

GREENFIELD AREA SOCCER CLUB

U6 PRACTICE BASIC GUIDE 2 (45 Min. Practice)

- Dribbling • Shooting • Passing • Games

• Warm-up

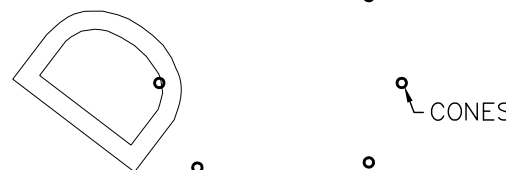
Speed Racer

Create a large circle with cones.

Players find and stand next to a cone.

On coaches whistle, the players race around the cones and try to be the first one back to their cone.

After the first 3 times – tell players they can go in any direction. This will force them to keep their heads up.

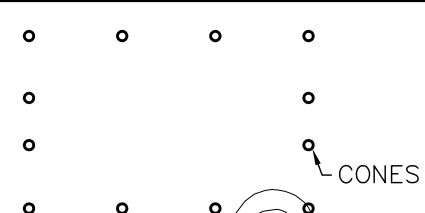


• Dribbling

Pullback

Same square as Blue Red

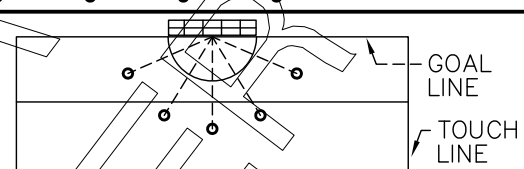
Dribble in square until coach calls out GO and the kids pullback ball and switch direction



• Shooting

Goal shooting

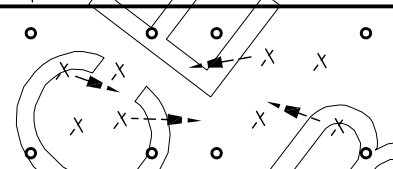
Kick from different areas on the field, switch it up, from side to side.



• Passing:

Keep your yard clean

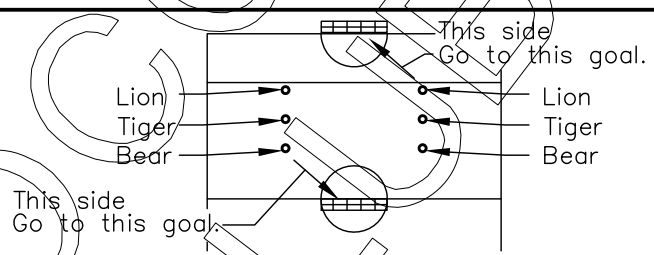
kids across from one another in a 20x20 grid. Keep the soccer balls out of their yard. 1 min. least amount of balls/wins.



• Game:

Lions, Tigers and Bears

Pair players across from each other with equal playing skills. Coach throws a ball to the middle then calls out one of the animals and then the 2 players go after the ball and try to go to their goal.



• 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 the ball.
4. Change speed with the ball.

Shooting:

1. Encourage shooting
2. Look 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.

