

GFEYSC U-6 Soccer Program: “Fun”damentals – Fun with the Ball

The focus of the U-6 soccer program will be body control and touches on the ball. Drills will be designed to work on the ABC's of body control: Agility, Balance and Coordination.

We will be using 4 stations at each practice. Each station will have a specific focus:

1. Drills to get kids moving without a ball. Getting used to controlling their body and reacting to situations with speed. Running, jumping, twisting, lunging, hopping, rolling...
2. Drills to get kids moving with a ball. Getting used to having a ball at your feet and adjusting your movements while maintaining control of the ball. Movement with the ball. Stopping and starting, changing direction, running.
3. Basic ball skills. Dribbling, passing, shooting. Touches with both feet and different parts of the body.
4. Team Play. Games that involve working together as a team requiring everyone to work together to succeed.

The main technical skill that will be focused on this year, alongside body control, will be dribbling. The more touches the kids get on the ball at this age, the better. This is one of the reasons for the move to 3v3 games. Passing and shooting will still be taught, but dribbling will be the focus.

Practices will be on Monday nights at Ferndale Park on the intermediate field over a two hour period. Half of the players will practice from 6:00pm-6:45pm and the other half will practice from 7:00pm-7:45pm.

Each session will start with 5 minutes of stretching and warming up. The players will then be split evenly into 4 groups with a maximum of 16 players in each group. Each group will spend 10 minutes at a station and then the groups will rotate to the next station until all 4 have been completed.

Games will take place on Saturdays at Optimist. The games will be on half of a mini field. There will be 22 teams of 6-7 players and games will be 3v3 with pup nets and no goalies. Games will only be 30 minutes. Players will sub every 5 minutes.

Week 1 – May 27

Station 1

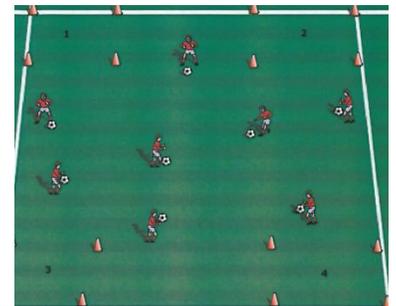
Basic Tag

Line up the players at one end and have the coach in the center. On the coach's whistle, have the players try to make it to the other side without being "tagged" by the coach. If it is too difficult for the coach to cover all the players, then increase the number of "taggers" either by picking players or using the previously tagged players. The last player to be tagged wins.

Station 2

Fast Food Delivery

Setup 4 stations in the corners and name them after restaurants. Each player gets a ball and dribbles in the center for a few seconds. The coach then yells the name of a restaurant and the players must dribble to that corner. Last player there must show everyone a dance move. You can only be the last player once. Players then dribble in the center again and the process is repeated.



Station 3

Progressive Dribbling:

Coach demonstrates how to dribble a ball with control. Demonstrates where the ball should be struck on the foot and how to keep it close.

Start with dribbling to the other side of the area with however is most comfortable.

Dribble to the other side with just the right foot, not running.

Dribble to the other side with just the left foot, not running.

Dribble with both feet, not running.

Dribble with speed. Dribble to halfway. Step on ball and then dribble back the other way.

Station 4

Leap Frog Races:

Split into teams of 4-6 kids. Each child has a ball. The teams line up in a straight line.

When the coach says Go; the child at the back of the line dribbles to the front of the line. When they get to the front, the next player at the back of the line runs to the front and so on.

The team that reaches the other end first wins.

Week 2 – June 3rd

Station 1

Bubble Blaster:

Players are split into two groups. Half of the players receive bubbles to blow and spread out around the area. When the coach says go, the players move around blowing bubbles into the air. The players that don't have bubbles must pop the bubbles and count how many they have popped. After 2 minutes the players switch. The group that popped the most bubbles is the winner.

