



PROGRESSION

U6 BALL CONTROL SESSION (FOOTWORK)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Ball Control	Footwork	U6	Micro	U6A
Exercise #1	Organization	Coaching Points		
Juggling U6: (see pg. 23; doc 310 96) Kick Right High, Kick Left High, Punt Right Distance, Punt Left Distance, Punt Right Off Bounce, Punt Left Off Bounce, Kick Catch, Thigh Catch, Head Catch, Scoop Ball For Distance. This should be performed in an unrestricted (open) space. Each player has a ball. <i>Time: 10 min.</i>		Laces/Foot, toe out ankle locked. Thigh, make platform with thigh. Head, head ball below hairline (hardest part of the head). Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Footwork 1, 2, 3, 4: (see pg. 21; doc 310 95) Dribbling, Foundation, Left Foot, Right Foot. Each player should have a ball during these exercises. These touches should be performed inside a 15x30 yard grid. <i>Time: 10 min.</i>		Dribbling, using any part of the foot to move the ball around. Foundation, tapping the ball between your feet. Left Foot, dribbling the ball using the left foot only. Right Foot, dribbling the ball using the right foot only. Dribble with your head up, if possible; gradually increase speed. Laugh and have fun with the players.		
Exercise #3	Organization	Coaching Points		
Crazy Box Dribble (Entropy): Players dribble ball within a limited area, demonstrating all of the dribbling techniques. Players must avoid each other while demonstrating techniques. Each player has a ball; the size of the grid should be 15 x 30 yards. <i>Time: 5 min.</i>		Keep the ball under control (touch ball every step, if possible), use all surfaces of the feet, demonstrate footwork skills, dribble with head up, find space, change directions and speeds. Stay positive with the players.		
Exercise #4	Organization	Coaching Points		
3v3: Play a 3v3 game. For a group of 10 - 12 players set-up two fields for two 3v3 games. Field(s) size 25 x 35 yard grid; use one ball per field. <i>Time: 20 min.</i>		Encourage players to dribble and play the game. Same Coaching points as above. Be positive; become a fan of the players; laugh and have fun with the players.		

Exercise #1

Exercise #2

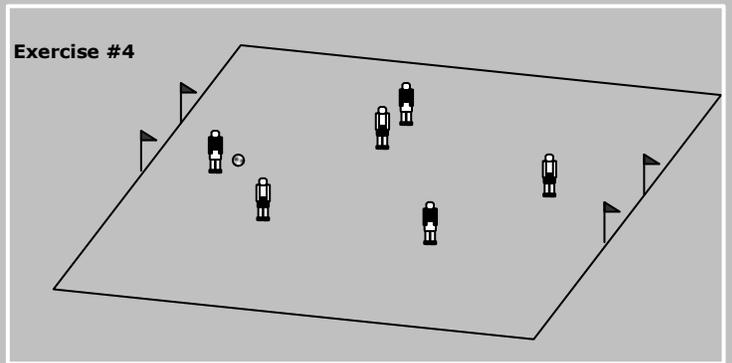
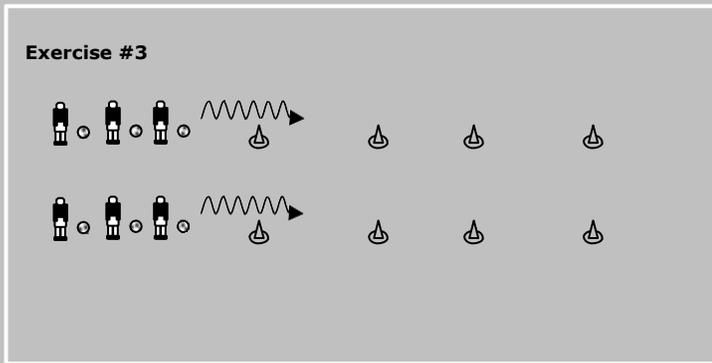
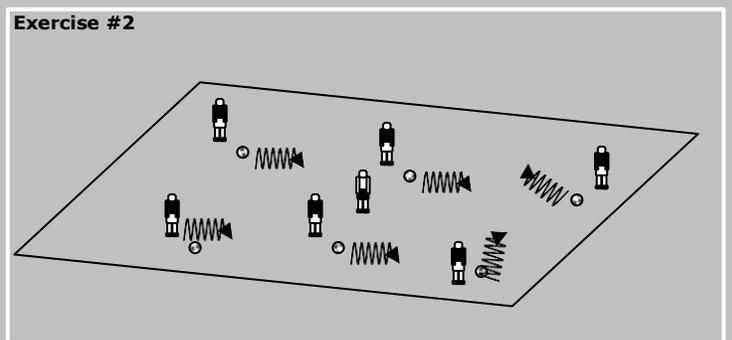
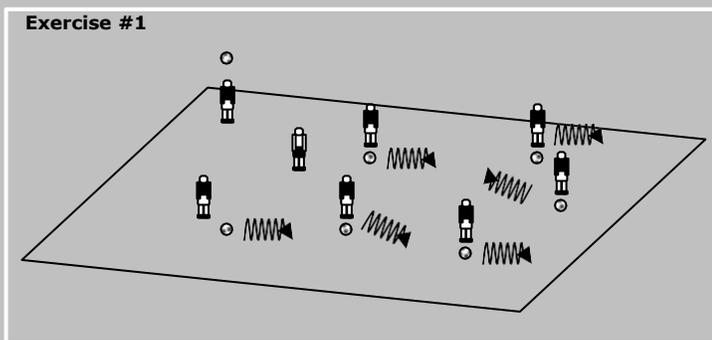
Exercise #3

