



Burlington Youth Soccer Association

U6 Coaching & Player Development Curriculum

Welcome Coaches,

Thank you for volunteering your time to coach this soccer season. Without wonderful volunteers like you, Burlington Youth Soccer would not exist. Coaching can be a very rewarding experience for you and it can help build a confident and healthy child. As coaches we not only have the opportunity to teach children the game of soccer, but also to facilitate the learning of social skills, sportsmanship, and teamwork. It is our goal to provide all players with a safe, fun, challenging, and educational environment. Whether children continue to play soccer will have a lot to do with whether they have fun.

Included in this document you will find information on U6 General Coaching Guidelines, Typical Characteristics of U6 Players, Practice Considerations, Game Considerations and the U6 practice curriculum. All of this will hopefully help you and your players have as much fun as possible and ensure a successful season for all.

U6 General Coaching Guidelines

A. Have fun

- Practices and games should be fun – it's why everyone is there. If children see you having fun, they will have fun, and if they are having fun they will want to continue playing soccer.
 - By counting down the last 5 or 10 seconds of an activity you can add excitement to it.
 - When sending players on a water break, have them go backwards, skip, hop, etc. for fun to help coordination skills.
- Be patient. The players will not understand everything right away. Give brief easy to understand instructions. Be firm with your expectations but remember you are dealing with young children.
- Have a positive attitude. Give players positive reinforcement. Use praise as an incentive and include their name (eg – Great turn Tommy!). Tell them what they do right rather than what they do wrong.

B. Focus on long-term player development, not winning games

- Coach's ultimate focus should be on long-term development of each child and not on short-term goals. Don't measure success by winning and losing, measure success in other ways such as:
 - Are the kids having fun and doing their best? (if it's not fun, it's not good)
 - Are the kids learning how to socialize with others?
 - Are the kids learning about sportsmanship and teamwork?
 - Are the kids learning something about soccer? Are they improving?
- **Encourage Learning & Tolerate Mistakes.** Encourage players to try new things and be creative. Encourage their effort even if what they try doesn't work. Making mistakes is not a bad thing.
- **Rotate Positions.** All players should have the opportunity to experience playing each position. This will help with their overall development as soccer players and also keep them motivated and provide them with new challenges.

C. Emphasize friendship, respect, teamwork, and sportsmanship

- In addition to achieving a sense of accomplishment through the mastery of skills, soccer is a great way for young players to learn good values that they can carry on with them in other aspects of their lives.

Typical Characteristics of U6 Players

- Are focused on themselves – reality to them is solely based on what they see and feel.
- Enjoy playing, not watching - make sure every player has a ball in practice so they are involved all the time. Do not have players knocked out of activities where they then sit and watch. **Limit lines.**
- Have limited attention span - keep your directions **concise and to the point**, try not to talk for more than 20 seconds at a time.

- Their effort is synonymous with their performance - if a player has tried hard, they believe they have done well. Be supportive of their enthusiasm.
- Have active imaginations - let them utilize their imaginations in practice activities, it will make it more fun for them!
- Look for adult approval - watch how often players look to you for approval or to see if you are looking. Always encourage the players. Be supportive when they ask about their performance or try to show you skills.
- Unable to think abstractly – spatial relationships are a mystery
- Have 2 speeds - Extremely fast and stop.
- Often like to fall down - just because it is fun.
- Usually unaware of game scores – keep it that way

Practice Considerations

The practice sessions provided have been structured to provide active, developmentally appropriate, fun activities that will help each player start to become comfortable with the ball. Coaches should encourage players to use their left and right feet as much as possible, since the only way they will get better with their weak foot is to practice using it. At this age level coaches should only be focused on teaching players technical, fundamental ball skills (dribbling and ball mastery), as well as basic movement skills such as running (forwards, backwards) moving sideways, jumping, turning, twisting and bending (to lower center of gravity to form a solid base). We want our coaches to use games or activities rather than drills. Drills often utilize lines and involve the repetition of movements the same way each time which is unrealistic to what happens during a soccer game. These practice activities have been designed to be fun, dynamic and allow for free movement and decision making to keep players active the majority of the time and decrease the chance of them getting bored and losing interest. Practice sessions will focus on a single skill and progress from simple activities to activities a little more complex with some pressure added.

