

GREENFIELD AREA SOCCER CLUB

U6 PRACTICE BASIC GUIDE 1 (45 Min. Practice)

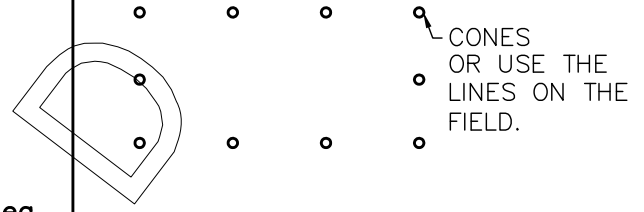
- Dribbling
- Shooting
- Passing
- Games

• Warm-up

300's (Boilermakers)

Dribble the ball around in a area and the coach will call out a number, the players do that move. Key point – look up.

1. Inside foot touches only.
2. Outside foot touches only.
3. Pullback
4. Cruyff – pullback, ball goes behind opp. leg.
5. Pendulums



• Dribbling

Oval Challenge

Time is 45 seconds for each one.
1st time – use any foot to get around.
2nd time – use only the right foot.
3rd time – use only the left foot.

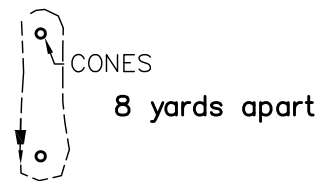
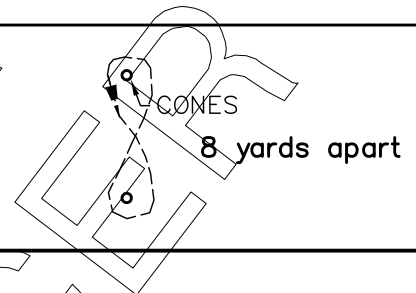


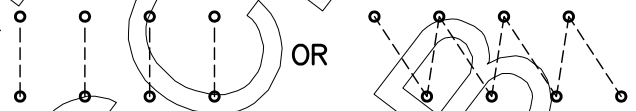
Figure Eight Challenge (Hoosiers)

Time is 45 seconds for each one.
1st time – use any foot to get around.
2nd time – use only the right foot.
3rd time – use only the left foot.



• Passing:

Line passing
kids across from one another,
pass ball back and fourth.



• Game:

Pacman

Form a circle with the cones, all players have a ball except 1. That one is the pacman, he or she attempts to tag the others with the ball and make them a pacman. Last one standing wins.

• Game Scrimmage:

Form 2 teams and play a game.
Try to make teams equal in ability.

• Coach's Points

Dribbling:

1. Close Control of the ball.
2. Head's up – see what is going on around you.
3. Change direction with he ball.
4. Change speed with the ball.

Shooting:

1. Encourage shooting
2. Loot at target – the goal.

Team Spirit:

1. Team name: Cougars etc.
2. Team Work.



Note: These are basic practice guidelines to help you, build upon them and change as necessary.