Exercise #4

Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U6 DRIBBLING SESSION (AVOIDING)

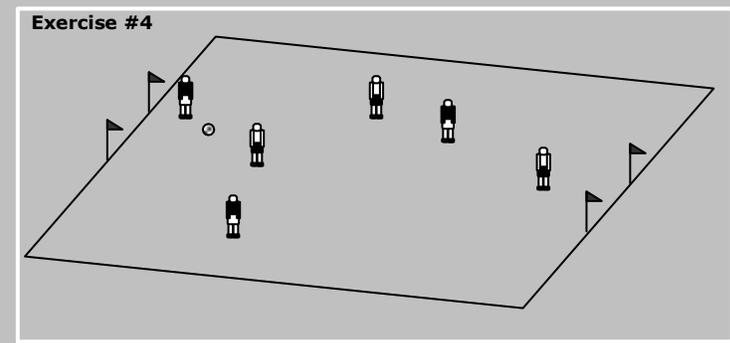
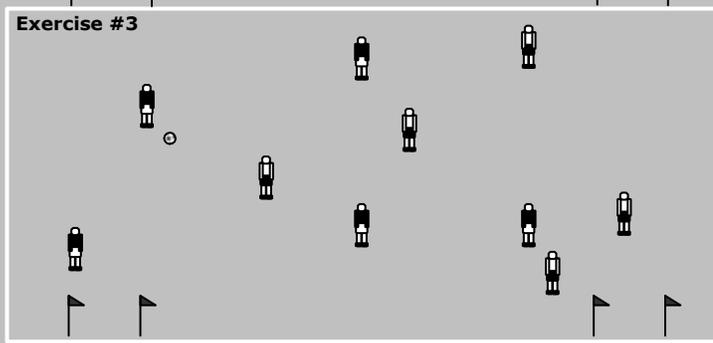
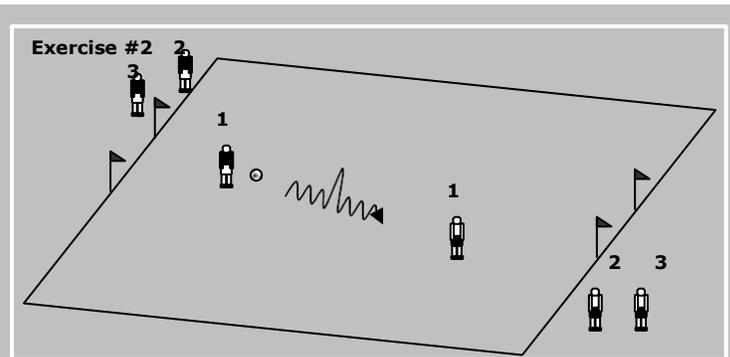
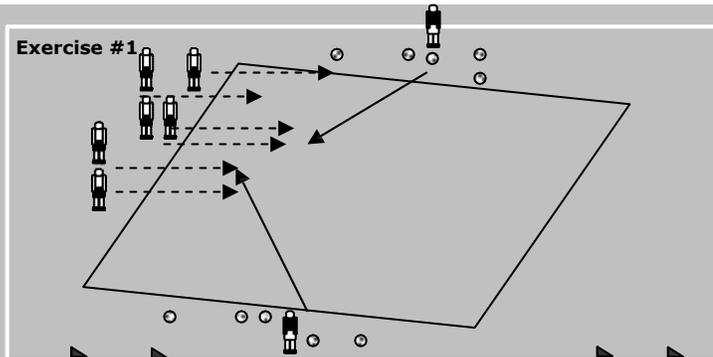
CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Avoiding	U6	Micro	U6B
Exercise #1	Organization	Coaching Points		
<p>Defrost Game: One player is Frosty. All other players dribble ball within grid. Frosty tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen dribbles as before. Grid size is 20 x 15 yards. <i>Time: 10 min.</i></p>		<p>Keep ball under control; use all surfaces of the feet. Keep head up and find space while dribbling. Change speeds and directions. Stay 4:1 on the positive to instructional comments throughout the session. Be positive; laugh and have fun with the players. Become a fan of the players (good job, well done, keep it up, etc.).</p>		
Exercise #2	Organization	Coaching Points		
<p>Dribble Tag: Each player with a ball, dribbling within a confined area with one player "it". "It" is with or without a ball. The game is then played like a normal game of tag. Grid size is 20 x 15. <i>Time: 5 min.</i></p>		<p>Same coaching points as above.</p>		
Exercise #3	Organization	Coaching Points		
<p>Slalom Multiple Cones: Set 4 cones 1-2 yards apart. Each player has a ball or one ball per line. Have players dribble with both feet, right foot only, and left foot only. Use exercise as relay race. <i>Time: 10 min.</i></p>		<p>Same coaching points as above. Dribble through without touching cones. Have players increase speed with success.</p>		
Exercise #4	Organization	Coaching Points		
<p>3v3: Field(s) size is 25 x 35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 20 min.</i></p>		<p>Encourage players to dribble and play the game. Same coaching points as above. Become a fan of the players.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U6 FINISHING SESSION (SCORING)