Other considerations to keep in mind include:

- Prepare for your session before arriving at the field.
- Set up cones for your next activity before players arrive or during water breaks.
- Players under the age of 8 do not need to stretch. Children this age will actually stretch during the warm-up activities by using balance, coordination and change of direction.
- Keep your instructions to a minimum (20 sec), these games are simple to understand and should stay that way
- **Reinforce Correct Technique**. In all activities and games continually emphasis the use of correct technique.
- Make sure to give players plenty of water breaks, especially when it is hot.

Game Considerations

Positional coaching of any kind at this age is irrelevant and detrimental to the player's fun, enjoyment, and progress. For this reason, there should be no concern with the tactical components of the game or positional play during games at this age group. Focus should solely be on improving all players' technical ability.

Other considerations to keep in mind include:

- All players should be given equal playing time each game. Rotate players in and out and to different positions every few minutes so that no one gets too tired or too bored.
- Rather than be told what position to play or be told where they can or cannot go on the field, young players should be encouraged to "find" new open space away from teammates (to provide support) so that passes can be exchanged.
- In a 3v3 (or 4v4) environment children should be encouraged to try to form a triangle shape on the field. The triangle shape will constantly be moving and players should be encouraged to move around to support their teammates, providing length, width, and/or depth.
- Allow the players to be creative and use their imaginations, as well as recognize and solve challenges on their own. Use coaching points and ask questions after the fact as needed to help players understand situations they have just encountered.
- Always remember to put individual player skill development ahead of game results.
- Keep the game moving and let the kids play. Please try not to tell players what to do and where to go at all times. The game is the greatest teacher.

Week 1 - Dribbling/Turning

Warm Up: Red Light/Green Light (8 min)

Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid.

Instructions:

All players have a ball. When coach says "green light" players dribble forward fast (using laces) but with ball under control. When coach says "red light", players must stop ball and put foot on top of ball. If coach says "yellow light", players must dribble very slowly (touch the ball every step). If coach says "reverse" player must turn (Hook Turn) and dribble in the opposite direction. Coach controls this game with the frequency of "light" changes and variety of changes. Once players catch on to the game, after a red light add other actions for them to do. (Hop back and forth over ball, run around the ball, dance, ball touches, pendulums, etc.). Make players dribble with both feet.

Have players juggle between games. Start juggling by dropping the ball out of their hands and kick it back up and catch it, repeat. Have players try to drop the ball and use their thigh to bounce it back up and catch it. Challenge players to increase the # of touches before catching the ball or letting the ball hit the ground.



Technical Activity #1: Gates Dribbling (8 min)

Set-Up:

Make a grid roughly 30x30 yards. Randomly place many pairs of cones making small goals (1 yard wide) inside the grid. Each player has a ball.

Instructions:

Players must successfully dribble the ball through the cones to earn a point. Players try to accumulate as many points as possible in the time allotted. Have players do this multiple times and try to beat their previous score. Coaches can add a few extra seconds on to the allotted time to make sure players beat their previous score. Make players dribble with both feet.



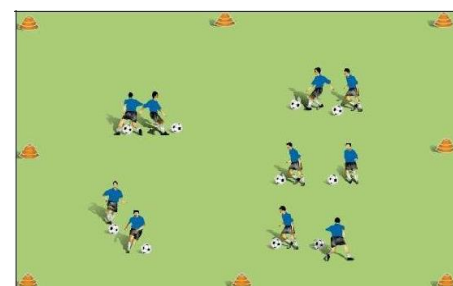
Technical Activity #2: Tag (8 min)

Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid.

Instructions:

Every player dribbles a soccer ball inside the grid while trying to tag other players with their hand. Players cannot leave their own ball. Have players keep count of how many people they have tagged and, if playing more than one game, see if players can tag more people than they did in the previous game. Make players dribble with both feet (note: coaches can also be targets to get tagged!)



Activity # 3: Scheduled Game (30 min)

3v3 or 4v4 (depending on #'s) unrestricted play.

