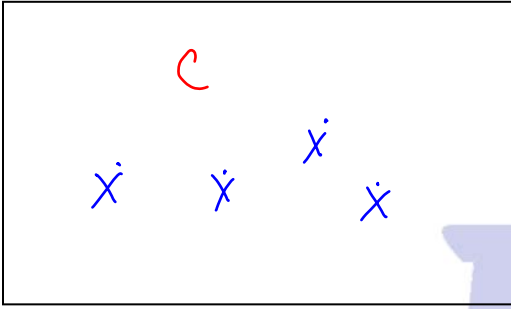


ALABAMA YOUTH SOCCER ASSOCIATION

U6 - WEEK 1

Warm-up: *Ball Ballistics*



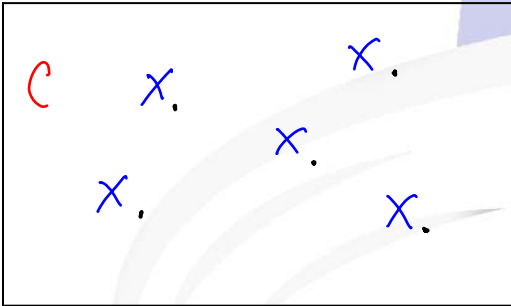
Description:

- ›Ball pickups – how many times can they get the ball from their feet to their hands in time
- ›Ball stretching – Legs apart figure 8; One foot frwd, one back roll ball around front foot, switch feet; Sitting with legs straight out in front roll ball around feet; Sitting with legs in a V, roll ball around each foot and around back
- ›Do everything in each direction, clockwise and counter clockwise

Coaching Points:

- Pause in some parts of the stretch
- Do it with the players
- Take your time doing stretch 20-30 seconds for each one

Activity #1: *Body Part Dribbling*



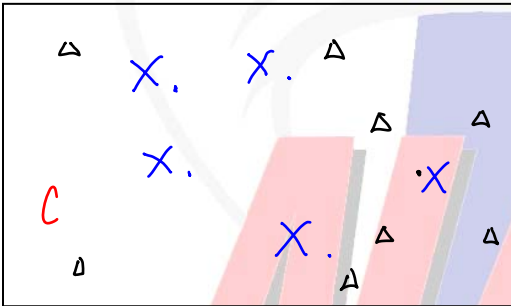
Description:

- ›Each player has a ball
- ›Players dribble around area and avoid other players.
- ›Coach calls out body part that players need to stop ball with, “right elbow”, “left knee”, etc.

Coaching Points:

- Be aware of other players in confined space
- Change speed and direction

Activity #2: *Hospital Tag*



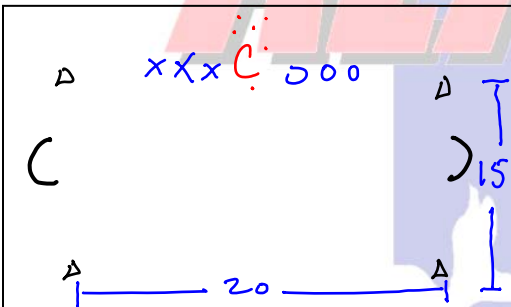
Description:

- ›Each player has a ball
- ›Everybody is it
- ›Each time you get touched you have to hold that part. Hold each part touched
- ›On third touch go to hospital and do a small activity to get healed.
- ›Small activity could be alternating ball touches, toe taps, step-overs, etc.