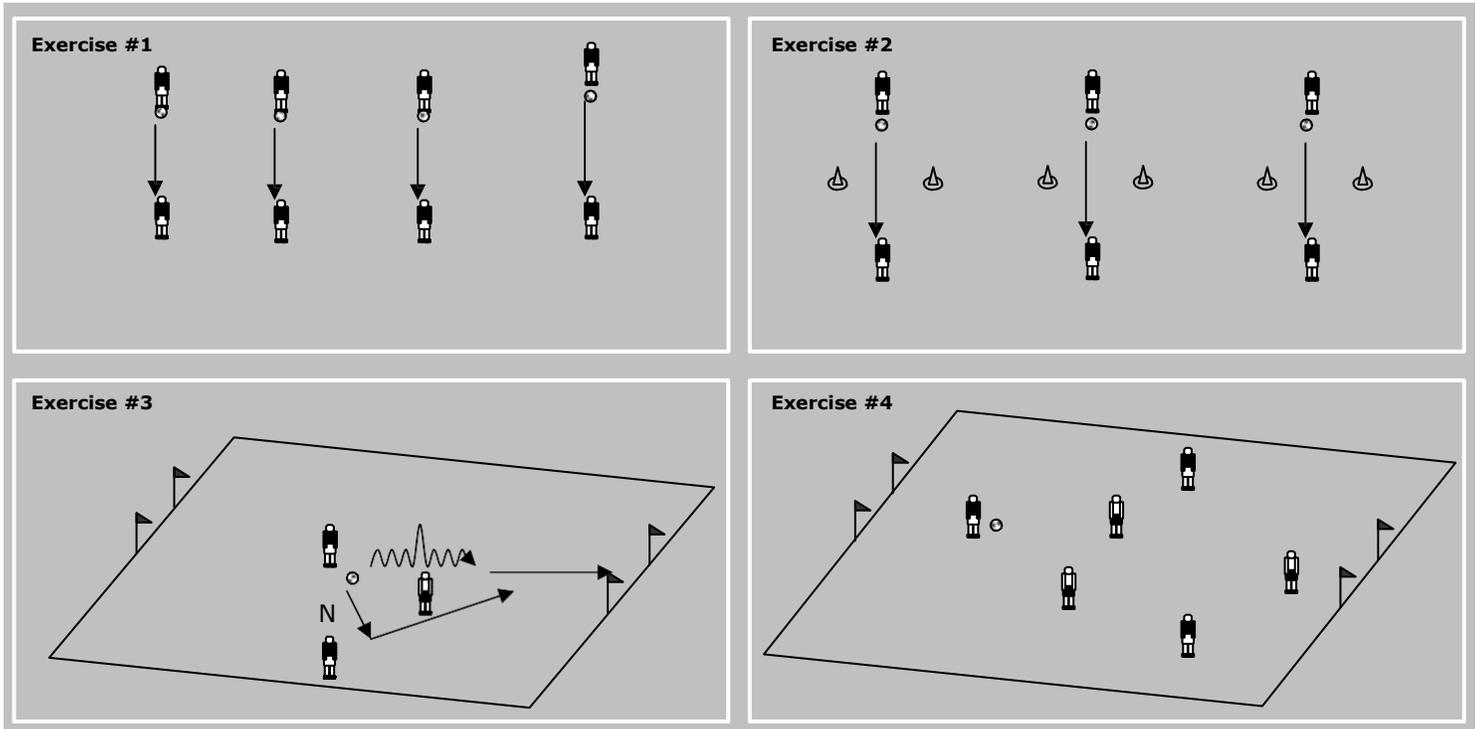
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	Scoring	U6	Micro	U6C
Exercise #1	Organization	Coaching Points		
<p>Top Gun: The game begins with two players on opposite sides of a grid. The rest of the players run from one side to the other. Player with ball attempts to hit the players running through below the waist. If a player is hit, they become one of the shooters. The Top Gun is the sole surviving player. Use a 20 x 30 yard grid. <i>Time: 10 min.</i></p>		<p>Technique of kicking foot, strike ball with laces, toe down, ankle locked (Probably not possible for U6 but good for them to hear the right coaching points). Contact on center of ball. Plant foot pointed at target. Follow through. Weight, timing, and accuracy of pass/shot. Stay 4:1 on the positive to instructional comments throughout the session. Laugh and have fun with the players. Be positive; become a fan.</p>		
Exercise #2	Organization	Coaching Points		
<p>Numbers Game: Each player is assigned a number on each team. When that player's number is called they play 1v1 with a player from the other team with the same number. Use a 25 x 35 yard grid. <i>Time: 5 min.</i></p>		<p>Beat opponent with dribble. Same coaching points as above in regards to shooting/scoring.</p>		
Exercise #3	Organization	Coaching Points		
<p>Four Goal Game: Players are split into two teams. Each team has two goals to defend and two goals to attack. Field should be wider than longer. Field size is 40 x 30 yards. <i>Time: 10 min.</i></p>		<p>Encourage players to score and play the game. Same coaching points as above.</p>		
Exercise #4	Organization	Coaching Points		
<p>3v3: For a group of 10-12 players play 2 3v3 games with one ball per field. Field size is 25 x 35 yards. <i>Time: 20 min.</i></p>		<p>Encourage players to score and play the game. Same coaching points as above. Have fun with the players; become a fan.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U6 PASSING SESSION (TECHNIQUE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Technique	U6	Micro	U6D
Exercise #1	Organization	Coaching Points		
<p>In 2's: Players should be 5-10 yards apart. Increase or decrease distance based on success. Have players use right foot only, left foot only, both feet. After they have had success restrict touches, 3 touches in between passes, 2 touches in between passes. <i>Time: 5 min.</i></p>		<p>Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact on center of ball. Follow through. Stay 4:1 on the positive to instructional comments throughout the session. Laugh and have fun with the players; become a fan (good job, well done, keep it up, etc.).</p>		
Exercise #2	Organization	Coaching Points		