Coaching Points:

- Keep ball close at all times (within 1 giant step).
- Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings.
- Knees should be bent and stay on the balls of your feet.
- Lean over the ball, do not stand straight up.
- After making a move or turn, use a short burst of speed to get away from defenders
- Use inside or outside of foot to change direction.
- Use laces when dribbling to push the ball forward
- Use body to shield/protect ball.
- Inside /Outside of Foot Hook Turn– Use the inside or outside of your foot to hook or cut the ball back in the opposite direction.

Week 2 - Dribbling/Shielding

Warm Up: Musical Balls (8 min)

Set-Up:

Make a grid roughly 30x30 yards. Each player needs to have a ball.

Instructions:

Each player begins dribbling anywhere within the grid. When coach yells "Switch", the players leave their ball where it lies, and then scramble to find a new ball (one left by another player). Everybody finds a new ball and continues dribbling. Nobody is knocked out of the game. **Progression:** Coach can yell out to challenge players to perform a move while dribbling (Drag Back, or Stop Turn), hop back and forth over the ball, have players skip or hop on one foot, etc when finding a new ball.

Have players do 30 ball touches or 30 pendulums between games.



Technical Activity #1: Knock Out (8 min)

Set-Up:

Make a grid roughly 30x30 yards. Each player needs to have a ball

Instructions:

Each player dribbles their ball around the grid protecting their own ball while trying to "knock out" the other player's balls from the grid. Players must stay with their ball and cannot leave the ball for long periods of time. If a player's ball gets knocked out they must go outside the grid and do soccer moves to get back in the game. Soccer moves: 10 Ball touches, 10 Pendulums, 3 Juggles, etc.



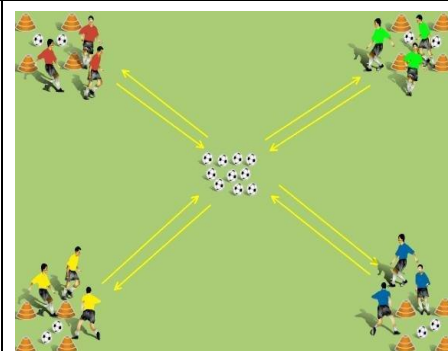
Technical Activity #2: Capture the Balls (8 min)

Set-Up:

Make a grid roughly 40x40 yards. Break players into 3 or 4 teams and set up "home bases" (2-3 yard squares in the corners of the grid) with cones.

Instructions:

Place all the balls in the center of the grid. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use their hands, push each other, or guard their base. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases once all the balls in the center space are gone. **Play for 2 minutes.** Have the players count up how many balls are in their base to determine a winner. Allow teams 1 minute to make up a new strategy before playing again.



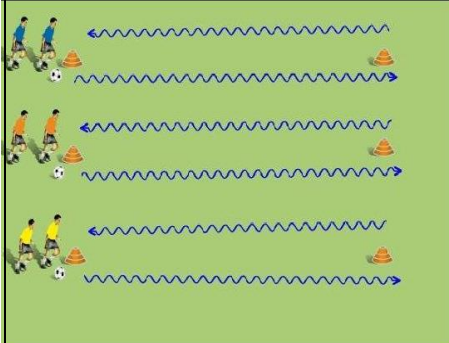
Activity # 3: Scheduled Game (30 min)

3v3 or 4v4 (depending on #'s) unrestricted play.

Coaching Points:

- Keep ball close at all times (within 1 giant step).
- Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings.
- Use inside or outside of foot to change direction.
- After making a move or turn, use a short burst of speed to get away from defenders.
- Use laces when dribbling to push the ball forward.
- Use body to shield/protect ball.
- Ball Touches– Tap the top of the soccer ball with the **balls** of your feet. The focus is controlling the ball (try not to make it move). With every step the player should touch the ball and bring their knees up to a 90° angle.
- Pendulums– Knock the ball back and forth between the insides of your feet while only slightly moving forward.
- Drag Back– Place the sole of the foot on the ball, drag the ball back behind you, turn with the ball and dribble away quickly.
- Stop Turn– Place one foot on the top of the ball to stop it. Use your other foot to stop, plant and turn as quickly as possible. The foot used to stop the ball will then push the ball out in front of you in the opposite direction and dribble away quickly.

