



Youth League U6-2

Category: Small-Sided Games

Difficulty: Beginner

Am-Club: Boise Timbers Thorns
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Description

Youth Academy games for ages 5 and 6

Red Light Green Light (10 mins)

Organization of Session

20x20 space

players play multiple rounds

dribble at the speed the coach specifies (Green/Yellow/Red)

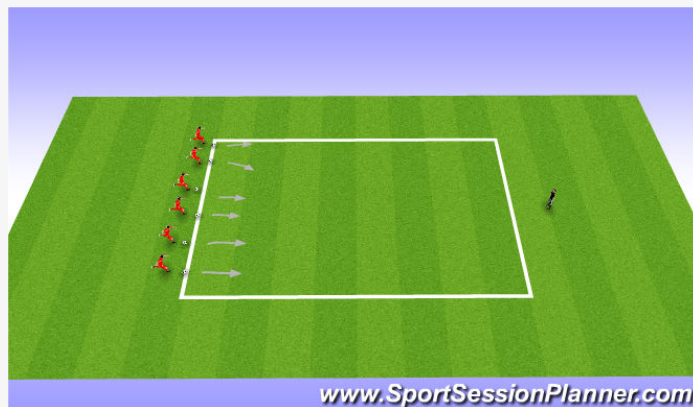
Key Points

keeping the ball as close as possible

teaching touches in rhythm 1.2.3 stop etc,

make the stoppages fun (some rounds require the stops with different body parts, nose-knee-shin-bottom)

Give them a few rounds of just yellow or just green and highlight the difference between them



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 success

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



Crab Soccer (10 mins)

Organization of Session

Players start in safe zones and must dribble across the field avoiding the Crabs (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 Crab x amount of times they become a monster until all are gone

Key Points

Crabs 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

Once a player becomes a crab they must keep 2 arms and 2 feet on the ground at all times!



GO to GOAL (10 mins)

Organization of Session

20x20 space

players broke into 2 teams

coach serves a ball in and first player to the ball can go score in any direction

Key Points

changing direction will usually lead to a goal

encourage players to dribble through the goal

coaches can favor a specific player to get a desired outcome in any match

Coaching Points



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"