<p>Gate Passing: Players should be 5-10 yards apart. Increase or decrease distance based on success. Use two cones as a gate start with the cones 5 yards apart as players have success make gate smaller. <i>Time: 10 min.</i></p>		<p>Same coaching points as above.</p>		
Exercise #3	Organization	Coaching Points		
<p>1v1+1: Play 1 minute 1v1 games the plus 1 is a neutral player who is on the player's team with the ball. Field size is 25 x 35 yards. Set up multiple fields to accommodate numbers, have no more than 3 players per field resting at a time. <i>Time: 10 min.</i></p>		<p>Dribble to beat players. Use extra player to beat opponent with pass. Same coaching points as above.</p>		
Exercise #4	Organization	Coaching Points		
<p>3v3: For a group of 10-12 players play 2 3v3 games with one ball per field. Field size is 25 x 35 yards. <i>Time: 20 min.</i></p>		<p>Encourage players to pass and play the game. Same coaching points as above. Be positive; become a fan of the players.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U6 RECEIVING SESSION (1ST TOUCH)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	1 st Touch	U6	Micro	U6E
Exercise #1	Organization	Coaching Points		
In 2's: Players should be 5-10 yards apart. Increase or decrease distance based on success. Have players use right foot only, left foot only, both feet. After they have had success, restrict touches, 3 touches in between passes, 2 touches in between passes. <i>Time: 5 min.</i>		Receive the ball with the inside of the foot, toe above heel, ankle locked. Make contact on center of ball. Cushion/give with the ball. Stay 4:1 on the positive to instructional comments throughout the session. Laugh and have fun with the players.		
Exercise #2	Organization	Coaching Points		
In 2's to Goal: In pairs, players go to goal they must pass the ball 3 to 4 times before they score. Players are working on their receiving touch. <i>Time: 10 min.</i>		Same coaching points as above. Encourage players to get their first touch forward and toward goal. If possible, have them keep the ball moving. Players should play as quick as possible. Be positive with the players.		
Exercise #3	Organization	Coaching Points		
3v0 Pattern Play: Set cones on the field in a pattern to finish with a shot, have players form lines on those cones. The cone farthest from the goal will have the balls. Players can score once they complete the pattern. Get all players going to goal after they have passed the ball, this will help them form good habits. Field size is 25 x 35 yards. <i>Time: 10 min.</i>		Same coaching points as above. Be positive with the players.		
Exercise #4	Organization	Coaching Points		
3v3: For a group of 10-12 players play 2 3v3 games with one ball per field. Field size is 25 x 35 yards. <i>Time: 20 min.</i>		Encourage players to work on receiving the ball and playing the game. Same coaching points as above. Be positive; become a fan of the players (good job, well done, keep it up, etc.).		