Week 3 - Dribbling/Attacking

Warm Up: Driving School (8 min) Set-Up: Make a grid roughly 30x30 yards. Each player needs to have a ball. Instructions: Players dribble inside the grid. Coaches will give the following instructions: Go- Start Dribbling. Stop- Put foot on top of ball to stop it. Slow Down- Dribble Slowly. Speed Up- Dribble faster. Turn right- Use the inside or outside of the foot to push the ball to the right & then dribble in that direction. Turn left- Use the inside or outside of the foot to push the ball to the left & then dribble in that direction. Reverse- Use the bottom of foot to pull the ball back (Drag Back), turn with the ball and dribble in the opposite direction. Play for 2 minutes at a time. Demonstrate the turn moves for the players and let them practice before restarting the activity. Have players juggle between games.	
Technical Activity #1: Dribbling Relay Race I (8 min) Set-Up: Split players up into small teams (no more than 3 players per team). Make a start and end line with cones for each team roughly 20 yards long. 1 ball per team. Instructions: If you have an uneven number of players on a team, have 1 player go twice to even it out. All teams start at one end line. On the coach's command, the first player in each group dribbles towards their teams opposite cone. The player dribbles around the cone and returns to the team, after they slap "5" and leave the ball, the next player goes. The process repeats until all players in the group have gone. It's a race, so whichever group finishes first wins. Progression: Have players go around the cone using the inside and outside of either foot, or perform a Drag Back before coming back.	
Technical Activity #2: Sharks and Minnows (8 min) Set-Up: Create a grid roughly 30x30 yards. All players (minnows) should have a soccer ball. 2 players (sharks) should be designated and should not have a soccer ball. Instructions: The minnows, line up shoulder to shoulder on one end of the grid. The 2 players who were designated as sharks are positioned on the opposite line. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. Each minnow that loses their ball must join the sharks. Minnows that successfully make it across to the other end move on to round 2 where they try to make it back to the opposite line. Make players dribble with both feet.	
Activity # 3: Scheduled Game (30 min) 3v3 or 4v4 (depending on #'s) unrestricted play.	
Coaching Points: ● Keep ball close at all times (within 1 giant step). ● Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings. ● Knees should be bent and stay on the balls of your feet. Lean over the ball, do not stand straight up. ● After making a move or turn, use a short burst of speed to get away from defenders. ● Use inside or outside of foot to change direction. ● Use laces when dribbling to push the ball forward. ● Use body to shield/protect ball	

Week 4 - Dribbling/Turning

Warm Up: Math Dribbling (8 min)

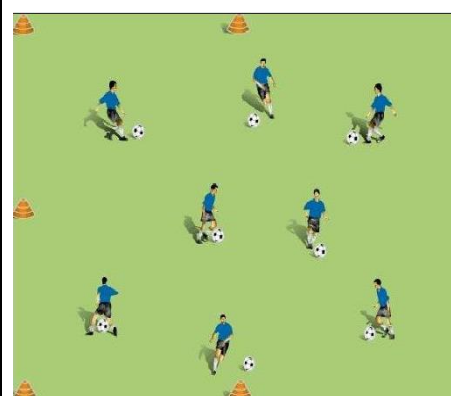
Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid.

Instructions:

All players dribble inside the grid. When the coach shouts out a number, the players must quickly get into a group with that number of players in it. For example, if the coach shouts out, "Three!" the players must form groups of three as fast as they can. If some of the players were unable to form a group of three, as in this example, they would do some kind of goofy exercise or a skill (i.e. star jump, ball touches, pendulums, etc.). **Variation:** The coach can shout: Two plus two or two plus one and get in a group that represents the correct answer.

Have players do 30 ball touches or 30 pendulums.



Technical Activity #1: Gates Dribbling with Bandits (8 min)

Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid, except 1 or 2 players (Bandits) depending on #'s.

