?)

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PART TWO: FUN & GAMES

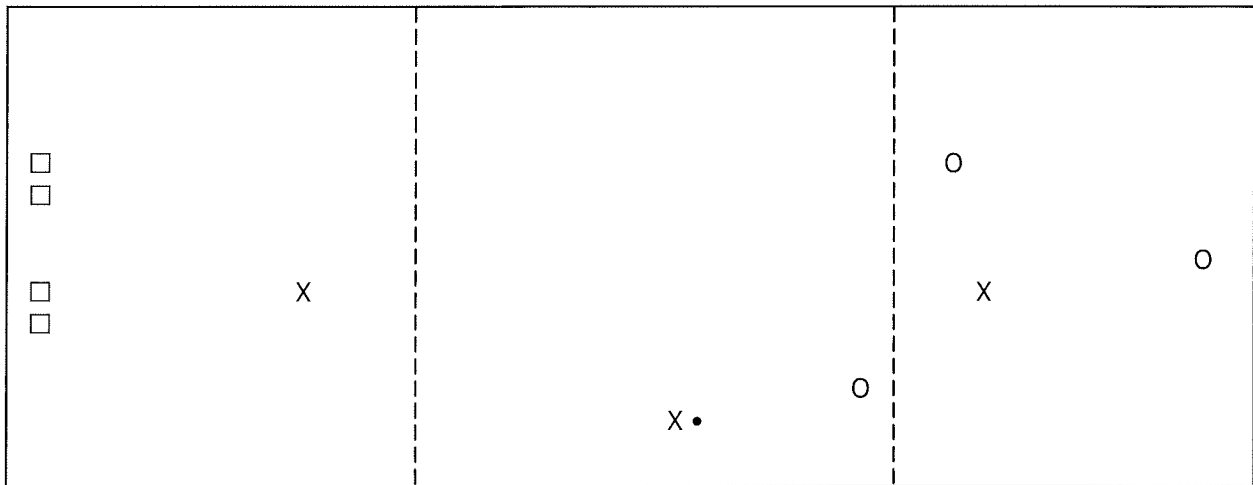
(i) Field Layout

The game and practice field is laid out in the following order:

- i. Start at one corner
- ii. Place flat cones every 3 yards on side and end lines (if enough cones permit)
- iii. Mark the goals with marker cones (and corner posts if available)
- iv. Mark the 6yd goal area with a couple of flat cones

(ii) Small-Sided Soccer Games

(i) Mini-Soccer



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- Game of 3v3
 - Restarts
 - Goal kick may be taken from anywhere within the 6yd goal area
 - Kick-off is taken from the center spot and the players of the opposing team must be in their 6yd goal area
 - Corner kick – the opposing players must be 5yds away
 - Free kick is given for handling, pushing, shoving, tripping, etc. The opposing players must be 5yds away. A goal may not be scored directly from a free kick. The ball must be passed to another player first.
 - No penalties – a free kick for an infringement in the 6yd goal area results in the ball being placed on the 6yd line closest to where the incident took place
 - Kick-in if the ball goes out over the sideline
 - Stop & correct a player if the player does something wrong
 - Substitutions – every 2-3 minutes a time-out is called and substitutions made
 - Sweeper-keeper can use hands in goal area only

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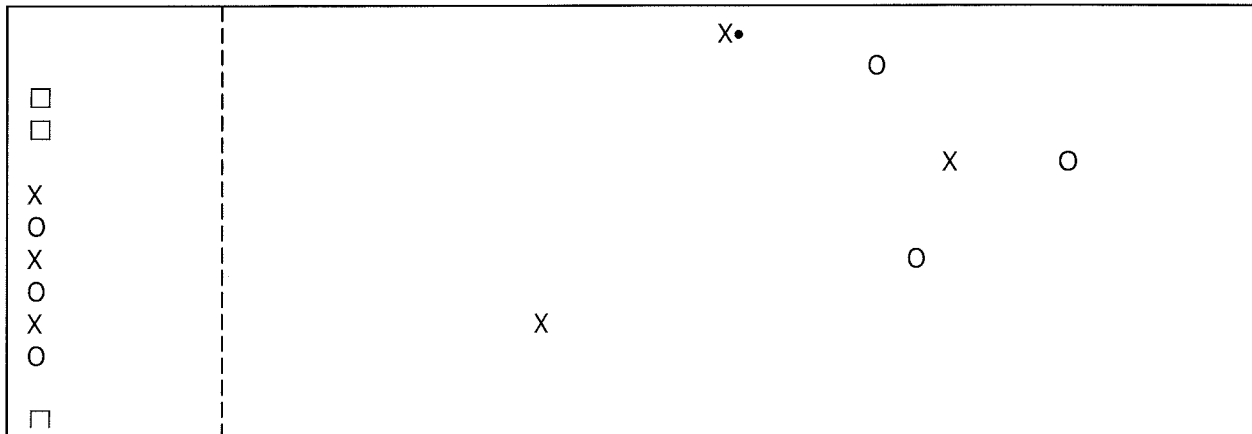
- Rotate the sweeper-keeper position amongst all the players equally
- Let the kids play – “let the game be the teacher”