Exercise #1

Exercise #2

Exercise #3

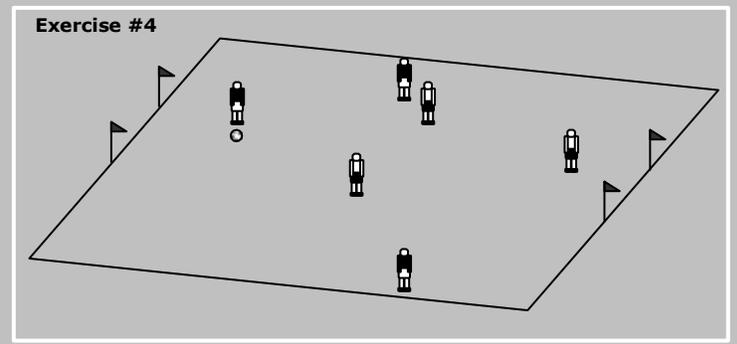
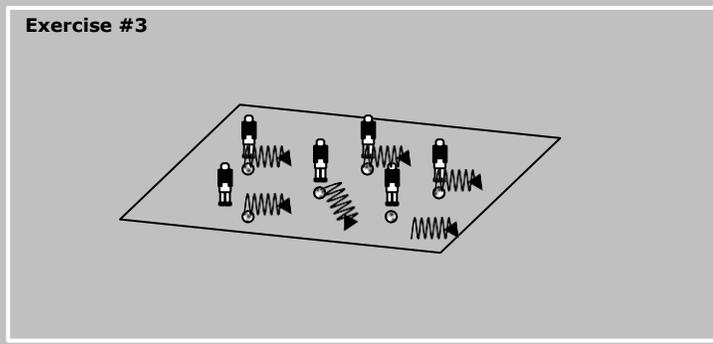
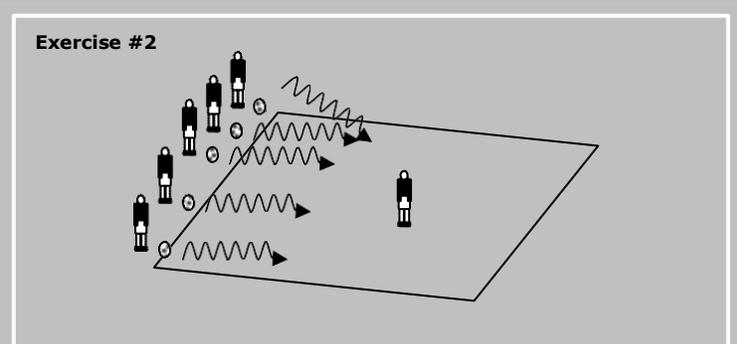
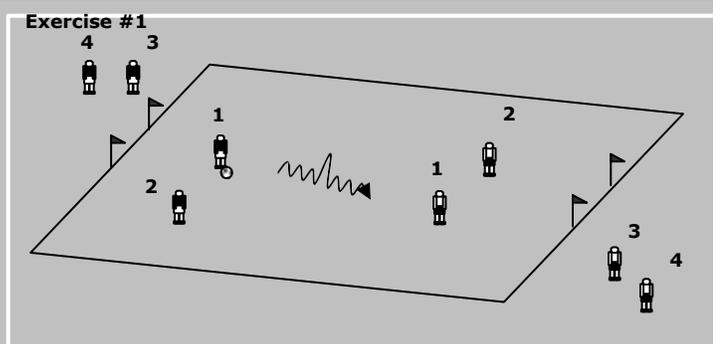
Exercise #4

Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U6 CHALLENGING SESSION (WINNING THE BALL)