Instructions:

Players must successfully dribble the ball through the cones to earn a point. Players try to accumulate as many points as possible in the time allotted. There will be 1 or 2 bandits (without soccer balls) who try to steal soccer balls from the other players. If bandits are successful and steal soccer balls, they are no longer bandits. Players who lose their soccer balls become bandits! Play multiple 1-2 minute games. Play is continuous for the 1-2 minute period. Players who have possession of a soccer ball at the end of time are awarded 10 bonus points.



Technical Activity #2: Stuck in the Mud (8 min)

Set-Up:

Make a grid roughly 30x30 yards. All players have a ball inside the grid.

Instructions:

Coach will pick one or two players who will be the Mud Monsters. Mud Monsters dribble around and try to tag the other players (who also have a ball and are dribbling around). When a player becomes stuck in the mud, they must stand still, with their feet spread a little more than shoulder width apart, holding their ball over their head and yell for "HELP!" Players become unstuck if another (non Mud Monster) player tags them. If all players are stuck the game ends and the coach will pick new Mud Monsters. Players can freeze Mud Monsters for 3 seconds if they use the Drag Back move.



Activity # 3: Scheduled Game (30 min)

3v3 or 4v4 (depending on #'s) unrestricted play.

Coaching Points:

- Keep ball close at all times (within 1 giant step).
- Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings.
- Knees should be bent and stay on the balls of your feet.
- Lean over the ball, do not stand straight up.
- After making a move or turn, use a short burst of speed to get away from defenders.
- Use inside or outside of foot to change direction.
- Use laces when dribbling to push the ball forward.
- Use body to shield/protect ball.

Week 5 - Dribbling/Attacking

Warm Up: Dribbling Across A Square (8 min)

Set-Up:

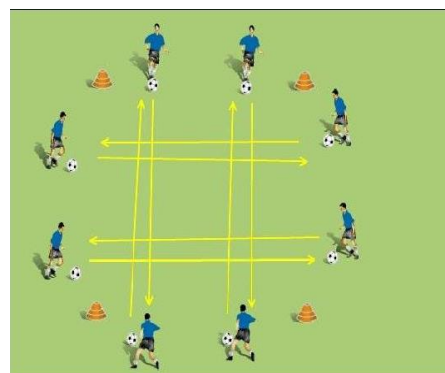
Make a grid roughly 30x30 yards. All players have a ball spread out on the edge of the grid.

Instructions:

When the coach says "Go", all the players try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their spots.

Variation 1: When players reach the other side of the grid, have them return to another spot. **Variation 2:** Time the activity and see how many times the players cross over and back in 30 seconds or a minute.

Have players try to juggle between games.



Technical Activity #1: Snake (8 min)

Set-Up:

Make a grid roughly 30x30 yards. All players have a ball each except 2 players picked as snakes.

Instructions:

The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected, they cannot break into little parts. Encourage Hook Turns, Drag Back, and Stop-Turn as ways to change direction an snake.



Technical Activity #2: Freeze Tag (8 min)

Set-Up:

Make a grid roughly 20x20 yards. Each player needs to have a ball. Choose 1 player to be the Freeze Monster.

Instructions:

All the players are dribbling a soccer ball inside the grid, trying to avoid the Freeze Monster. If the Freeze Monster tags a player, that player must freeze and hold the ball above their head. Other players may unfreeze another player by tagging them. If all players are frozen the game ends. **Variation:** Players can unfreeze each other by passing their soccer ball through the frozen players legs.



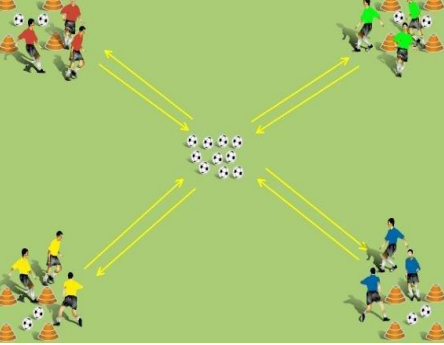
Activity # 3: Scheduled Game (30 min)

3v3 or 4v4 (depending on #'s) unrestricted play.

