



K/U6 – Session 1

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Body Part Dribble:

All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.

Coach: Vary the body parts, number of body parts they call out and rate at which they call them out.

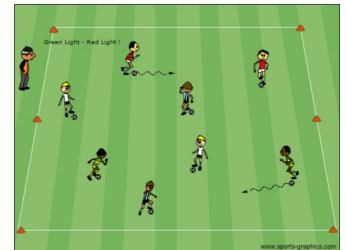


Red Light/Green Light:

All players are dribbling freely in a 25x35 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.

Coach: Control the frequency of light changes.

Variation 2: Add other light colors and actions (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.)



Get “Outta” There:

The coach sets up a 25x35 yard grid with two small goals on each end line. The players are divided into two teams and positioned at either side of the coach. The coach has all the soccer balls and is in charge of serving the balls into the grid. The players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.

Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service.



Scrimmage:

In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4; no goal keepers. If the ball goes out of bounds, they can dribble or pass in. Coach should substitute all extra players every 3-5 minutes. *Remember – when your team has the ball, they are all on offense and when your team doesn't have the ball, they are all on defense.*





K/U6 – Session 2

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Free Dribble:

All players are dribbling a soccer ball in a 25x35 yard grid using their inside, outside, and the sole of their foot.

Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. Remind them to push the ball vs kick the ball.

Version 2: Coach can put pressure on players dribbling.

Version 3: Players can dribble at each other and perform a move and accelerate away.

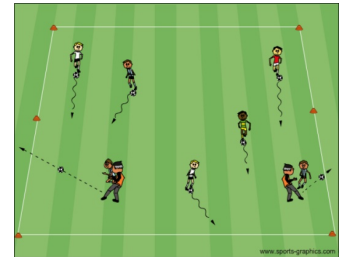


British Bulldog:

All players are dribbling a soccer ball from one end to the other end of a 25x35 yard grid. 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”. To start each round, Bulldogs yell, BRITISH BULLDOG! Players with the ball yell, CHARGE!

Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.

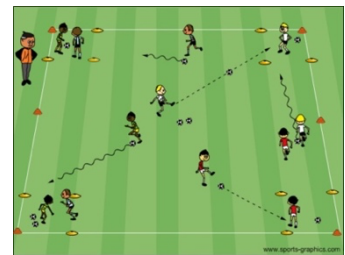
Version 2: Players who dribble the soccer ball close to their feet do not get attacked by the bulldog.



Capture the Balls:

Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases. No using hands.

Coach: Call time and each team counts the balls they have collected. Play another round and have each group come up with a team strategy.



Scrimmage:

In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. If the ball goes out of bounds, they can dribble or pass in. Coach should substitute all extra players every 3-5 minutes. *Remember – when your team has the ball, they are all on offense and when your team doesn’t have the ball, they are all on defense. *





K/U6 – Session 3

Intentional Free Play:

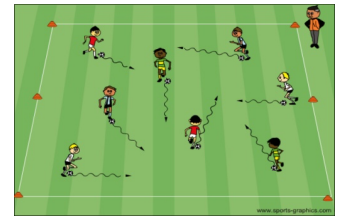
Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Paint the Field:

All players will dribble their soccer ball in a 25x35 yard grid pretending their soccer ball is a paintbrush and wherever it rolls is painting the field. The players will try to paint as much of the area as possible in the time allotted.

Variation 2: Ask the players to paint with their favorite color and try to paint with different parts of both feet. Remember: push the ball vs. kick.



Ninja Warriors:

All players with a ball (dribblers) with the exception of two players who wear pinnies (Ninja Warriors) in a 25x35 yard grid with a defined island in 1 corner. The players with pinnies are trying to tag the dribblers. Once tagged, the players must go to the island. Dribblers can only get back if another dribbler tags them or the coach uses their magic powers to free them.

Coach: Make sure all players have a chance to be a Ninja Warriors.



