Curriculum for U6 Ages



3v3

Developed For Players Ranging Between the Ages of 5 & 6

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Philosophy

Activities for this age group focus on individual ball control. The primary goal at this age is that players enjoy their time **PLAYING** at the soccer fields. Game days are filled with fun activities for the players because the most important thing is they become comfortable with the environment. This is the foundation for generating a desire to learn more about the game in future stages of development. The primary indication of success at this age is when players are comfortable with ball at their feet and have a basic understanding that soccer is about controlling the ball. The best measures of success at this level are their (1) level or excitement about coming to the fields, and (2) effort or attempt to maintain possession of the ball (and not just kick it away).

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Goals

1. Foster a love for the game.
2. Allow the players to gain comfortability in their soccer environment (social development)
3. Control the ball, don't just kick it!

Structure

Each team will practice once per week and participate in a game day once per week (8 weeks per season). Practice and game day sessions are designed to be FUN above all else and create an environment that allows players to PLAY (not compete or perform). At this age, kids have a wide range of their idea of what fun is to them - they may enjoy competing, being "near the herd", or just watching from a distance. PLEASE do not mistake their lack of direct participation as a lack of enjoyment. For this level, it is strongly recommended there be one coach or assistant coach for every 4-6 players on the field.

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Players should be encouraged to look up after every touch or dribble. Find the space. When they see space, they should move into it as quickly as they can while controlling the ball. They might have to change direction and speed to do this. After they get into the open space, they should slow down until they find another space. This process repeats as they should constantly be looking to find space.

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Coaches should apply Loose Boundaries Method by simply directing the ball back into the field of play after it goes out of bounds. Always start with a kickoff after each scored goal. Coaches are allowed on the playing field during scrimmages to help players but not interfere with the game.

Standards

Field Size: 20 x 25 yards
Number of Players: 3 on each side (6 total) 3v3
Goal Keeper: No Goal Keepers
Game Length: 15 minute halves
Ball Size: 3
Goal Size: 4x6 feet
Restarts: No throw-ins. All restarts are by the coach rolling or passing it out with the foot (pass-in).

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Lesson 1
Topic: Let's Play Soccer
U6 - 4v4

Activity 1 (10 min): Body Parts Dribbling
Setup: Area of game field. All players start with a soccer ball.
Instructions: Coach demonstrates to the players how to dribble the soccer ball with the feet. Each player has a ball and begins to mimic the coach will dribbling their soccer ball around the area.
1. Coach calls out a body part….each player must stop their ball using that part. ex. knee, forehead, elbow.
2. Coach calls out two body parts, ex. elbow & knee. Bottom of foot & forehead, etc.

Coaching points: Encourage players to dribble and stop ball with various body parts, then start dribbling again.

Water Break (2-3 min)

Activity 2 (15 min): Can You Try This?
Setup: Area of game field. All players start with their soccer ball.
Instructions: Coach asks players if they can try the different things he is doing. Be creative!
1. Toss ball in air and try to catch it, toss ball in air and clap before you catch it. How many times can you clap before you catch the ball?
2. Can you dribble over to your parents for a high-five and dribble back? Can you dribble using small touches? Can you dribble up to other players and give them a high-five?
3. Can you dribble to the edges of the field, touch the line, and dribble back? How many lines can you touch in 30 seconds. Go!
4. Now the coach is going to try to get your ball, don't let him. Stay away, but keep your soccer ball close. No hands! Can you dribble to the goal before the coach gets your ball?

Coaching points: Have fun and encourage players to try new things with the soccer ball.

Water Break (2-3 min)

Activity 3 (15 min): Balls Galore
Setup: Area of game field. Coach divides players up to form 2 teams.
Instructions: Coach assigns a goal and a direction for the teams to play. Coach has all the soccer balls on the side near half line. Coach will play a ball out and then the teams will try to score. When goal is scored or it goes out of bounds, a new ball is played in by the coach. Continuous play.
1. After a few rounds, the coach can play multiple ball in at the same time. You will have several small games going at the same time. Balls galore!

Coaching points: Encourage the kids to jump in and have fun!

Water Break (2-3 min)

Activity 4 (15 min): Small Sided Games 4v4
Setup: Entire soccer field, divide players up to form teams of 4.
Instructions: Coach tells players which direction the are going and which goal they are trying to score on. Play 4v4 soccer. No goal keepers, not throw-ins, no keeping score. Keep the ball in play with quick restarts. Minimize instruction to players but always give lots of praise for good attempts to dribble and control the ball.
Coaching Points: Let the kids PLAY and have FUN!