• Coaching Points

- i. Sweeper-Keeper
 - When the game is first introduced to the players, do not play with the sweeper-keeper for the first few weeks.
 - Then for a few more weeks, just tell one player on each team that he/she can pick the ball up in the goal area with the hands.
 - Finally, nominate one player to be the sweeper-keeper on the team. It is important to emphasize to the player that he/she is both a shot-stopper and a sweeper. He provides the rear support for his team when it is attacking. He drops into goal and becomes the shot-stopper when the other team attacks.
 - The sweeper-keeper distributes the ball on the ground with either the hands or the feet. It is not drop kicked towards the other team's sweeper-keeper.
 - When the sweeper-keeper has the ball, the other players go wide and/or high up the field.
- ii. Running with the Ball
 - It is most important that players at this age are encouraged and learn how to run and dribble with the ball before entering the U10 age group where team possession starts to come into play with the 7v7 format.
- iii. Kick and Run
 - Discourage players from simply kicking the ball and running after it. This is detrimental to player development. Encourage them to control the ball and then run or dribble with it.
- iv. Keep Ball on the Ground
 - At this age group, it is important to have the players learn to play with the ball on the ground. Since these players do not have the physical coordination to control the ball on their bodies, the game can turn into a ping-pong game (i.e. the ball is constantly in the air and going from one side of the field to the other, and there is no semblance of control). Encourage the ball to be played on the ground for both player success and player development. It is hard enough for these players to control the ball when on the ground, let alone when it is in the air.

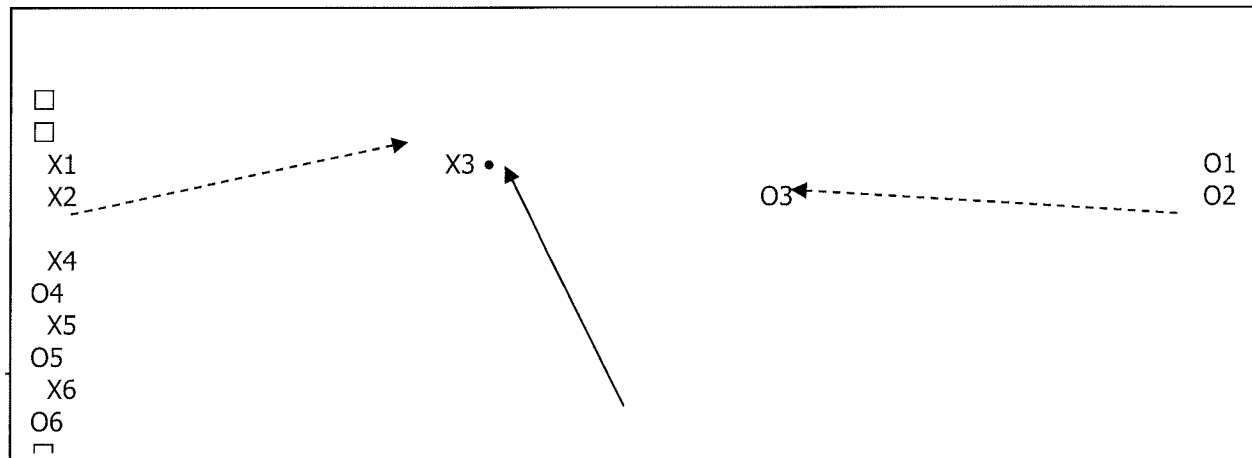
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(ii) Change Soccer



- Goal may only be scored below knee height
- All the kids are active, even the ones in goal
- Parents spread themselves around the perimeter of the field to act as ball retrievers and suppliers
- A couple of parents make sure that the players on the goal-line do not leave until all teammates are back

