

U6 PRACTICE #4

Appendix B

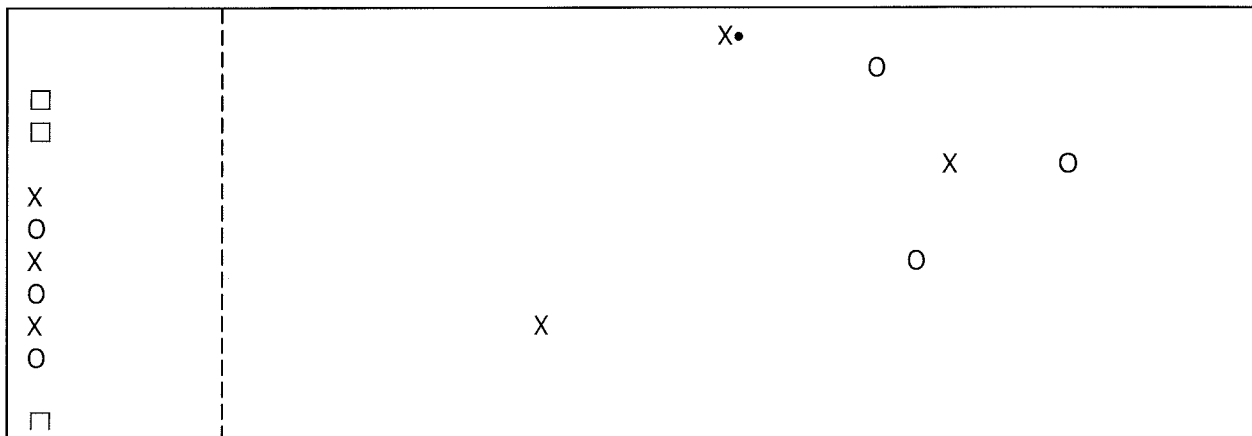
U6 SOCCER PRACTICE SCHEDULE

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?)

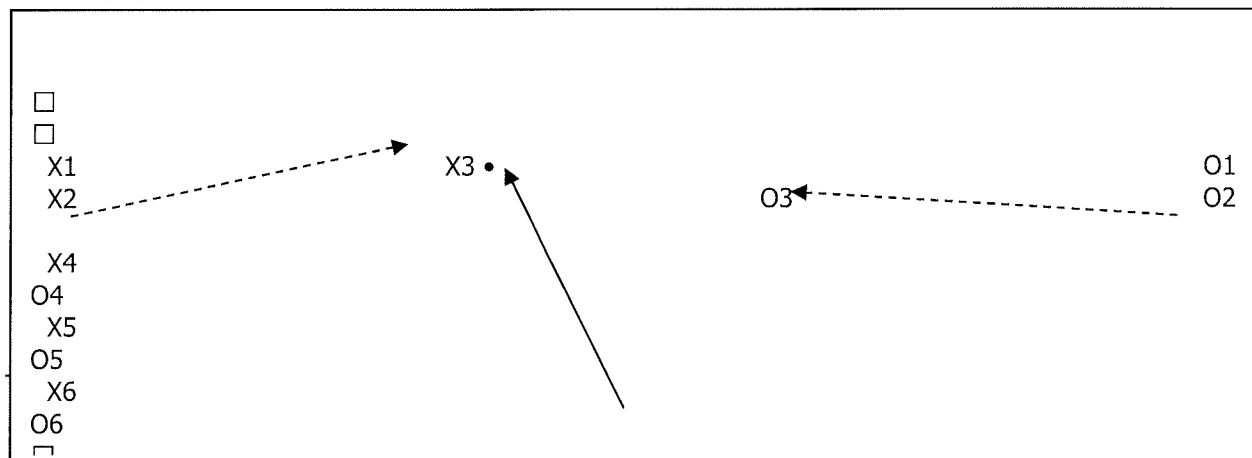
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(ii) Change Soccer