Coaching Points:

- Change speed and direction
- Body control and agility
- Go at people with the ball aggressively

Activity #3: *See ya!*



Description:

- ›All balls in a pile near coach
- ›Two teams
- ›Have players line –up on edge of the field
- ›Count players off 1, 2, 3, 4...
- ›Call out a number and that number from each team play with the ball you play out
- ›Leave balls where they go collect them when coach runs out

Coaching Points:

- Keep pace of game moving
- Don't be afraid to start another group before one group is done
- Cheer loudly

Match Conditions:

- ›Play to goals
- ›No subs if possible
- ›No games bigger than 3v3
- ›Play short games and mix teams after each H₂O break

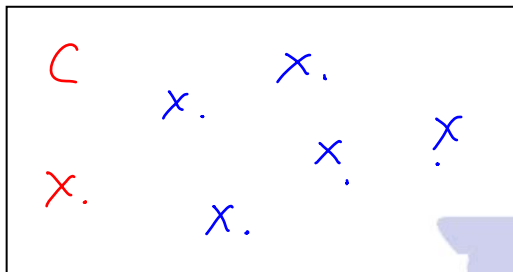
Cool-Down:

- ›Body Motion Activities
 - Kart Wheels
 - Tumbles
 - Skipping
 - Duck walk
 - Frankenstein Walk

ALABAMA YOUTH SOCCER ASSOCIATION

U6 - WEEK 2

Warm-up: Freeze Tag



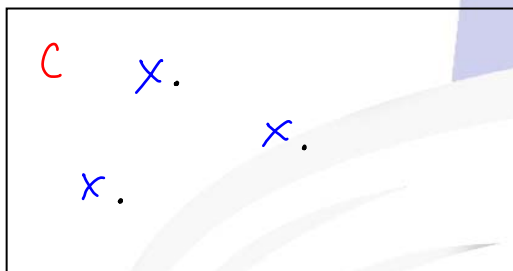
Description:

- ›Every player has a ball
- ›One player is "it" to begin
- ›It player must tag players who have their ball and trying to get away
- ›When player is tagged they must pick up ball above their head and spread there legs wide open
- ›Other players try to unfreeze them by playing balls between their legs
- ›Play a few rounds

Coaching Points:

- During breaks do static stretches and body motion activities
- Take your time stretching 20-30 seconds for each one

Activity #1: Clean-up Your Room



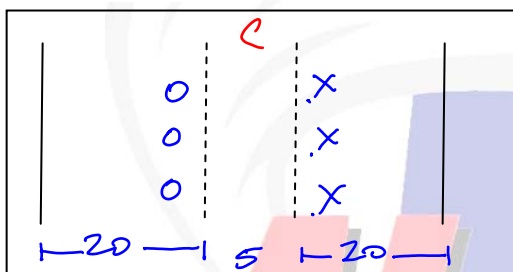
Description:

- ›Have players grab all the coaching gear and spread the cones and bibs around your space
- ›Each player has a ball
- ›Players have to dribble around space touching their ball on items so they can pick them up
- ›Play a few rounds players should try to beat their previous collection number

Coaching Points:

- Be aware of other players in confined space
- Use different surfaces of feet to change speed and direction
- Change speed and direction

Activity #2: Crows and Cranes



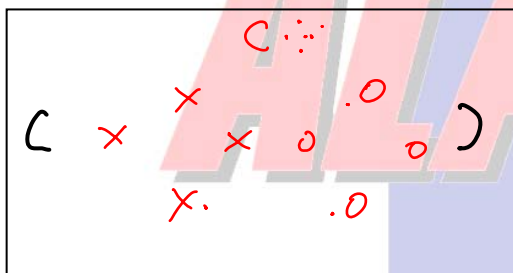
Description:

- ›Two teams, each player on one team has a ball
- ›Two lines facing one another with an end line 20yds away
- ›The coach calls out the name of the team that has the ball and the try to dribble and pass to hit the other team
- ›If a player gets hit before they reach their end-line they change teams
- ›Play game until all players are on the same team

Coaching Points:

- Go at people with the ball aggressively
- Players need to make quick movements to escape
- Players on ball must dribble quickly and prepare to pass on the move

Activity #3: Balls Galore



Description:

- ›Two teams
- ›Go to goals with lots of balls creating multiple 1v1 and 2v1 situations all over the field
- ›Balls that are scored or go out of bounds should be left alone and coach should begin new ball
- ›When Coach runs out of balls collect them and play another round

Coaching Points:

- Playing under constant pressure
- Players are making lots of decisions

Match Conditions:

- ›Play to goals
- ›No games bigger then 3v3
- ›No subs if possible
- ›Play short games and mix teams after each H₂O break

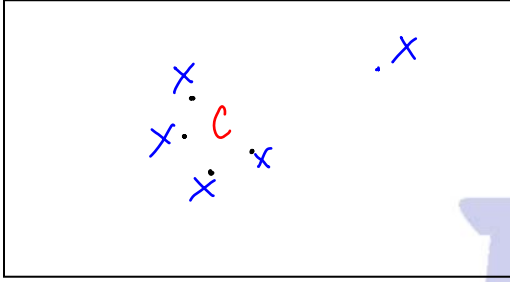
Cool-Down:

- ›Body Motion Activities
 - Kart Wheels
 - Tumbles
 - Skipping
 - Duck walk
 - Frankenstein Walk

ALABAMA YOUTH SOCCER ASSOCIATION

U6 - WEEK 3

Warm-up: *Go Fish*



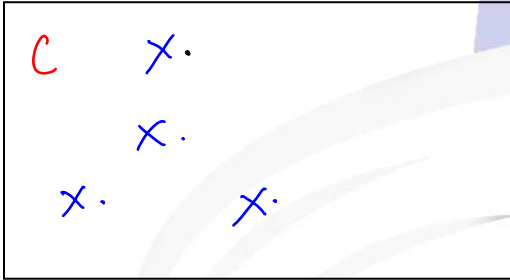
Description:

- ›Have players circle around you with ball in both hands
- ›Toss ball away and encourage players to bring it back as quickly as possible
- ›Progress to the number of touches you want a player to bring it back in
- ›Use your imagination and utilize player ideas for retrieving

Coaching Points:

- During breaks do static stretches and body motion activities
- Take your time stretching 20-30 seconds for each one

Activity #1: *Clean-up Your Room*



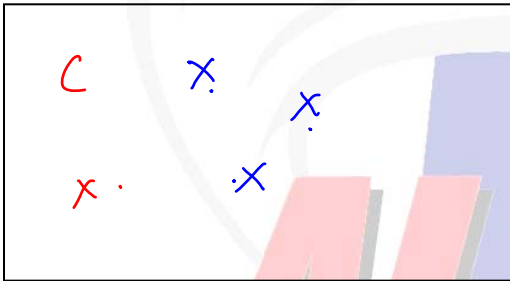
Description:

- ›Have players grab all the coaching gear and spread the cones and bibs around your space
- ›Each player has a ball
- ›Players have to dribble around space touching their ball on items so they can pick them up
- ›Play a few rounds players should try to beat their previous collection number

Coaching Points:

- Be aware of other players in confined space
- Use different surfaces of feet to change speed and direction
- Change speed and direction

Activity #2: *Lightening Fast*



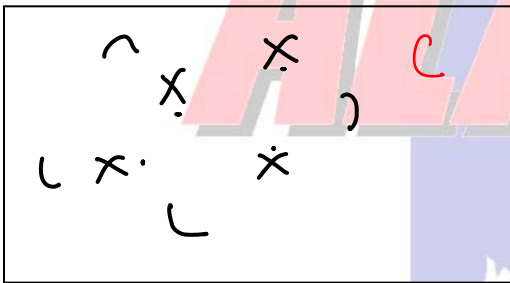
Description:

- ›Each player has their ball dribbling around the space
- ›Call out a number and that is the number of touches the players must get on the ball
- ›Can't use same body part twice in a row

Coaching Points:

- Improves agility
- Encourages improvisation
- Increases dribbling speed and control

Activity #3: *Gates*



Description:

- ›Every player has a ball
- ›Give players cones to drop as gates around field
- ›Play short rounds
- ›Players dribble thru as many gates as possible
- ›Progress so they can't go thru the same one in a row, have to go thru all of them etc.