Station 2

British Bulldog (Tag with Ball):

All players are dribbling a soccer ball from one end to the other end of the area. The coach begins as the "bulldog" and tries to kick the dribbling players' soccer balls out of the grid. Once a player's soccer ball is kicked out of the grid, they become a "bulldog".

The coach should demonstrate how to change directions with the ball and accelerate away from the bulldog.

Version 2: Players who dribble the soccer ball close to their feet cannot be attacked by the "bulldog."

Station 3

Passing Progression

Players are split up in pairs, with one ball for each pair. The coach demonstrates how to make a correct pass with the inside of the foot. The coach also shows the difference between a shot and a pass. The coach also shows how to receive a pass; similarly with the inside of the foot.

Players stand close to each other (about 5 feet apart). Players pass back and forth to each other focusing on making an accurate pass, rather than rushing.

Players move back further and further as they get comfortable with the distance.

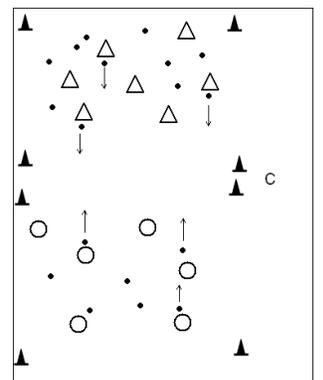
Station 4

Keep Your Yard Clean game

Split the area in 2 with half of players on each side. The object of the game is to keep your yard clear of soccer balls.

Two equal teams, one in each grid. Each player has a ball to start the game. On the coach's whistle, the players try to pass the ball from their yard into the opposing team's yard. When the coach blows the whistle (3-5 mins), play stops, the team with the least amount of balls in their yard wins.

Deductions for balls too high. Have each coach stand behind grids to keep balls in play.



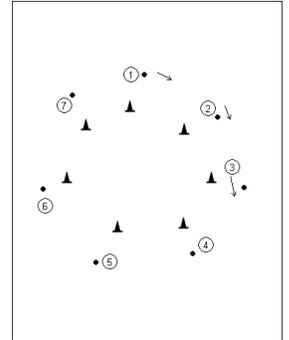
Week 3 – June 10th

Station 1

Speed Racer

Create a large circle with cones. Players find and stand next to Cone. On the coach's whistle, the players race around the cones and try to be the first one back to their cone.

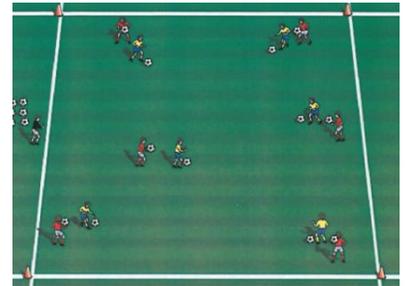
Progression of the drill can be telling the players to change direction, telling the players they can go any direction, or having the players run backwards. Remind the players to keep their head up so they can see where they are going.



Station 2

Bump the Ball

Players pair up. One player has a ball at their feet and the other with a ball in their hands. On the whistle the player with the ball in their hands tries to hit the other player's ball. The player with the ball at their feet dribbles wherever they want and tries to shield the ball, keeping it close to them. Dribble for 1-2 minutes and the player with the most hits wins. Players then switch positions.



Station 3

Progressive Dribbling 2

Setup cones in a large circle with players starting with a ball spread out around the circle. The coach demonstrates how to dribble the ball with the inside of the foot while moving around the circle.

Players start dribbling counter clockwise around the circle however they feel most comfortable. Change directions and use only the left foot. Change directions and use only the right foot. Change directions and use both feet. Change directions and use only the left foot. Change directions and use only the right foot.

Station 4

1v1 Dribbling

Players are split into two teams and given numbers. Players sit cross legged on the side line. The coach throws out a ball and calls numbers from each team. When the coach yells go, the players get up and have to try to bring the ball back to the coach.

Progression can be to have the players turn around so that they cannot see where the ball is to start.