- 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

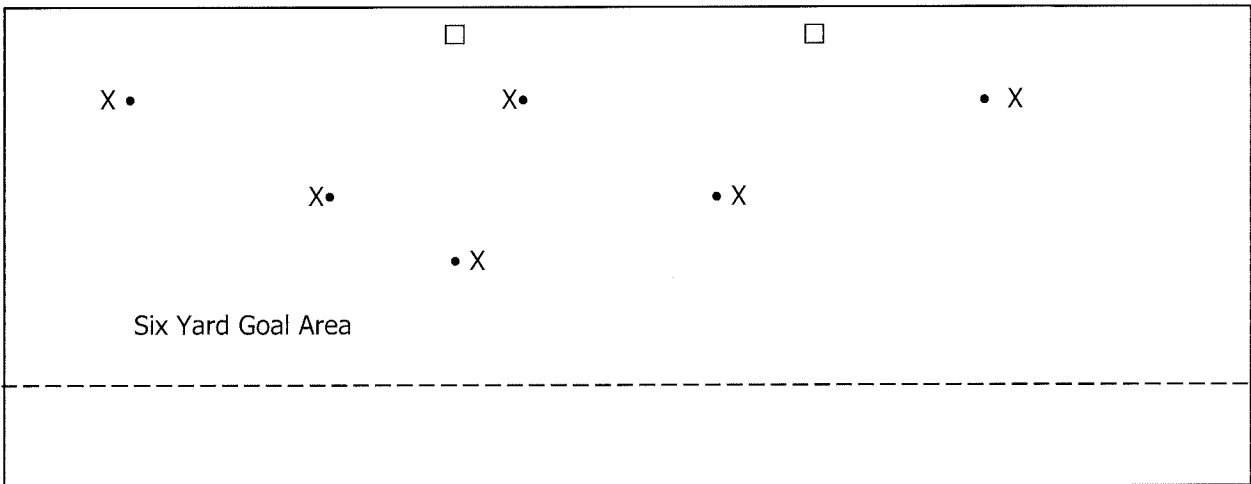


- Give each player on a team a number, and ask them to repeat it back to you twice
- Call out one number to begin with, and then later on call out two numbers
- Attackers go for goal; Defenders stay on their feet
- 15/20 second shifts
- Widen the goals to give shooters some success
- Goal may only be 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)

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(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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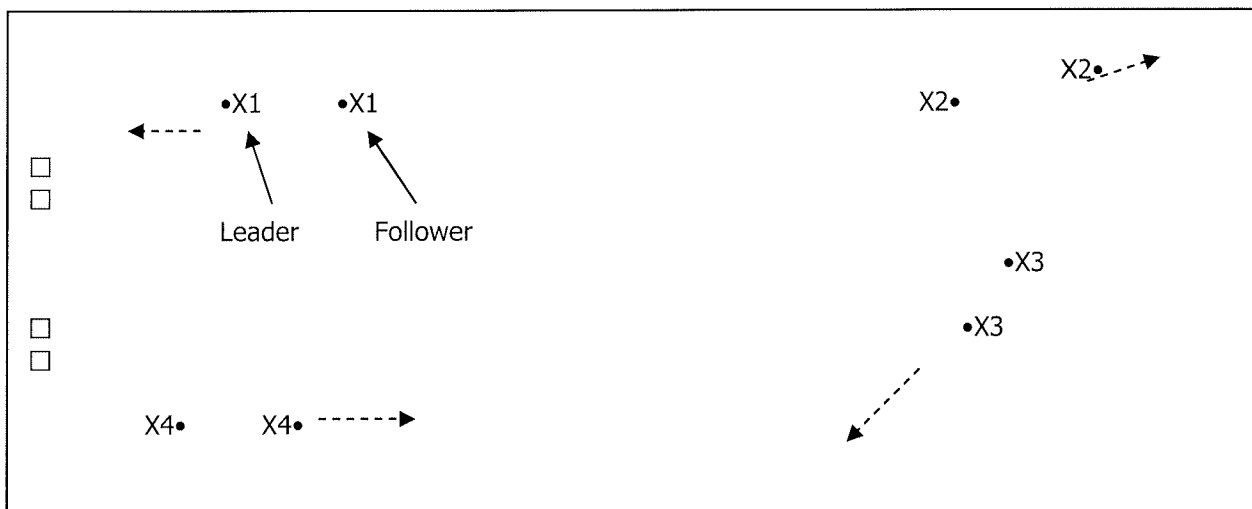
(iv) Musical Soccer Balls

- 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

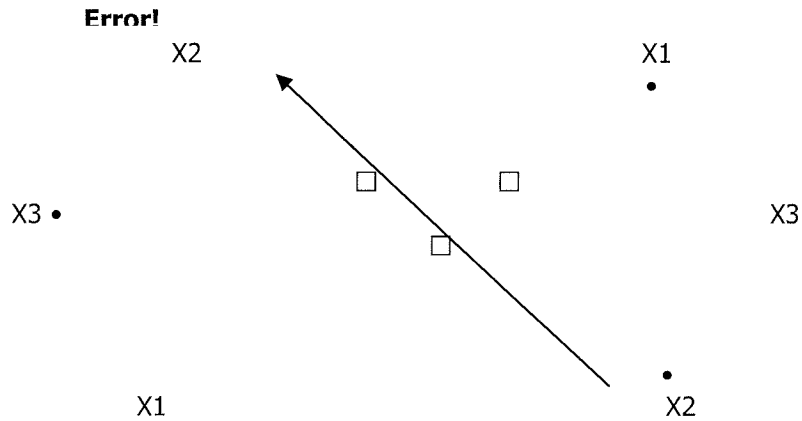
(vi) Shadow Soccer



- 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

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(v) Circle Passing



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- The players make a circle, radius 5-10yds
- Set up about 3 or 4 marker cones in the middle of the circle, OR even better, have four parents stand (on one leg)
- Players are in pairs, and are on opposite sides of the circle and outside the circle
- One ball per pair
- Players pass the ball with the inside of the foot and attempt to knock down the cones or hit the parents' legs in order to score a goal
- **Competition** – winners are the first pair to score 5 goals
- **Variation**
 - Form two circles of 6 players each (i.e. 3 pairs)
 - First circle to knock down all cones 5 times wins
- **Parents** – keep count of the number of goals for each team