Coaching Points:

- Improves dribbling
- Demands that players keep head up to see next gate and avoid collisions
- Improves decision making

Match Conditions:

- ›Play to goals
- ›No games bigger then 3v3
- ›No subs if possible
- ›Play short games and mix teams after each H₂O break

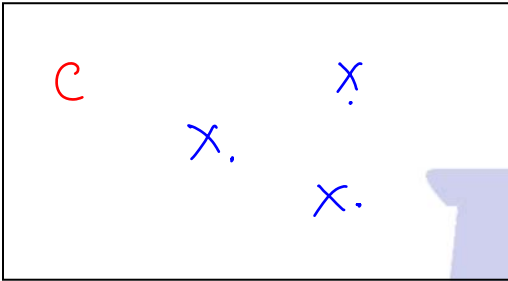
Cool-Down:

- ›Pirate Ship
 - Pirates dribble the way the captain points
 - Mix in some stretches

ALABAMA YOUTH SOCCER ASSOCIATION

U6 - WEEK 4

Warm-up: *Ball Ballistics*



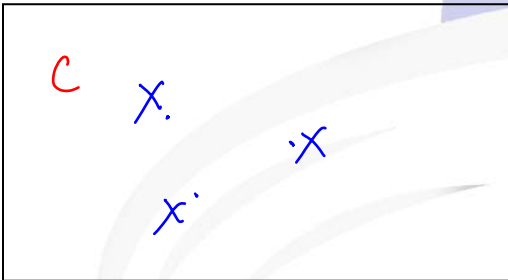
Description:

- › Ball pickups – how many times can they get the ball from their feet to their hands in time
- › Ball stretching – Legs apart figure 8; One foot frwd, one back roll ball around front foot, switch feet; Sitting with legs straight out in front roll ball around feet; Sitting with legs in a V, roll ball around each foot and around back
- › Do everything in each direction, clockwise and counter clockwise

Coaching Points:

- Pause in some parts of the stretch
- Do it with the players
- Take your time doing stretch 20-30 seconds for each one

Activity #1: *Body Part Dribbling*



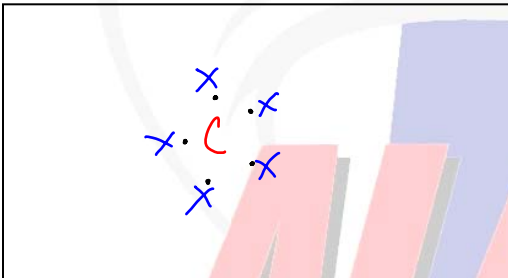
Description:

- › Each player has a ball
- › Players dribble around area and avoid other players.
- › Coach calls out body part that players need to stop ball with, "right elbow", "left knee", etc.

Coaching Points:

- Be aware of other players in confined space
- Change speed and direction

Activity #2: *Go Fish*



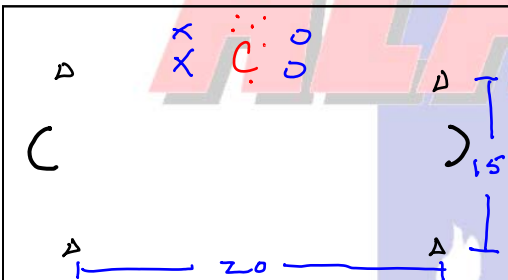
Description:

- › Each player has a ball
- › Have players surround you in a ball circle with balls held out
- › Grab ball and toss 10-15yds away
- › Ask players to bring ball back in different ways each time
- › Ask players for ways to bring ball back

Coaching Points:

- Encourages quick thinking and problem solving
- Encourages players to mimic one another

Activity #3: *See ya!*



Description:

- › All balls in a pile near coach
- › Two teams
- › Have players line-up on edge of the field
- › Count players off 1, 2, 3, 4...
- › Call out a number and that number from each team play with the ball you play out increase numbers you call out to create 2v2 and 3v3
- › Leave balls where they go collect them when coach runs out

Coaching Points:

- Keep pace of game moving
- Don't be afraid to start another group before one group is done
- Cheer loudly