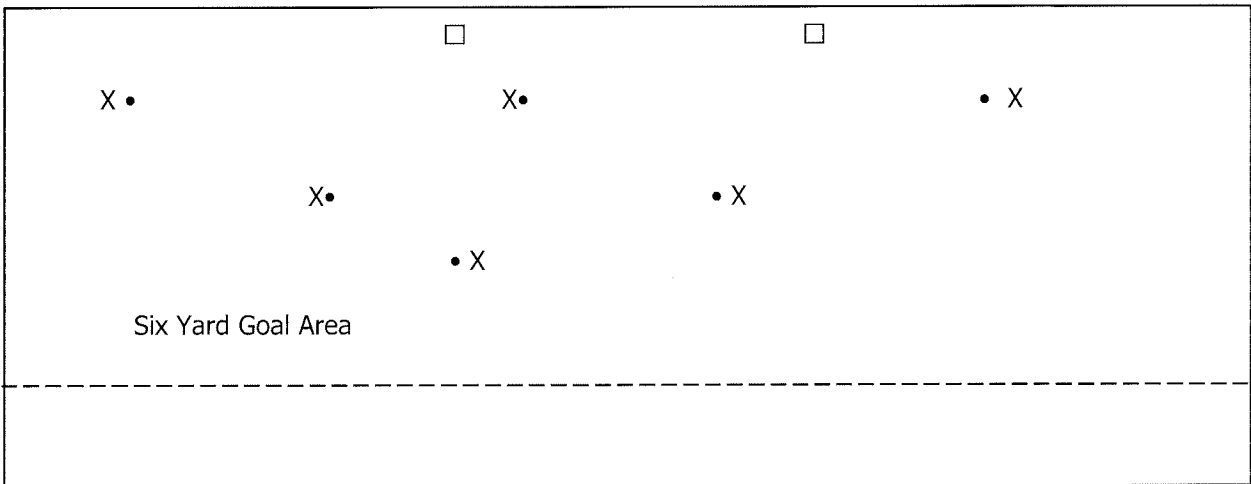
(iii) Numbers Game



- Give each player on a team a number, and ask them to repeat it back to you twice
- Call out one number to begin with, and then later on call out two numbers
- Attackers go for goal; Defenders stay on their feet
- 15/20 second shifts
- Widen the goals to give shooters some success
- Goal may only be scored if the ball goes into the goal below knee height
- Parents position themselves around the perimeter of the field as ball retrievers
- A couple of parents are behind the goal and remind the players of their numbers
- Towards the end of the season, play children vs. the parents (ask the parents to play a reasonably passive role)

(iii) FUN GAMES & INTRODUCTORY ACTIVITIES

(i) Square Dance



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- This is played in the 6yd goal area
- Each player has a ball (if possible)
- The players move the ball around the goal area with their feet
- Coaching Points
- Keep ball close (touch, touch, etc)
- Use both feet (left foot only, right foot only, bottom of the foot only)
- Stop the ball with the bottom of the foot

(ii) Space Invaders

- The game is played in the 6yd goal area
- All players have soccer balls and dribble around the grid
- A few parents are space invaders; they try to kick the balls of the players out of the grid
 - No ball can be kicked out if a player stops the ball with the bottom of the foot as a space invader approaches

(iii) Anatomy

- The game is played in the 6yd goal area
- All players have soccer balls and dribble around the grid
- When the coach calls out a body part, each player stops the ball with the sole of the foot and touches that body part on the top of the soccer ball
- *Combinations: right knee & left elbow; left knee and chin; hide ball*