Get “Outta” There:

The players are divided into two team and positioned at either side of the coach. The coach sets up a 25x35 yard grid with two small goals on each end line. The coach has all the soccer balls and is in charge of serving the balls into the grid. The players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.

Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service



Scrimmage:

In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. If the ball goes out of bounds, they can dribble or pass in. Coach should substitute all extra players every 3-5 minutes. *Remember – when your team has the ball, they are all on offense and when you team doesn’t have the ball, they are on all on defense. *





K/U6 – Session 4

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Free Dribble:

All players are dribbling a soccer ball in a 25x35 yard grid using their inside, outside, and the sole of their foot.

Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. Remind them to push the ball vs kick the ball.

Version 2: Coach can put pressure on players dribbling.

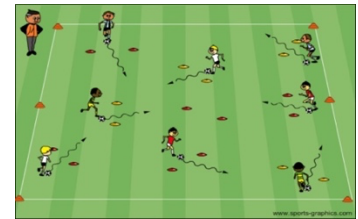
Version 3: Players can dribble at each other and perform a move and accelerate away



Gates Dribbling:

In a 25x35 yard grid set up several gates (two cones about 2 yards apart). All players with a ball must dribble through a gate in order to score a point.

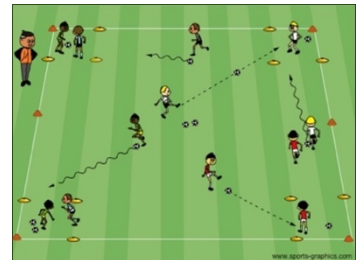
Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat their score by one or more points. **Version 2:** You can also ask them to try dribbling with one foot for 30 seconds, then other foot for 30 seconds (try to tie or beat score).



Capture the Balls:

Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.

Coach: Call time and each team counts the balls they have collected. Play another round and have each group come up with a team strategy.



Scrimmage:

In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. If the ball goes out of bounds, they can dribble or pass in. Coach should substitute all extra players every 3-5 minutes. *Remember – when your team has the ball, they are all on offense and when your team doesn't have the ball, they are all on defense. *





K/U6 – Session 5

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.

Free Dribble:

All players are dribbling a soccer ball in a 25x35 yard grid using their inside, outside, and the sole of their foot.

Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away. Remind them to push the ball vs kick the ball.

Version 2: Coach can put pressure on players dribbling.

Version 3: Players can dribble at each other and perform a move and accelerate away.



Freeze Tag:

All players are dribbling a soccer ball in a 25x35 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players with their soccer ball, who then freeze with the soccer ball above their head. The activity ends when all players are frozen.

Coaches: One coach may be the freeze monster while another is unfreezing players.

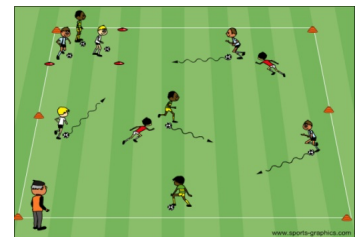
Version 2: Players can unfreeze each other by kicking the ball through their legs.



Ninja Warriors:

All players with a ball (dribblers) with the exception of two players who wear pinnies (Ninja Warriors) in a 15x20 yard grid with a defined island in 1 corner. The players with pinnies are trying to tag the dribblers. Once tagged, the players must go to the island. Dribblers can only get back if another dribbler tags them or the coach uses their magic powers to free them.

Coach: Make sure all players have a chance to be a Ninja Warriors.



Scrimmage:

In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. If the ball goes out of bounds, they can dribble or pass in. Coach should substitute all extra players every 3-5 minutes. *Remember – when your team has the ball, they are all on offense and when you team doesn't have the ball, they are on all on defense. *





K/U6 – Session 6

Intentional Free Play:

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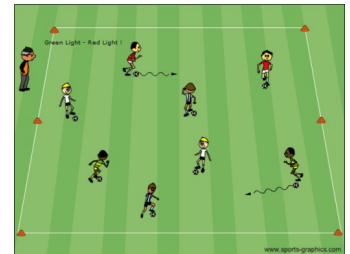


Red Light/Green Light:

All players are dribbling freely in a 25x35 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.