Lesson 2
Topic: Dribbling
U6 - 4v4

Activity 1 (10 min): School of Fish

Setup: Full game field. All players have a soccer ball. Four parents act as lighthouses on each corner of the field.

Instructions: The players must swim (dribble) up to a lighthouse that has the light on (parents raise hand to turn on light). Players tag parent before the light goes off (parent lowers hand). If the light house is off, players must find the lighthouse that is on by dribbling and changing directions.

1. Play 1 minute then ask questions: How do you know which lighthouse to swim too? What happens if the light goes off? How many lighthouses can you get?
2. Add two fishermen (coaches) so that the fish can swim away and not get caught.

Coaching Points: Keep the ball close while changing speeds. Change directions.

Water Break (2-3 min)

Activity 2 (15 min): Elephant Soccer

Setup: Within game field. All players start with their soccer ball.

Instructions: Coach tells players the he is a Big Elephant. His arm is really a trunk and he can scoop up soccer balls and roll them away.

1. Coach scoops up balls and then rolls them various distances away so the players can return them.
2. Ask players to help bring the balls back. Let them be creative on how they return the balls.
3. Coach calls out different animals that the players must return their ball back by pretending to be.
4. Coach assigns how he wants players to return balls, ex. with feet, with elbows, with knees, etc.

Coaching points: Use guided discovery questions and encourage the kids to use their imagination.

Water Break (2-3 min)

Activity 3 (15 min): Get Outta There

Setup: Within game field. Two small goals on each end. Divide players up to form 2 teams an assign a goal and direction for their team. Play 1v1.

Instructions: The coach has all soccer balls on the half line on the side. Players are on each side of the coach ready to play. To begin, the coach will pass a soccer ball into the field and call number 1. Only the first player in line on each team will go onto the field and play. 1v1. After a goal or out of bounds, the coach yells "Get Outta There!", and the players return to their team at the back of the line.

1. Continuous play. Always keep a group playing 1v1. Players must be ready to play.
2. Play several minutes, then have multiple 1v1 groups playing. Each group of 1v1 has their own ball.

Coaching points: Have fun and try to keep the kids on the lines ready to play when it is there turn. Play quickly but give them time to rest between turns. Encourage the players to control their ball.

Water Break (2-3 min)

Activity 4 (15 min): Small Sided Games 4v4

Setup: Entire soccer field, divide players up to form teams of 4.

Instructions: Coach tells players which direction the are going and which goal they are trying to score on. Play 4v4 soccer. No goal keepers, not throw-ins, no keeping score. Keep the ball in play with quick restarts. Limit instruction to players but always give lots of praise for good attempts to dribble and control the ball.

Coaching Points: Let the kids PLAY and have FUN!

Lesson 3
Topic: Dribbling
U6 - 4v4

Activity 1 (10 min): Simon Says
Setup: Within game field. All players have a soccer ball.
Instructions: The coach will demonstrate to the players different actions and how to dribble the soccer ball with the feet. Each player will mimic the coach and dribble around the area.
1. Play Simon says: coach will call out various ways to dribble and players will play. Some examples: Hop like a bunny around your ball, stop the ball with your knee, dribble with the inside of your foot, etc.

Coaching Points: Players should be encouraged to keep the ball close and control it.

Water Break (2-3 min)

Activity 2 (15 min): The Soccer Blob
Setup: Within game field. All players start game without soccer ball.
Instructions: Coach tells players they are in a big dark cave, everyone has flashlights. Inside the cave there is a silly Soccer Blob (the coach) and he will try to get you. Tell players to turn their flashlights on…the Blob begins chasing players around. Play for 30-45 seconds then turn flashlights off…all players stop.
1. All players now try to avoid the Soccer Blob while dribbling their ball. Play another 30-45 seconds.
2. Between games, ask questions like "what can you do to avoid the blob? and "where can you go to avoid the blob?" Allow the kids to answer and help them to see things to avoid the blob.
3. Play 4 or 5 rounds of 1 minute games.

Coaching points: Use guided discovery questions and encourage the kids to use their imagination. Avoid the blob by finding space.