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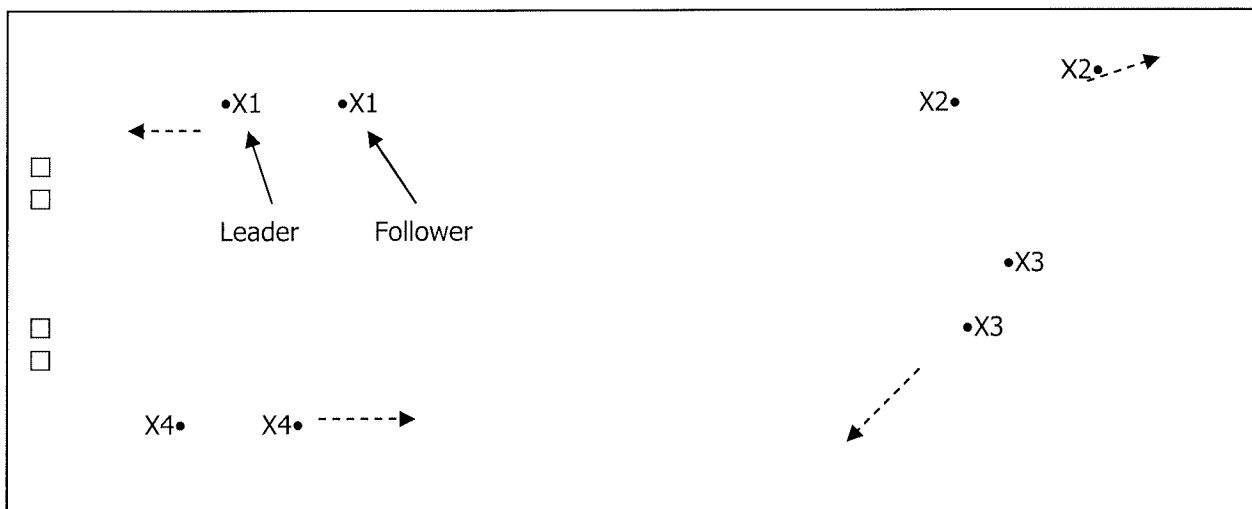
(iv) Musical Soccer Balls

- The game is played in the 6yd goal area (can be played to music)
- All players have soccer balls and dribble around the grid
- When the coach shouts “change”, a player must leave their ball and find another to dribble
- After a while, a couple of parents pick up a ball each when the coach calls out “change”
- Players without a ball must leave the grid
- Play the game until there are just two or four players in the grid

(v) Nutmeg Soccer

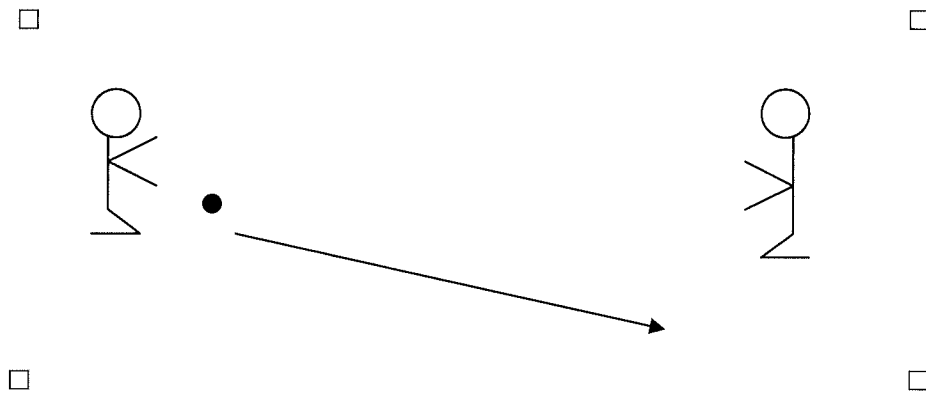
- This game is played in the 6yd goal area
 - Every player has a ball;
 - Parents stand with their legs open
- Progression
 - A player has to put the ball through the legs and collects it on the other side
 - Player puts the ball through the legs and follows the ball through the legs
 - Parent supports himself on the ground on both arms and legs; ball is passed in the channel between the arms and legs; player climbs over the back of the adult and collects ball on the other side

(vi) Shadow Soccer



- This game is played in the whole mini-soccer field
- All the players have a ball
- Partner each player with a parent
- The parent is the leader and the partner is the follower
- The leader runs around the grid, the follower attempts to follow while dribbling with the ball