Coach: Control the frequency of light changes.

Variation 2: Add other light colors and actions (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.)

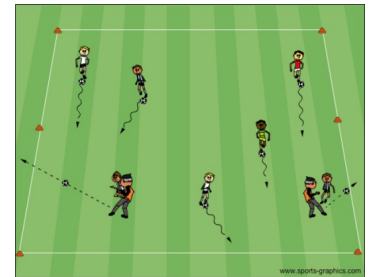


British Bulldog:

All players are dribbling a soccer ball from one end to the other end of a 25x35 yard grid. 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”. To start each round, Bulldogs yell, BRITISH BULLDOG! Players with the ball yell, CHARGE!

Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.

Version 2: Players who dribble the soccer ball close to their feet do not get attacked by the bulldog.



Get “Outta” There:

The coach sets up a 25x35 yard grid with two small goals on each end line. The players are divided into two teams and positioned at either side of the coach. The coach has all the soccer balls and is in charge of serving the balls into the grid. The players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.

Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service.



Scrimmage:

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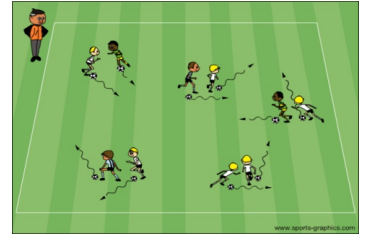


K/U6 – Extra Activities

Tag:

All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.

Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.



Hospital Tag:

All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged, they must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure them.

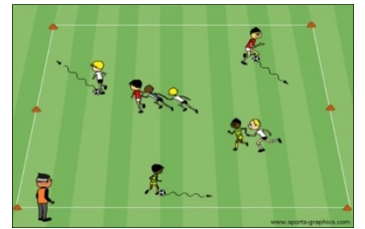
Coach: Acts as the “doctor” and heals the dribblers so they can keep involved in the activity.



Snake:

All players are dribbling a soccer ball in a 25x35 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.

Coach: Encourage the snake players to hiss.



Kangaroo Jack:

In a 25x35 yard grid two or three players are the kangaroos, and the other players are dribbling. The kangaroos are trying to tag the dribblers. Once a dribbler is tagged, they turn into a kangaroo.

Coach: Remember, kangaroos hop.

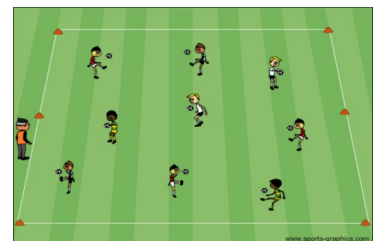


Juggling:

All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players can try to use their thighs and feet to keep the ball in the air.

Coach: Have the players count how many times they touch the ball before it hits the ground. Also have them try it by allowing the ball to bounce.

Version 2: Controlled juggling – Thigh, catch. Foot, catch, Thigh, foot, catch. Thigh, thigh, catch. Foot, foot, catch. *Please keep the patterns simple!*



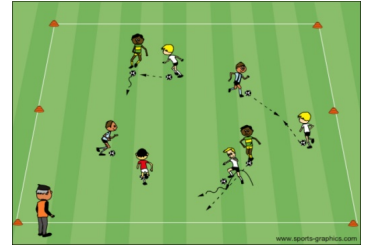


K/U6 – Extra Activities

Ball Tag:

All players are dribbling a soccer ball in a 25x35 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.

Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.



Moving Goal:

All players are dribbling a soccer ball in a 25x35 yard grid. Two coaches hold a practice vest (pinny) between them, forming a goal. The players must try to kick their ball through the goal.

Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.