Water Break (2-3 min)

Activity 3 (15 min): Get Outta There
Setup: Within game field. Two small goals on each end. Divide players up to form 2 teams an assign a goal and direction for their team. Play 1v1.
Instructions: The coach has all soccer balls on the half line on the side. Players are on each side of the coach ready to play. To begin, the coach will pass a soccer ball into the field and call number 1. Only the first player in line on each team will go onto the field and play. 1v1. After a goal or out of bounds, the coach yells "Get Outta There!", and the players return to their team at the back of the line.
1. Continuous play. Always keep a group playing 1v1. Players must be ready to play.
2. Play several minutes, then have multiple 1v1 groups playing. Each group of 1v1 has their own ball.

Coaching points: Have fun and try to keep the kids on the lines ready to play when it is there turn. Play quickly but give them time to rest between turns. Encourage the players to control their ball.

Water Break (2-3 min)

Activity 4 (15 min): Small Sided Games 4v4
Setup: Entire soccer field, divide players up to form teams of 4.
Instructions: Coach tells players which direction the are going and which goal they are trying to score on. Play 4v4 soccer. No goal keepers, not throw-ins, no keeping score. Keep the ball in play with quick restarts. Minimize instruction to players but always give lots of praise for good attempts to dribble and control the ball.
Coaching Points: Let the kids PLAY and have FUN!

Lesson 4
Topic: Change of Speed
U6 - 4v4

Activity 1 (10 min): Red Light - Green Light
Setup: Within game field. All players have a soccer ball.
Instructions: Coach says "Green Light"….all players begin dribbling their soccer ball around the area. When the coach says "Red Light", all players should stop their ball using the bottom of their foot. Continue to use red light/green light to start and stop.
1. Coach can tell how he wants ball to be stopped. Ex. using your elbow, knee, or forehead, etc.
2. Coach can add a yellow light…..slow down and change direction.

Coaching Points: Players should be encouraged to keep the ball close and control it.

Water Break (2-3 min)

Activity 2 (15 min): Race Car Soccer
Setup: Within game field. All players start game with soccer ball.
Instructions: Coach tells players they are all driving race cars (soccer ball) inside a big parking lot. Have them show you what happens when they drive crazy. What sounds does the car make when is crashes. Ask them is is more fun to go slow or fast. Have them make motor noises based on how fast or slow they are going.
1. Use red lights, green lights, and yellow lights to control traffic.
2. If a race car crashes, then they have to go to the garage to get it fixed (coach on sideline is the mechanic). Players dribble over slowly to garage to get repaired. After, they rejoin game.
3. Ask questions: How can you avoid crashes? Is it harder to control your car going slow or fast, etc.

Coaching points: Use guided discovery questions and encourage the kids to use their imagination. Players should try to control their race car while changing speeds.

Water Break (2-3 min)

Activity 3 (15 min): 1v1 to Goal
Setup: Within game field. Two small goals on each end. Divide players up to form 2 teams an assign a goal and direction for their team. Play 1v1.
Instructions: The coach has all soccer balls on the half line on the side. Players are on each side of the coach ready to play. When the coach plays a ball on the field, the first player in each line must run and touch his goal (defending goal) and then get possession of ball and try to score.
1. Continuous play. Always keep a group playing 1v1. Players must be ready to play.
2. Play several minutes, then have multiple 1v1 groups playing. Each group of 1v1 has their own ball.

Coaching points: Have fun and try to keep the kids on the lines ready to play when it is there turn. Play quickly but give them time to rest between turns. Encourage the players to control their ball while changing speeds and directions.

Water Break (2-3 min)

Activity 4 (15 min): Small Sided Games 4v4
Setup: Entire soccer field, divide players up to form teams of 4.
Instructions: Coach tells players which direction the are going and which goal they are trying to score on. Play 4v4 soccer. No goal keepers, not throw-ins, no keeping score. Keep the ball in play with quick restarts. Minimize instruction to players but always give lots of praise for good attempts to dribble and control the ball.
Coaching Points: Let the kids PLAY and have FUN!

Lesson 5
Topic: Confidence on the ball
U6 - 4v4

Activity 1 (10 min): Musical Soccer
Setup: 10x10 yard grid. All players have a soccer ball.
Instructions: Players are dribbling soccer ball around area. Coach says "switch", all players leave their soccer ball and find a different one. Once they get a new ball they continue to dribble. Vary the frequency of saying switch. Encourage players to find a new ball as fast as possible.