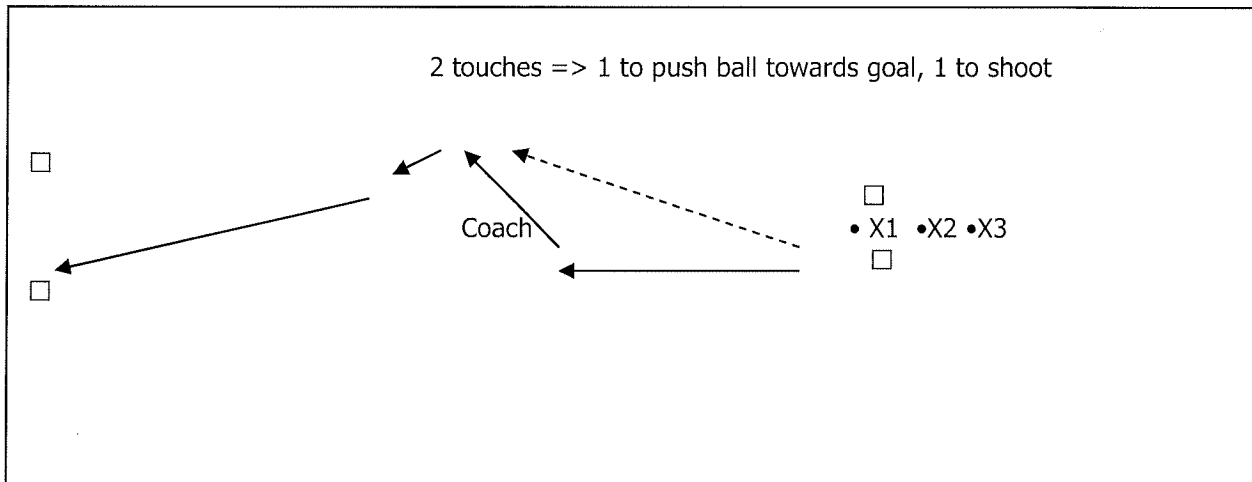
(ii) Goalie II – The Pendulum Roll



Coaching Points

- Player falls on his side, not on his front or on his elbow
- Player collects and protects the ball
- Player rolls back up using the top leg
- 5-10 rolls per player
- **Parents** – pair the players with their parents

(iii) Mack II



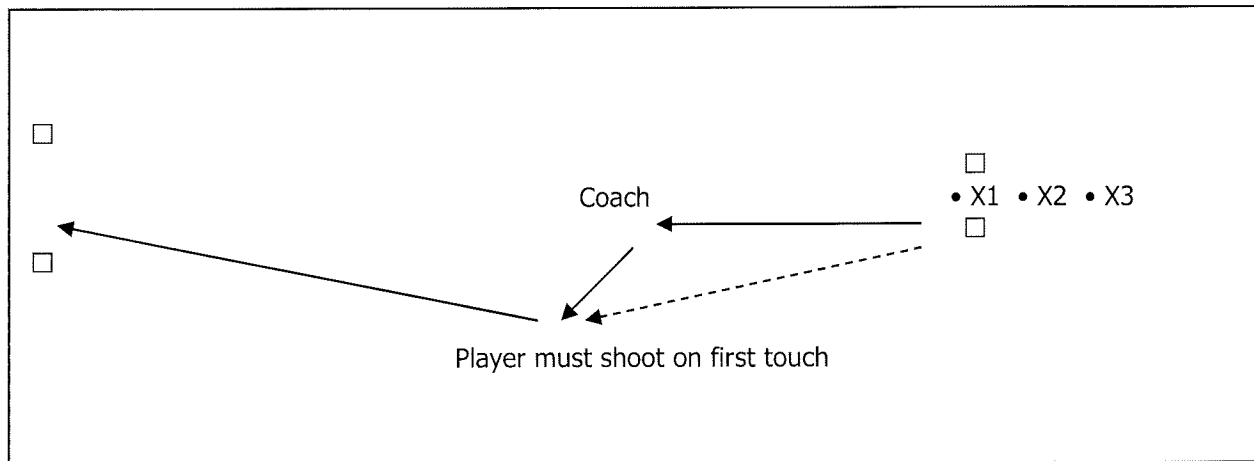
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- Divide the players into two groups; one group shoots to one goal and the other group shoots to the other goal
- Player passes the ball to the coach; coach redirects the pass to the side; the player comes forward and takes one touch to control the ball towards the goal and the second touch to shoot
- Accuracy before power; so no keeper and player must retrieve his own ball
- For weaker players, roll the ball closer to goal
- Roll the ball to the left for 20 attempts, then roll the ball to the right for 20 attempts; encourage players to use both right and left feet

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- Competition – half of the players shoot to one goal and the other half shoot to the other goal; record the number of goals in 20 shots and compare with other team
- Progression: roll the ball towards the goal; roll the ball parallel to the goal line; roll the ball back towards the player
- **Parents** – serve as goal posts, retrievers (maybe) and keep count of the number of goals

(iv) Mack I



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- Same as Mack II except that the player has to shoot first time, i.e. without a first touch to control the ball