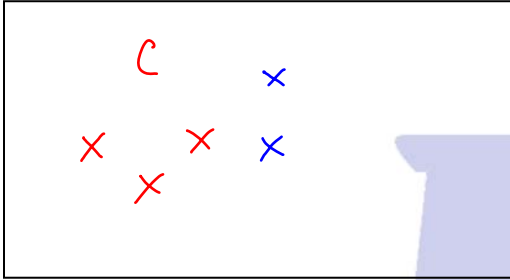
Match Conditions: › Play to goals › No games bigger than 3v3
› No subs if possible › Play short games and mix teams after each H₂O break

Cool-Down: › Pirate Ship
• Pirates dribble the way the captain points
• Mix in some stretches

ALABAMA YOUTH SOCCER ASSOCIATION

U6 - WEEK 6

Warm-up: *Toes*



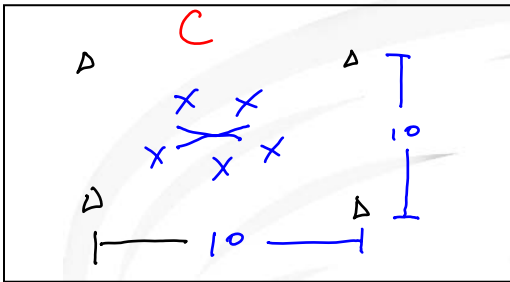
Description:

- ›Have players sit down and hold their toes
- ›Legs should be straight out in front of them with right hand to right foot left hand to left foot
- ›Through all instructions players can't let go of toes
- ›Can you make one leg longer than other? Switch
- ›How wide can they stretch their legs?
- ›How small/large can they make themselves?
- ›Can they get their feet higher than their heads?
- ›Can their feet go behind their legs?
- ›Can they stand up and walk without letting go?

Coaching Points:

- Give lots of praise
- Draw attention to the variety of ways to solve the problems
- Good stretch and problem solving

Activity #1: *Snake in the Grass*



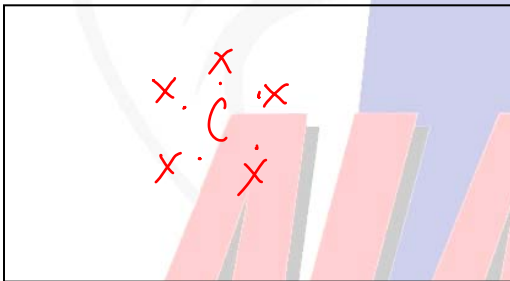
Description:

- ›One player volunteers to be snake other players must have one hand on snake
- ›Snake is on their stomach
- ›Coach yells "Snake in the grass" players run away while snake tries to tag them
- ›If snake tags you, you become snake too and try to get other players until everyone is a snake

Coaching Points:

- Improves running, jumping, agility, and balance

Activity #2: *Go Fish*



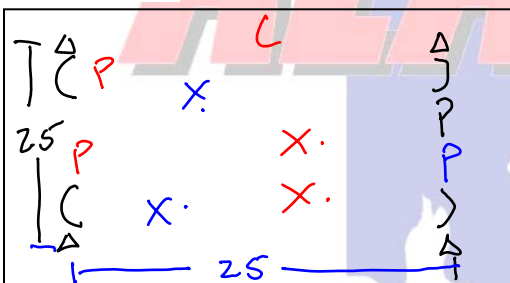
Description:

- ›Each player has a ball
- ›Have players surround you in a ball circle with balls held out
- ›Grab ball and toss 10-15yds away
- ›Ask players to bring ball back in different ways each time
- ›Ask players for ways to bring ball back

Coaching Points:

- Encourages quick thinking and problem solving
- Encourages players to mimic one another

Activity #3: *Open and Closed Gates*



Description:

- ›In each corner put goals
- ›If parents are hanging around use them as gate keepers use players otherwise
- ›Parents randomly open and close gates so players have to decide which gates to attack
- ›Parents need to be slow to react and should try to have at least two open at all times
- ›Players need to dribble thru gate to score