1. After a few rounds, when switch is called, the coach will then grab and remove 1 ball from play. One player will be without a ball. That player will then try to steal a ball from a player with a ball.
2. When "switch" is called out, the coach will remove 1 or 2 balls from play. Several players will not have balls, they must try to steal one from the other players. On last round, players with a ball win.

Coaching Points: Keep the ball close and away from other players. Don't let them get it.

Water Break (2-3 min)

Activity 2 (15 min): Treasure Hunt
Setup: Within game field. Scatter cones around the field. All players start with their soccer ball.
Instructions: Coach tells players they are all pirates hunting for lost treasure sailing their ship (soccer ball). What do pirates say? The cones are gold coins. The pirates should try to pick up the coins. They can only be picked up if they have their soccer ball with them. The pirate with the most coins at the end is the richest pirate in the ocean.

1. Play several rounds. In between rounds ask the players questions like…How can you get more treasure? Can you get treasure if you don't have your ball?
2. Use different color cones. Certain colors are worth more. Who can get the most valuable coins?
3. Select 1 player to be the pirate hunter. There job is to steal the pirate ship (soccer ball) from the pirates.

Coaching points: Use guided discovery questions and encourage the kids to use their imagination.

Water Break (2-3 min)

Activity 3 (15 min): 1v1 to Goal
Setup: Within game field. Two small goals on each end. Divide players up to form 2 teams an assign a goal and direction for their team. Play 1v1.
Instructions: The coach has all soccer balls on the half line on the side. Players are on each side of the coach ready to play. When the coach plays a ball on the field, the first player in each line must run and touch his goal (defending goal) and then get possession of ball and try to score.

1. Continuous play. Always keep a group playing 1v1. Players must be ready to play.
2. Play several minutes, then have multiple 1v1 groups playing. Each group of 1v1 has their own ball.

Coaching points: Have fun and try to keep the kids on the lines ready to play when it is there turn. Play quickly but give them time to rest between turns. Encourage the players to control their ball.

Water Break (2-3 min)

Activity 4 (15 min): Small Sided Games 4v4
Setup: Entire soccer field, divide players up to form teams of 4.
Instructions: Coach tells players which direction the are going and which goal they are trying to score on. Play 4v4 soccer. No goal keepers, not throw-ins, no keeping score. Keep the ball in play with quick restarts. Limit instruction to players but always give lots of praise for good attempts to dribble and control the ball.
Coaching Points: Let the kids PLAY and have FUN!

Lesson 6
Topic: Change of Speed /Direction
U6 - 4v4

Activity 1 (10 min): Speed Limit
Setup: 1/2 of game field. All players have a soccer ball.
Instructions: Players are dribbling their soccer ball around area. Coach calls out different speeds to dribble: 0 mph = stop, 10 mph = walking, 25 mph = jogging, 50 = running, 100 mph = fast as you can go!
1. Players must try to maintain possession of the ball while changing speeds.
2. Road Block: Coach can act as a road block…players must change directions to avoid the road block.

Coaching Points: Keep the ball close while changing speeds. Change directions.

Water Break (2-3 min)

Activity 2 (15 min): Sharks Soccer
Setup: Within game field. All players start without their soccer ball.
Instructions: Coach tells players they are all little fish swimming in the ocean. Stay in the ocean (playing field). You can't swim on land. What do we do if we see a hungry shark (coach) swim by?
1. Coach will chase players for 1 minute. Ask players how to avoid the hungry shark. Where can they swim to….toward the shark or away and out into open water?
2. Play again, this time all players have their soccer ball. Don't let the shark get your soccer ball.
3. Play several 1 minute games. Ask questions in between rounds. If a shark is coming, what do you do? Swim faster or slower? Swim near or far away from the shark?

Coaching points: Use guided discovery questions and encourage the kids to use their imagination. Change dribbling speeds and directions based on how close the shark is.

Water Break (2-3 min)

Activity 3 (15 min): 2v2 to Goal
Setup: Within game field. Small goals on each end. Divide players up to form 2 teams an assign a goal and direction for their team. Play 2v2.
Instructions: The coach has all soccer balls on the half line on the side. Players are on each side of the coach & ready to play. When the coach plays a ball on the field, the first two players in each line must run out (1st player must touch his goal), (2nd player must tag assistant coach on the other side of the field) and get possession of ball and try to score on the other teams goal.
1. Continuous play. Always keep a group playing 2v2. Players must be ready to play.
2. Play several minutes, then ask how do you avoid the other team? Dribble to them or away from them?