CATEGORY	THEME	AGE	DIVISION	CODE
Challenging	Winning the ball	U6	Micro	U6F

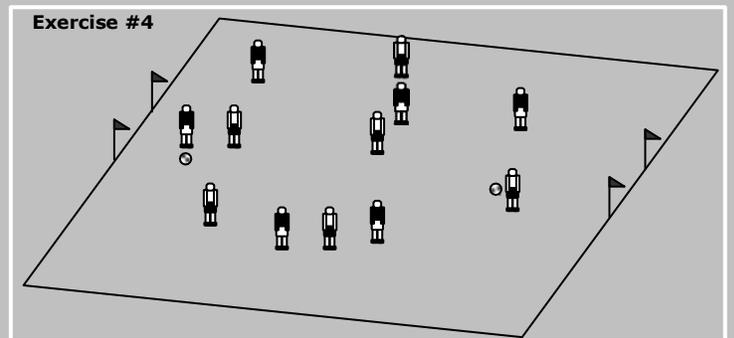
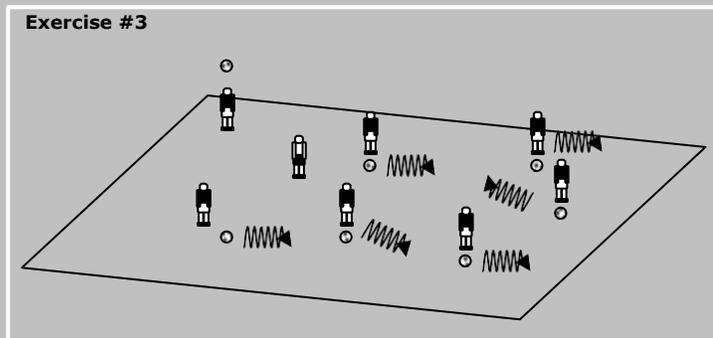
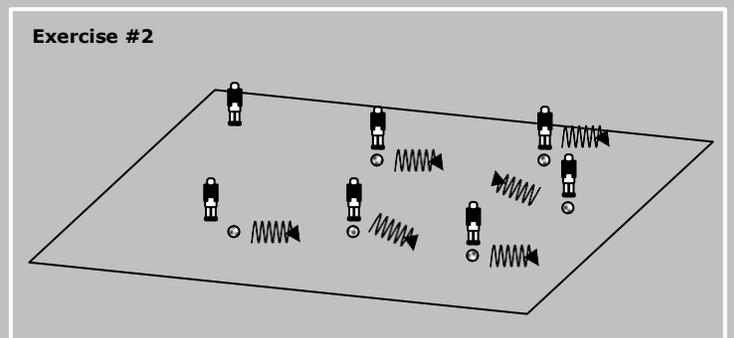
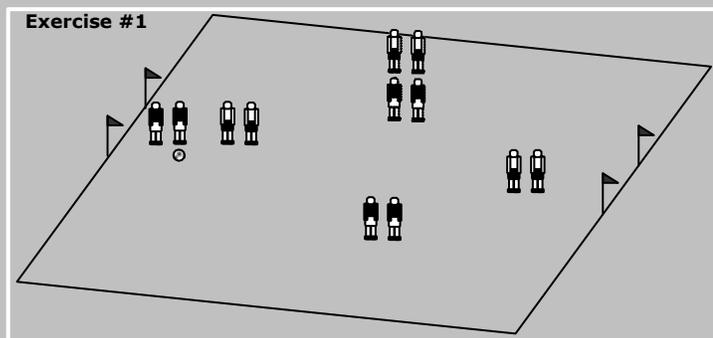
Exercise #1	Organization	Coaching Points
Numbers Game: Each player is assigned a number on each team. The coach will call out two numbers. When those players' numbers are called they play 2v2 with the players from the other team with the same numbers. Use a 25 x 35 yard grid. <i>Time: 10 min.</i>		Encourage players to get in front of the ball and take the ball away from their opponents. Stay 4:1 on the positive to instructional comments through out the session.
Exercise #2	Organization	Coaching Points
Sharks and Minnows: The team lines up between the cones each player with a ball. One player is the shark positioned in the middle. The shark attempts to kick the ball out of the area. A player having his/her ball kicked away joins the shark in the middle. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and work on changing speeds. Players that are sharks work on taking the ball away from the minnows. Each player has a ball. Perform these touches in a 20 x 30 yard grid. <i>Time: 10 min.</i>		Same coaching points as above. Laugh and have fun with the players.
Exercise #3	Organization	Coaching Points
Knockout: Players dribble in a box and must dribble/control their ball while at the same time trying to kick other players' balls from the box. A player whose ball is kicked from the box must juggle "x" number of times to get back into the box. Perform this exercise in a 20 x 30 yard grid. <i>Time: 10 min.</i>		Same coaching points as above. Challenge and win ball from opponents. Be positive.
Exercise #4	Organization	Coaching Points
3v3: Play a 3v3 game. For a group of 10 - 12 players set-up two fields for two 3v3 games. Field(s) size 25 x 35 yard grid; use one ball per field. <i>Time: 20 min.</i>		Encourage players to dribble and play the game. Same Coaching points as above. Become a fan of the players; be positive.



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U6 HEADING SESSION (FUN GAMES)

