

6U Pella Soccer Club

Curriculum & Practice Plan



6U Age Group Characteristics

Young players from ages 5 to 6 years of age love to play. Players must spend the maximum time possible in contact with the ball and experiment by themselves. Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control. Therefore, make the soccer experience fun and enjoyable while working on all of following skills/drills.

Technical Focus Points for this Age Group

*Dribbling
Passing and Receiving
Shooting*

Tactical Focus Points for this Age Group

Understand Basic Field Positioning

Physical Focus Point for this Age Group

*Basic Motor Skills
Agility
Coordination and Balance
Reaction
Acceleration*

Psychosocial Focus Points for this Age Group

*Motivation
Self-Confidence
Cooperation
Respect and Discipline*

Breakdown of Skill Area and Other Things to Consider

Training Habits:

Focuses on improvement rather than outcome of scrimmages

Has respect for teammates and coaching staff

Gives best effort in an attempt to improve

Demonstrates drill/skill and move on since attention level is short

Listens to coach and ready to train at assigned time

Has proper equipment

Keep it simple! Have tons of FUN!

Ball Skills:

Encourage play with both feet at an early age

Dribbling/Attacking:

Uses different surfaces of foot when dribbling (inside, outside)

Develops change of pace and direction with the ball

Keeps ball close to body between touches

Passing/Receiving:

Uses the inside of the foot when passing

Attempts to pass with proper pace, accuracy and timing

Moves toward ball when receiving

Attempts to receive and trap the ball correctly

Shooting/Attacking:

Uses laces to shoot or firm instep shot when close to goal

Able to strike a moving ball

Can shoot while running with the ball, focusing on technique

Non-kicking foot is correctly placed in relation to the ball

Heading-NOT encouraged or practiced at this age

Defending:

Pressures the ball after loss of possession

Has the ability to attack the ball

Agility and Coordination:

Jumping over a cone or a ball

Balance on one leg

Toe touches on top of the ball

Run and accelerate different directions



Pella Soccer Club 6U Season Plan



Trainings Per Week - 1 (60 Minutes)

Training Session Structure

- Warm-up (10)*
- Physical Activity (10)*
- Technique (20)*
- Scrimmage (15)*
- Debrief (5)*

Objectives for this Age Group

- Physical: Develop coordination and basic motor skills with and without the ball*
- Technical: Improve basic individual technique*
- Psychosocial: Feel comfortable and confident with the ball*
- Scrimmage: Take up good positions during the game*

By the End of the Season a player should be capable of:

- 1. Handling the ball with at least one foot*
- 2. Occupying the original position during the game once action is finished*
- 3. Running, jumping and stopping with and without the ball*

Reference List

This Curriculum was adapted from the following resources.

- 1- US Soccer Age Group Organization and Curriculum Resources*
- 2-Mike Kobylinski -Central College Women's Head Coach*
- 3-Garry Laidlaw-Central College Men's Head Coach*
- 4-Russ Goodman-Central College Goalkeeping Coach*
- 5-Scott Trefth-Pella Soccer Club Technical Director*