Coaching points: Have fun and try to keep the kids on the lines ready to play when it is their turn. Play quickly but give them time to rest between turns. Encourage players to dribble away from pressure and into space by changing speeds and changing directions.

Water Break (2-3 min)

Activity 4 (15 min): Small Sided Games 4v4
Setup: Entire soccer field, divide players up to form teams of 4.
Instructions: Coach tells players which direction the are going and which goal they are trying to score on. Play 4v4 soccer. No goal keepers, not throw-ins, no keeping score. Keep the ball in play with quick restarts. Minimize instruction to players but always give lots of praise for good attempts to dribble and control the ball.
Coaching Points: Let the kids PLAY and have FUN!

Lesson 7
Topic: Controlling the Ball
U6 - 4v4

Activity 1 (10 min): Paint the Field
Setup: Area of game field. All players have a soccer ball.
Instructions: Coach helps players to imagine that their soccer ball is a paint brush. When it rolls, it paints the field. Ask the players to imagine that they are painting the soccer field with different colors.
1. How fast can you paint the whole field? It only paints if we keep the ball close and on the ground.

Coaching Points: Keep the ball close. Dribble to paint soccer field.

Water Break (2-3 min)

Activity 2 (15 min): Shadow Dribbling
Setup: Area of game field. All players start with their soccer ball. Coach divides players up into groups of two. In each pair, one is the Leader and the other is the Shadow.
Instructions: Leaders will dribble the soccer ball around the area, the shadow will follow and copy what the leader does. Play 1 minute rounds. Swap leader and shadow after a few rounds.
1. Encourage the leader to be tricky and change directions and speed to try to lose their shadow.
2. Encourage the leader to dribble with one or both feet, shadow has to copy what leader does.

Coaching points: Use guided discovery questions and encourage the kids to use their imagination. Change dribbling speeds and directions to trick the shadow.

Water Break (2-3 min)

Activity 3 (15 min): Moving Bridges
Setup: Area of game field. All players start with their soccer ball. Select several pairs of parents to act as bridges (two parents will hold out a vest between them). Scatter bridges around area.
Instructions: Players will dribble their soccer balls around area while trying to go under the bridges. How many bridges can you get? Play 1 minute rounds.
1. Encourage players to "beat" their last score….get more bridges than they did last round.
2. Bridges will now be moving around the soccer field. Players must move with them to go under.
3. Bridges will now randomly open and close…Parents will simply stand close to close and stretch out to open. Players can only go under open bridges.

Coaching points: Have fun and encourage the players to dribble under control while going under as many bridges as they can get. Help players to find the open bridges an avoid the closed ones.

Water Break (2-3 min)

Activity 4 (15 min): Small Sided Games 4v4
Setup: Entire soccer field, divide players up to form teams of 4.
Instructions: Coach tells players which direction the are going and which goal they are trying to score on. Play 4v4 soccer. No goal keepers, not throw-ins, no keeping score. Keep the ball in play with quick restarts. Minimize instruction to players but always give lots of praise for good attempts to dribble and control the ball.
Coaching Points: Let the kids PLAY and have FUN!

Lesson 8
Topic: Let's Play Tag
U6 - 4v4

Activity 1 (10 min): Tag! Tag! Tag!
Setup: Area of game field. All players start without a soccer ball.
Instructions: Play Tag without a ball. Assign 2 players to be the taggers. Play 1 minute games. Rotate taggers.
1. Ask players to count how many time they get tagged. See if they can improve on that number.
2. Ask players how they avoid being tagged. What can they do to stay away from the tagger….find space….go faster than the taggers…..trick and fake out the taggers by changing directions, etc.
3. Play Tag again, this time all players except taggers have a soccer ball. Play several rounds.

Coaching Points: Keep the ball close, don't leave ball to avoid taggers. Change directions.

