



## Youth League U6-1

Category: Small-Sided Games

Difficulty: Beginner

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### Description

Youth Academy games for ages 5 and 6

#### Stop and Go (10 mins)

##### Organization of Session

20-30 second dribbling intervals

Coach Yells stop- players must stop the ball with any body part (Hands, feet, elbow, nose, bottom, knees)

##### Key Points

keeping the ball as close as possible

teaching touches in rhythm 1.2.3 stop etc,

make the stoppages fun



#### Kick it and catch it (10 mins)

##### Organization of Session

1 ball per player

short 15-20 second intervals

players drop the ball and hit with either (thigh or feet) and catch it

##### Key Points

coordination is a challenge, players must be encouraged with attempts vs successes

Make it a game if they can do more than they did in each previous attempt you will star jump!

This should not be done for more than 5 minutes total



#### Soccer Monster (10 mins)

##### Organization of Session

Players start in safe zones and must dribble across the field avoiding the monsters (coaches) until they reach the other safe zone

multiple options for play:

Timing- set a limit and how many times can each player get from one side to another

Progressive challenge- Once a player is "gotten" by a monster x amount of times they become a monster until all are gone

##### Key Points

monsters must allow for success

look for players to keep the ball close and look to change direction

see if you can encourage explosiveness when chasing a player



## Goal Storm (10 mins)

### Organization of Session

Players broken into 2 teams

1 ball for every player on the field

players must dribble to other end of field and shoot the ball into a goal that is not in the field of play

only players defending that side cant get balls that go over the line/in the goal

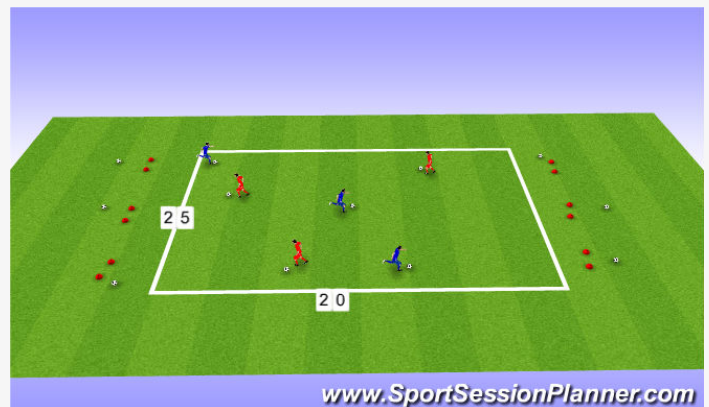
once a player scores they must run back to their endline to get a new ball and begin again

### Key Points

keeping the ball close

navigating the traffic of the other players

shooting before the ball crosses out of the field of play



## 3v3 or 4v4 (10 mins)

### Organization of Session

finish practice with a game that is based on what you will be doing saturday 3v3/4v4 all rules apply

get creative with how you use "New Ball"