Week 4 – June 17th

Station 1

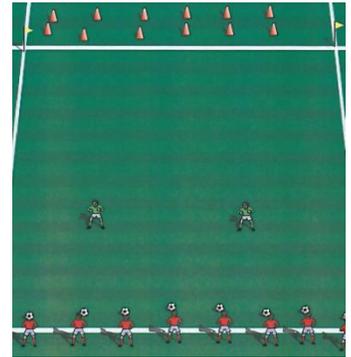
Sponge Tag

Players line up at one end with two players in the middle with a bucket and sponges. When the coach yells go, players try to get to the other side without getting hit by a wet sponge. If they get hit, they help throw the sponges the next time the players try to run by. The last player not hit wins.

Station 2

Sponge Bob Needs Help

Setup some cones one end, players with balls on the other end. The players are Sponge Bob's friends and must dribble their ball to the other end to get a cone (Jelly Fish) and bring it back to the start for Sponge Bob. However two players (Mr. Crabs and Plankton) are in the middle. If they touch a player, they must start over. Players must bring back all of Jelly Fish in 2-3 minutes for Sponge Bob to come out and play.



Station 3

Shooting Progression

The coach demonstrates how to correct shoot a ball with the laces of the boot. Demonstrate how to not use the toe. The coach then demonstrates how to approach the ball by planting the foot beside the ball and not behind it.

Players practice stepping up to the touch line and planting their foot without the ball. Next they practice planting their foot with a ball there. Finally, they are split into 4 lines with 4 pup nets to try shooting.

Station 4

Team Shooting Relay

Players are split into teams. Each team has a pup net to shoot at. Each team has 5 balls to score. The first player dribbles the ball and shoots at the net. If they miss, they must retrieve the ball and pass it to the next player in line to shoot. If they score, the next player in line can use the next ball. The first team to finish all 5 balls wins.

Week 5 – June 24th

Station 1

Bounce House

We will be renting 2 bounce houses for the kids to enjoy. Be ready to take your child's soccer shoes and help them tie them back up when switching groups.

Station 2

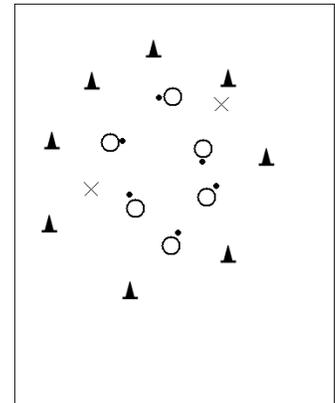
Killer Whale

Create a large circle with cones. Have 4-14 players inside the circle dribbling with a soccer ball. Two defensive players wearing pinnies are the "Killer Whales"

The object of the game is for one or two "killer whales" to kick as many soccer balls outside of the circle as they can. Each ball that goes out is worth a point.

The O's with a soccer ball try to shield the ball from the killer whale(X's). If his or her ball gets kicked out, they retrieve the ball and continue dribbling in circle.

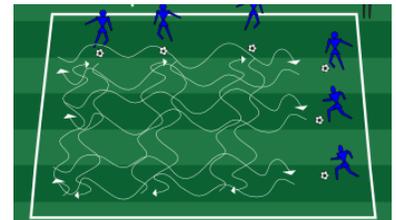
The "killer whales" can usually can go for 30 to 60 seconds and keep track of their score. Make sure everyone has a chance to be killer whale. The player who kicks out the most balls wins.



Station 3

Down and Back Dribbling

Split the team into two groups. Each player should have a ball. Instruct each group of players to line up outside the grid facing inward on two adjacent sides of the grid (half of the group on one side, the other half on the side next to the other group).

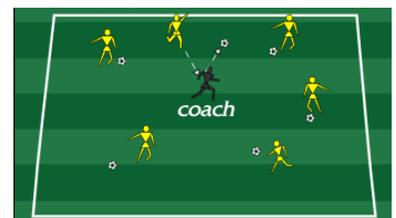


On the coach's command, instruct the players to dribble to the other side of the group and back to the starting position (down and back). The first player back in each group gets a point. The first player to 5 wins that set. Play 3-4 sets.