Coaching Points:

- Develops the ability to recognize where to attack
- Forces players to attack at high speeds
- Involves parents in a fun game

Match Conditions: ›Play to goals ›No games bigger than 3v3
›No subs if possible ›Play short games and mix teams after each H₂O break

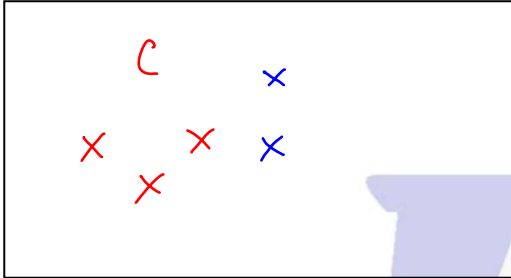
Cool-Down: ›Body Motion Activities

- Kart Wheels
- Tumbles
- Skipping
- Duck walk
- Frankenstein Walk

ALABAMA YOUTH SOCCER ASSOCIATION

U6 - WEEK 7

Warm-up: *Toes*



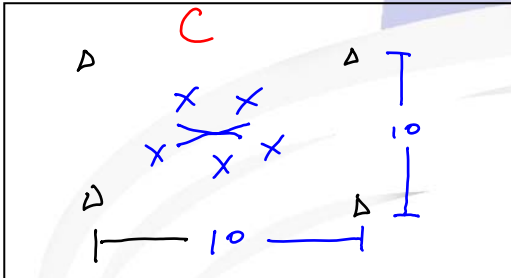
Description:

- ›Have players sit down and hold their toes
- ›Legs should be straight out in front of them with right hand to right foot left hand to left foot
- ›Through all instructions players can't let go of toes
- ›Can you make one leg longer then other? Switch
- ›How wide can they stretch their legs?
- ›How small/large can they make themselves?
- ›Can they get their feet higher then their heads?
- ›Can their feet go behind their legs?
- ›Can they stand up and walk without letting go?

Coaching Points:

- Give lots of praise
- Draw attention to the variety of ways to solve the problems
- Good stretch and problem solving

Activity #1: *Snake in the Grass*



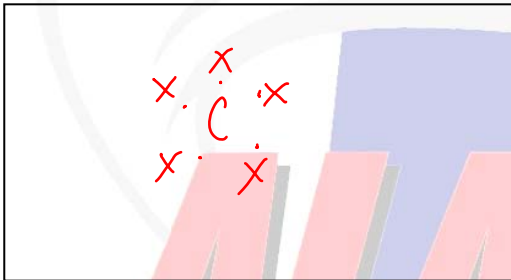
Description:

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- ›If snake tags you, you become snake too and try to get other players until everyone is a snake

Coaching Points:

- Improves running, jumping, agility, and balance

Activity #2: *Go Fish*



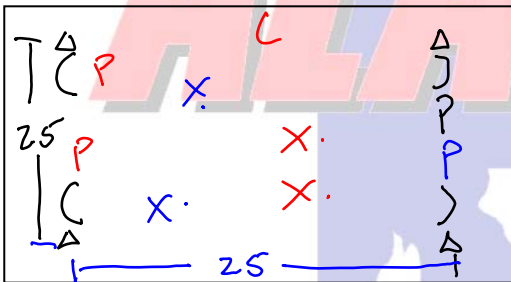
Description:

- ›Each player has a ball
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Coaching Points:

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- Encourages players to mimic one another

Activity #3: *Open and Closed Gates*



Description:

- ›In each corner put goals
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Coaching Points:

- Develops the ability to recognize where to attack
- Forces players to attack at high speeds
- Involves parents in a fun game

Match Conditions:

- ›Play to goals
- ›No games bigger then 3v3
- ›No subs if possible
- ›Play short games and mix teams after each H₂O break

Cool-Down:

- ›Body Motion Activities
 - Kart Wheels
 - Tumbles
 - Skipping
 - Duck walk
 - Frankenstein Walk