

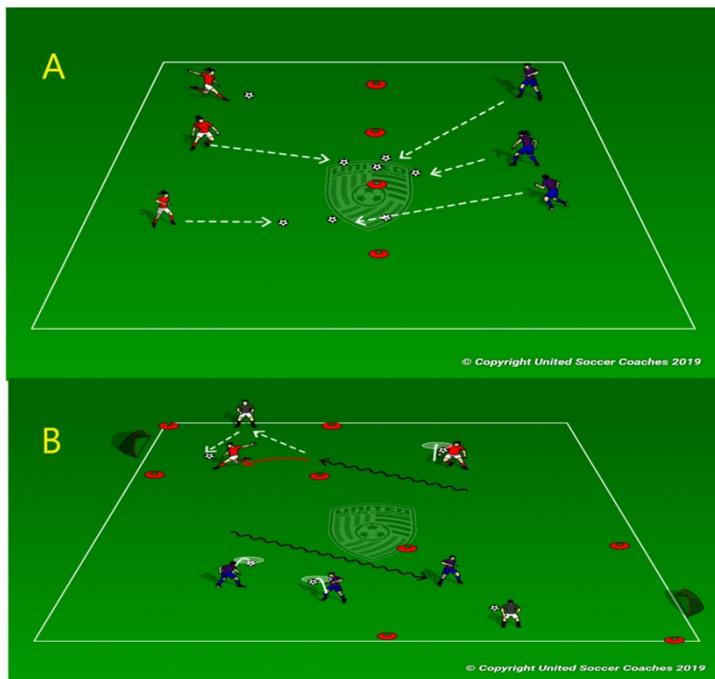
## U6 striking

Date: Apr 15, 2019 5:00 PM - 6:15 PM



U6 warmups

Warm-up - 10 min.



In addition to U5 warmup, these two are more challenging for U6.

**PLAY PRACTICE PLAY**

At U5/6, it should be all about PLAY. The focus of the warmup should be fun, but take early time in attention span to instruct on mobility, ball technique, and concepts as a group. All Warmups can be turned into a race against time or the coaches. Races are fun. After a couple of runs, challenge them to do it faster. During the games, provide 1 on 1 conversations as you see repetition of the items discussed in warmups. The warmups A, B, C, or D, naturally align with the U5 topics. Dribbling, Turning, Striking.

Modified from US Youth Soccer Lesson Plans (Sam Snow)

**Setup:** These are 4 warm up drills for U5 Age Group. Groups are all 8-10. Grid size 20 X 20  
**Duration:** 10-15 Min

**Objective:** Get the players moving, thinking, and ready for soccer games in a fun and engaging manner.

**A. U6 Soccer Pool.** Split a 20 X 20 box in half. Make two teams. Each child has a ball. Passing the ball try to hit the weighted ball and move it out of the grid. The grid should be large enough to accommodate the number of players, but small enough to make it possible for them to knock the weighted ball out of the grid. If they cannot get ball out of the 10 X 10 Grid, shrink the grid.

**Coach Points:** Discuss balance and position of non-kicking foot to be able to kick in direction of the ball. Discuss distance, too far away you'll miss, too close others will hit you when they kick. Discuss difference between kicking moving ball and standing still.

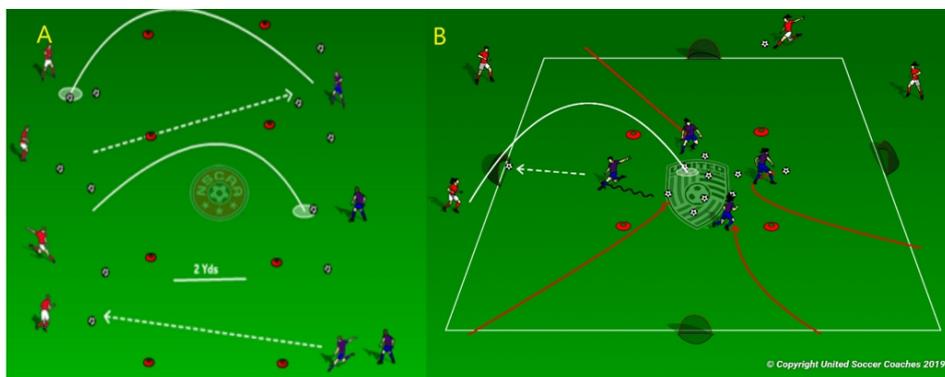
**Variation/progression:** Start at the end line and the team tries to cross the mid-line before the other team gets to their half.

**B. Juggle & Shoot:** In 20 X 20 Grid with 2 goals and two boxes. Coaches are in the boxes. Players start in open space. Each player with a ball. Practice juggling from the ball from the hands. Allow the ball to bounce between juggles. Focus on juggling with the feet and thighs. After a few minutes of walking through the concept, players will make 3 juggle attempts, then dribble to coach, pass, get back and shoot. (This creates a reward for attempting to juggle, changes speed and variation of focus to keep them engaged.)

**Coach Points:** Eye-Hand Coordination Eye-Foot Coordination Timing. Discuss demonstrate, using laces and thighs to pop the ball up. Encourage trying to get multiple juggles. Highlight players that it high scores.

U6 Striking

Main phase - 15 min.



**Setup:** These are 4 warm up drills for U5 Age Group. Groups are all 8-10. Grid size 20 X 20

**Duration:** 10-15 Min

**Objective:** Get the players moving, thinking, and ready for soccer games in a fun and engaging manner.

**A. Clear the Yard.** In 20 X 20 box Divide the players in half, and divide balls on each side of the grid as well. Make a 2 yd river down the middle of the grid. On go, players try to keep the balls on the other half by striking the ball.

**Coach Points:** Focus on line up an balance. At 4, they may not have physical ability to strike with laces or instep. Talk about using them, but do not stress it. More important to work on balance and motion to approach the ball and strike it. Work on striking through the ball.

**Variation/progression:** Clear the yard with goals. Place 3 pugg goals on each side behind the players If the ball is scored it counts as a point and can't removed from the



goals.

**B. Shoot and Strike:** In 10 X 10 Grid with a small box inside and a goal on each side. Divide the girls in two teams. One team are the shooters the other are strikers. Place all the balls inside the box. Team A enters the box and shoots until all the balls are gone. Team B on the outside takes any ball that missed the goal and kicks it back into the box. After 2 minutes switch.

**Coach Points:** Shooting on goal is for accuracy first then work on power. Striking back into the box is power and direction. Can you get it up in the air.

**C. Get Out of Here, shooting:** In 15 X 10 Grid, coaches split into of teams of 4 to 6. Players run out to the end and in. Coach passes to the first player to cross into the grid. time the pass to avoid collision, but allow control and shot.

**Coach Points:** Coach may want to run through one or twice with no competition or coach pressure.

### U6Big Game

*Shot on goal - 10 min.*



**Setup:** In 30 x 30 grid, with 6-8 goals. Set up 2 teams of 4-6 . Use more balls than team size to start. Eventually work down to two balls and have two 3 v3 games Teams can score on any goal they desire. After they score, find another ball to go score with. Players are encouraged to work together to score. Add some gates in the middle of the field for players to pass through during the game. Passing to themselves is OK.

**Execution:** Recruit parents to stand by each goal to keep balls in play. Ensure there are more balls than players. Coaches and trainers work through the middle to pressure players and to be target for players to steal the ball.