Station 4

Ouch!

Players are split into two teams and every player has a ball. The coach runs around the entire area while the players try to hit the coach with their ball. The team that has hit the coach the most after 2 minutes wins. Players are encouraged to keep their heads up so that they can see where the coach is going. Parents can join in to get hit as well if they want.



Week 7 – July 8th

Station 1

Obstacle Course

Setup ladders to step through, cones to run around, hula hoops to run through and something to jump over. Other obstacles can be walking with a bean bag on your head or spinning a hula hoop around you three times. Run the some parts forwards and others backwards.

Station 2

Body Control, Literally.

All players will be given a ball and will begin dribbling around the area. The coach will then yell out a body part and the players must control the ball with that body part. Left/Right foot, nose, elbow, butt.

Station 3

Passing Drill

Encouraging the kids to look up & pass to the feet and call for the ball. Work on ball control, stop and pass, then move onto 1 touch controlled pass.

Station 4

Numbers game

Set up 2 small goals and split the kids evenly to a goal giving them a number to remember. Players are to remain standing in front of their net until their number is called. When a number is called the 2 players with the matching number will "safely" battle for the ball working on ball skills 1 on 1.

By this time we should have an idea on the player's levels to pair up fairly. After the 1st round if there is still time, use pairs to encourage team work and passing.

Week 8 – July 15th

Station 1

Red Light, Green Light, Broken down car

Players try to get from one end to the other. The coach turns his back to the players. When he says Green Light, the players can go. When he says Red Light, they have to stop. When he says Broken down car, they have to stop, drop and roll. When a player touches the coach, they win.

Station 2

Freeze Tag with Ball

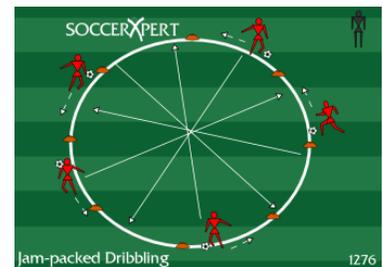
Players are split into two teams. If a player tags a player from the other team, the tagged player turns into a statue and cannot move until someone from their own team touches them. Depending on how hot it is, the tagging can be done with squirt guns. This time however, the players are to be dribbling a ball. You cannot freeze another player unless you have control of your ball.

Station 3

Circle Dribbling

Create a large circle with cones. Players start with a ball and dribble around the circle and listen for 4 commands from the coach:

1. Stop. The player stops the ball.
2. Other way. The player dribbles the ball the other way.
3. Cross. The player dribbles directly across the circle to the other side and stops.



Station 4

Cone Thieves

Players are split into two teams and line up on each side of the area. There is one cone for each player. The object of the game is to steal all of the other team's cones and bring them back to your sideline. The only way you can touch the other team's cones is if you have possession of your ball. If you lose control of your ball, you must drop the cone and get your ball back.

Players can bring their own team's cones back to their own sideline as long as they are laying in the field of play.

Week 9 – July 22nd

Station 1

Sharks and Seaweed

Have three kids be sharks (taggers) and the rest of the group be the fish. Have sharks split up and chase (hunt) the fishes, if a fish is caught, they are not out of the game, but become seaweed! The seaweed must stand in place, but can twist and move their arms in any fluid position, and at different levels: low, middle, high. The remaining fish must not only flee from the sharks, but also dodge the seaweed's arms. If a fish touches the seaweed-it too becomes seaweed. Try to rotate between sharks and fishes.

Station 2

World Cup Willie

Pair up the kids and have them choose their favourite country or team. One goalie is required for this drill. The idea of the game is to score to get to the next round. Each pair is encouraged to work together passing and moving into space. The last team to score is out.