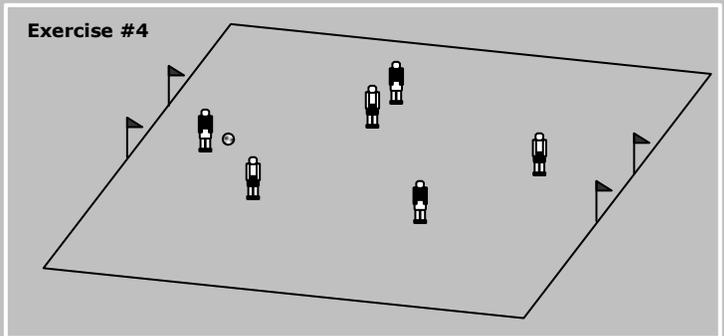
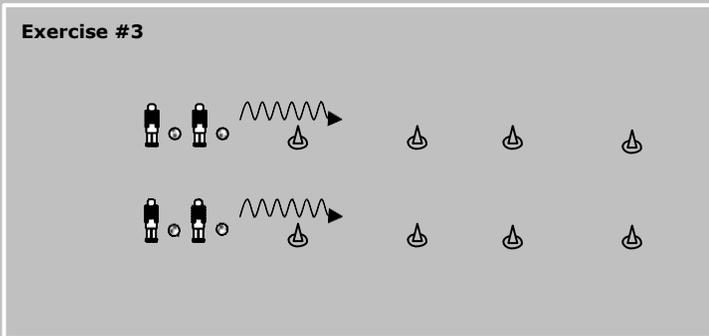
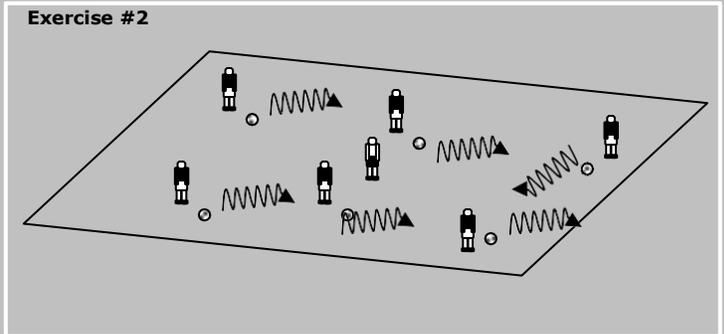
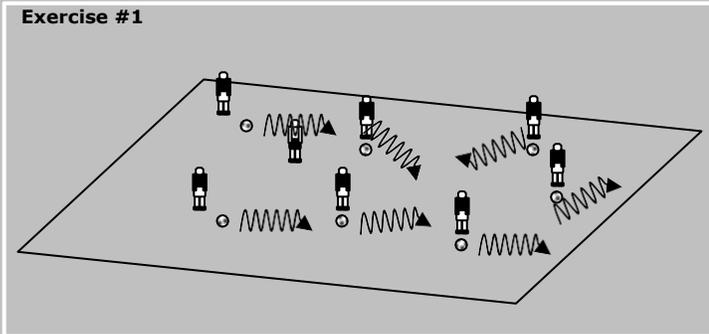
CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Fun Games	U6	Micro	U6G
Exercise #1	Organization	Coaching Points		
<p>Partner Soccer: There will be two teams of 6 players. Within each team, players will pair up. During the game each pair of players will hold on to a bib/penny and play the game. This is a fun game for the players to enjoy. Play game with one ball. Field size is 25 x 35 yards. <i>Time: 10 min.</i></p>		<p>Encourage players to enjoy the game, communicate and score goals. Stay 4:1 on the positive to instructional comments through out the session. Laugh and have fun with the players.</p>		
Exercise #2	Organization	Coaching Points		
<p>Musical Chairs: Players dribble within a confined area. One player is without a ball. He/she must try to steal a ball from any of the others in the grid. At the end of a short period of time, the coach blows a whistle. The player left without a ball must come outside the grid and juggle while the game continues. Grid size is 20 x 15 yards. <i>Time: 10 min.</i></p>		<p>Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and work on changing speeds. Be positive.</p>		
Exercise #3	Organization	Coaching Points		
<p>Defrost Game: One player is Frosty. All other players dribble ball within grid. Frosty tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen dribbles as before. Grid size is 20 x 15 yards. <i>Time: 10 min.</i></p>		<p>Keep ball under control; use all surfaces of the feet. Keep head up and find space while dribbling. Have fun and laugh with the players.</p>		
Exercise #4	Organization	Coaching Points		
<p>2 Ball Soccer: Play a 6v6 game with two balls on the field at the same time. Field size is 35 x 40 yards. <i>Time: 30 min.</i></p>		<p>Encourage players to play the game and have fun. Become a fan of the players; be positive; have fun.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U6 ATTACKING SESSION (DRIBBLING)