Water Break (2-3 min)

Activity 2 (15 min): Freeze Tag
Setup: Area of game field. All players start with their soccer ball.
Instructions: Players will dribble soccer ball to avoid being tagged by the coach. If a player is tagged they are then frozen and can only be un-frozen by a player with a soccer ball. Coaches will act as taggers to start. Play several rounds of freeze tag.
1. Encourage players to change directions and dribble away from the taggers.
2. Show players a pull back (place foot on top of ball and bull it behind you, then turn with the ball and dribble in the opposite direction). If players try to do a pull back, then they cannot be frozen.
3. Coach selects 2 players to become taggers. Play several rounds. Players or taggers cannot leave ball to tag or get away. Must keep ball with you at all times.

Coaching points: Have fun and encourage the players to dribble under control while avoiding the taggers. Don't leave ball. Find the space.

Water Break (2-3 min)

Activity 3 (15 min): Get Outta There
Setup: Within game field. Two small goals on each end. Divide players up to form 2 teams an assign a goal and direction for their team. Play 1v1.
Instructions: The coach has all soccer balls on the half line on the side. Players are on each side of the coach ready to play. To begin, the coach will pass a soccer ball into the field and call number 1. Only the first player in line on each team will go onto the field and play. 1v1. After a goal or out of bounds, the coach yells "Get Outta There!", and the players return to their team at the back of the line.
1. Continuous play. Always keep a group playing 1v1. Players must be ready to play.
2. Play several minutes, then have multiple 1v1 groups playing. Each group of 1v1 has their own ball.

Coaching points: Have fun and try to keep the kids on the lines ready to play when it is there turn. Play quickly but give them time to rest between turns. Encourage the players to control their ball.

Water Break (2-3 min)

Activity 4 (15 min): Small Sided Games 4v4
Setup: Entire soccer field, divide players up to form teams of 4.
Instructions: Coach tells players which direction the are going and which goal they are trying to score on. Play 4v4 soccer. No goal keepers, not throw-ins, no keeping score. Keep the ball in play with quick restarts. Limit instruction to players but always give lots of praise for good attempts to dribble and control the ball.
Coaching Points: Let the kids PLAY and have FUN!

Lesson 9
Topic: Ball Control
U6 - 4v4

Activity 1 (10 min): Triangle Gates
Setup: Area of game field. All players start with a soccer ball. Scatter 5 to 7 triangle gates around playing area (three cones about 1 yard apart).
Instructions: Players will go thru gates and count how many they can get. Play 2 rounds. Can they beat there last score? After 2 rounds, all players get their soccer ball.

1. Play again, this time with all players dribbling their soccer ball. Play several rounds.
2. Play again, this time players will dribble up to gate, but do a pullback (foot on top of ball, pull ball back behind you and turn with ball and dribble in opposite direction). How many gates can you get.

Water Break (2-3 min)

Activity 3 (15 min): Bandits! Bandits!
Setup: Area of game field. All players start with their soccer ball.
Instructions: Coach select 1 or 2 players to be the Bandits. Bandits try to steal soccer balls from other players. Once a bandit get a ball, the player without a ball become a bandit. Play continues. Play several rounds of 2 minute games.
1. Now a bandit must take the soccer ball to his hideout (small goal). The dribbler can try to steal it back before it reaches hideout. Once in hideout, the ball stays there and player joins the bandits. Bandits then go after more balls.
Coaching points: Players should avoid bandits by controlling the ball and not letting it get stolen.

Water Break (2-3 min)

Activity 3 (15 min): Pac Man
Setup: Within game field. Pac Men start with their soccer ball. Ghosts do not. Scatter lots of cones around playing area.
Instructions: Coach selects 2 players to be Ghosts. All other players are Pac Men. Ghosts are trying to tag and freeze a Pac Man. You cannot be unfrozen. All Pac Man players must dribble their ball and pick up all the cones before all players have been frozen. If all cones are picked up…Pac Man wins! If all Pac Men are frozen….Ghosts win! Play several rounds. Change ghosts each time. Coaches can also be Ghosts if needed.
Coaching points: Pac Men should keep their ball close. They cannot leave ball to pick up cones or avoid a ghost. Control ball while dribbling.

Water Break (2-3 min)

Activity 4 (15 min): Small Sided Games 4v4
Setup: Entire soccer field, divide players up to form teams of 4.
Instructions: Coach tells players which direction the are going and which goal they are trying to score on. Play 4v4 soccer. No goal keepers, not throw-ins, no keeping score. Keep the ball in play with quick restarts. Minimize instruction to players but always give lots of praise for good attempts to dribble and control the ball.
Coaching Points: Let the kids PLAY and have FUN!