Station 3

One time shot

The drill takes place in the penalty box area where a goalkeeper defends the goal. One player stands in the 'D' and call for the coach to pass the ball. The coach from the right side will pass the ball in front of the player. The player will be encouraged to run, strike and shoot and try and score with a one-time shot. The coach will repeat the drill from the left side.

Station 4

Defenders v Attackers

There is one goalie in net and the remainder of the group is split into defenders and attackers. The aim of the game is to encourage teamwork, marking, passing and moving into space. Attackers get a point when they score and defenders get a point when they clear it to the half way line. At the half way point switch the defenders and attackers.

Week 10 – July 29th

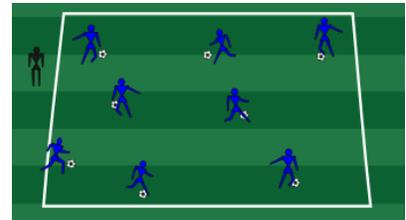
Station 1

This game involves a large round parachute, preferably with handles, with people holding the parachute all around the edges. Players can just ruffle the parachute up and down a little bit, they can go all the way up and all the way down, or all the way up and then run underneath, sitting on the edge of the parachute, which can create a bubble of air with everyone inside. Players can also place light objects such as whiffle balls or beanbags on top of the parachute, and make them jump by ruffling the parachute. Also, one person can sit in the middle of the parachute and everyone ruffles it near the ground.

Station 2

Ice Breakers

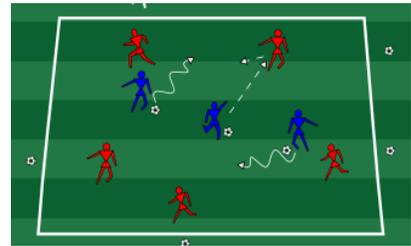
All of the players run around randomly dribbling their balls in the area. The coach calls out various types of greetings which each player has to carry out with the others: Shake hands, high fives of various types, shoulder to shoulder, back to back, etc.



Station 3

Hitters and Dodgers

There will be a ball for each player; however, only 3 players start off with balls. The remaining balls should be placed outside the grid. The three players with balls are called the "hitters". The remaining players should start off scattered throughout the grid they are the "dodgers".



Station 4

Passing Relay

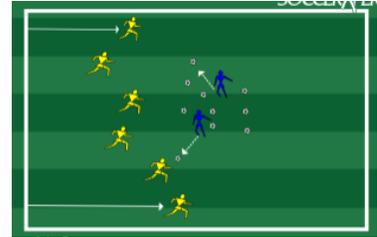
Players are split into two teams. Each team has one ball. The goal is to be the first to get their ball into the other team's net at the opposite side of the area. The trick is that you are not allowed to dribble the ball, you must pass the ball to the next person in line. When once team scores, the players start over again for another race.

Week 11 – August 9th

Station 1

The Coach's Revenge

The players will spread out in the area and the coach will be in the middle with all of the balls. When the coach blows the whistle all players move around the area. The coach tries to hit the kids below the knee with the balls. When a player is hit with a ball, they then go to the sideline to cheer on their remaining teammates. The last player standing is the winner.



Station 2

Coach Simon Says

Play Simon Says with the team as the players dribble in the grid. If a player does something they are not supposed to, issue them a GOTCHA. See who gets the least number of GOTCHA's. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball... etc. Also, try to throw in a trick or two like: kick the ball as far away as you can.



Station 3

Passing Golf

Hula hoops will be setup around the area as the holes. They will be numbered 1-6. Players start at hole #1 and see how many times it takes to get their ball into each hoop. Coach will remind the players of proper passing technique and not rushing passes prior to starting.

Station 4

Attack and Defend

Players are split into two teams. One team starts out with the balls and they are the attackers. There are 3 goals setup behind the defenders. The attackers have 2 minutes to score as many goals as they can on the defenders. If you score, the coach puts your ball back at the start. Teams switch roles after two minutes and the team that score the most wins.