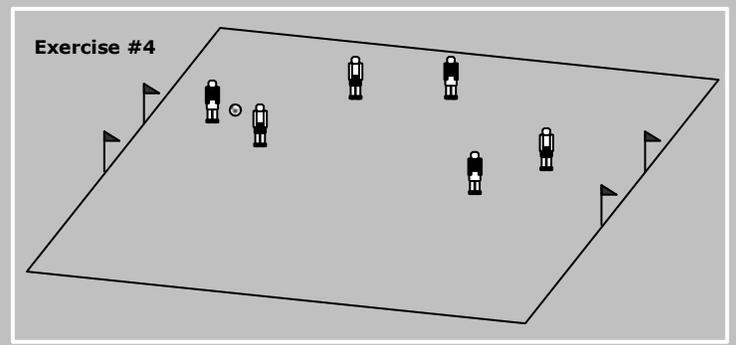
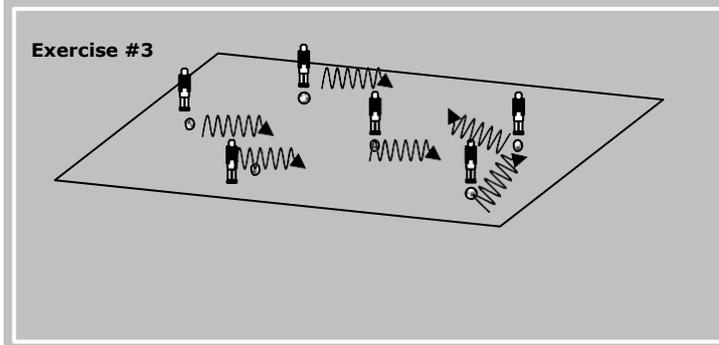
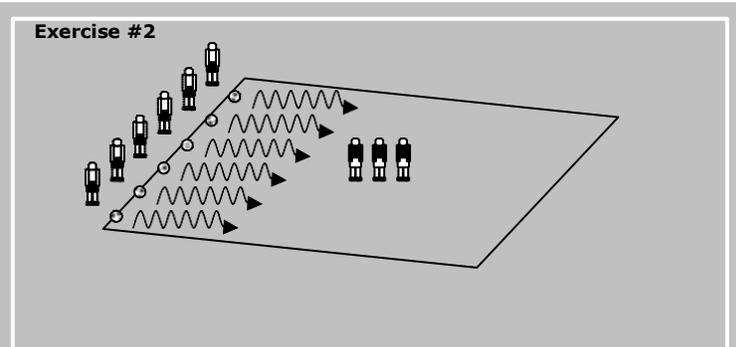
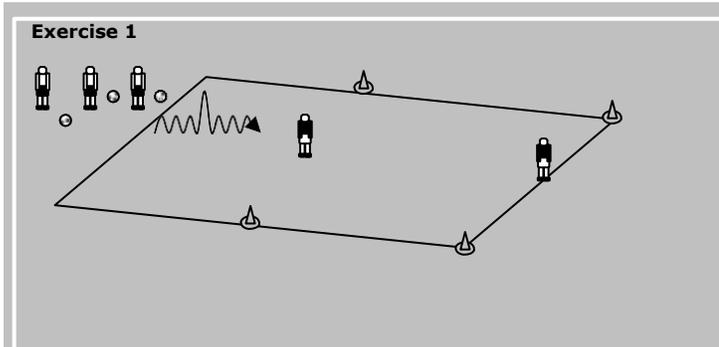
TOPIC	TOPIC	AGE	DIVISION	CODE
Attacking	Dribbling	U6	Micro	U6H
Exercise #1	Organization	Coaching Points		
<p>Defrost Game: One player is Frosty. All other players dribble ball within grid. Frosty tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen dribbles as before. Grid size is 30 x 15 yards. <i>Time: 10 min.</i></p>		<p>Keep ball under control; use all surfaces of the feet. Keep head up and find space while dribbling. Change speeds and directions. Stay 4:1 on the positive to instructional comments through out the session. Be positive; laugh and have fun with the players. Become a fan of the players (good job, well done, keep it up, etc.)</p>		
Exercise #2	Organization	Coaching Points		
<p>Dribble Tag: Each player with a ball, dribbling within a confined area with one player "it". He/she can either have a ball or does not have to have a ball. The game is then played like a normal game of tag. Grid size is 30 x 15. <i>Time: 5 min.</i></p>		<p>Same coaching points as above.</p>		
Exercise #3	Organization	Coaching Points		
<p>Slalom: Set 4 cones 1-2 yards apart. Each player has a ball or one ball per line. Have players dribble with both feet, right foot only, and left foot only. Use exercise as relay race. <i>Time: 10 min.</i></p>		<p>Same coaching points as above. Dribble through without touching cones. Have players increase speed with success.</p>		
Exercise #4	Organization	Coaching Points		
<p>3v3: Field(s) size is 25 x 35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 20 min.</i></p>		<p>Encourage players to dribble and play the game. Same coaching points as above. Become a fan.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U6 DEFENDING SESSION (GAMES)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Games	U6	Micro	U6I
Exercise #1	Organization	Coaching Points		
Gauntlet: Players play 1v1 in each grid and try to make it through the channel without getting their ball taken away or kicked out. The defender in each grid tries to win the ball; if they do, they switch with the player they won it from. After a player dribbles through the first grid the next player in line can go. Channel size is 15 x 25 yards. <i>Time: 15 min.</i>		Encourage defenders to get in front of the ball, challenge, and win ball. Stay 4:1 on the positive to instructional comments through out the session. Laugh and have fun with players.		
Exercise #2	Organization	Coaching Points		
Snake Tag: Players line up between the cones each player with a ball. One player positions themselves in the middle of the field without a ball. The players with the ball attempt to dribble their ball to the other side of the area. A player having his/her ball kicked away joins the person in the middle by locking arms to form a snake and attempts to kick other players balls out of the area who also join the snake. Process continues until there is one person left. Grid size is 20 x 30 yards. <i>Time: 15 min.</i>		Players must control their ball, keep eyes up to be aware of opposing player/snake and find space, work on changing directions, and speeds. Laugh and have fun with the players. Be positive.		
Exercise #3	Organization	Coaching Points		
Knockout: Players dribble in a box and must dribble/control their ball while at the same time trying to kick other players' balls from the box. A player whose ball is kicked from the box must juggle "x" number of times to get back into the box. Perform this exercise in a 20 x 30 yard grid. <i>Time: 10 min.</i>		Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and speeds. Be positive.		
Exercise #4	Organization	Coaching Points		
3v3: Play a 3v3 game. Field(s) size is 25 x 35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 35 min.</i>		Encourage players to defend and play the game. Same coaching points as above. Be positive; become a fan (good job, well done, keep it up, etc.).		



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Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



PROGRESSION