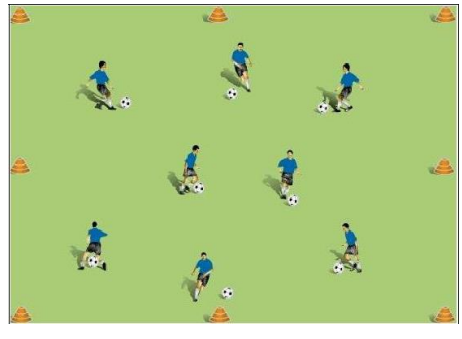
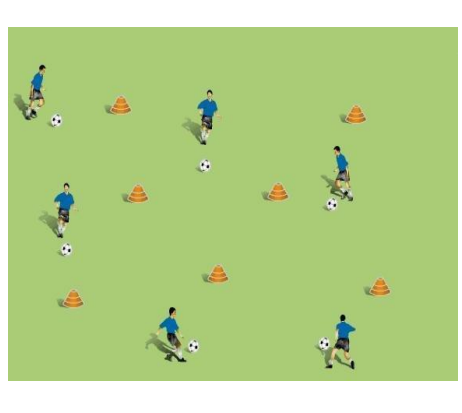
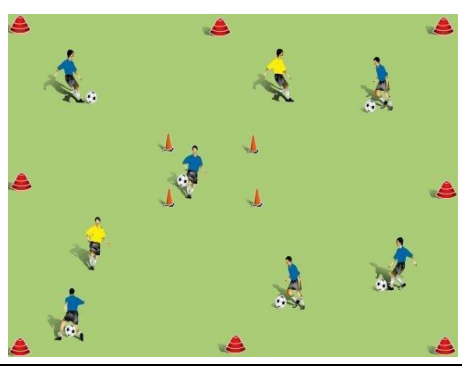
Coaching Points:

- Keep ball close at all times(within 1 giant step). Use body to shield/protect ball.
- Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings.
- Knees should be bent and stay on the balls of your feet.
- Lean over the ball, do not stand straight up.
- Soft touches on the ball.
- After making a move or turn, use a short burst of speed to get away from defenders.
- Use inside or outside of foot to change direction.
- Use laces when dribbling to push the ball forward.

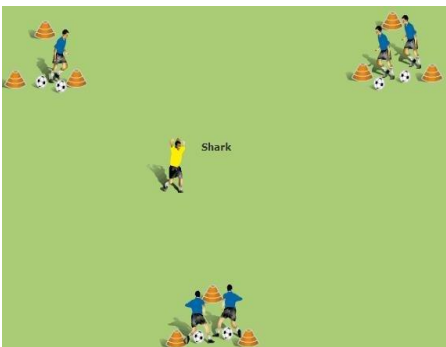
Week 6 - Dribbling/Turning

Warm Up: Free Dribble (8 min) Set-Up: Make a grid roughly 30x30 yards. Each player needs to have a ball. Instructions: Players dribble inside the grid freely using both feet for 1 minute. Next have players dribble using only the inside and outside of both feet and work on the Hook Turn for 1 minute. Next Have players dribble with only the soles of their shoes and work on turns such as the Drag Back and Stop/Turn for the next 2 minutes. The players should be instructed to have a short sprint after turning. Now have players dribble full speed for 2 minutes working on cuts, turns, and avoiding collisions. Demonstrate the moves for the players and let them practice before restarting the activity. Have players do 30 ball touches, 30 pendulums between games.	
Technical Activity #1: Kangaroo Jack (8 min) Set-Up: Make a grid roughly 30x30 yards. Each player needs to have a ball except for two. Instructions: The 2 Players without balls are Kangaroo Jacks and must hop around like a kangaroo and try to tag the other players. If a player gets tagged, they become a kangaroo as well. Play until all players are turned into kangaroos. The last 2 players to get tagged start as Kangaroo Jacks the next round. As you move to another game change the rules (dribble with left foot only, alternate left and right foot, etc.).	
Technical Activity #2: Capture the Balls (8 min) Set-Up: Make a grid roughly 40x40 yards. Break players into 3 or 4 teams and set up "home bases" (2-3 yard squares in the corners of the grid) with cones. Instructions: Place all the balls in the center of the grid. On the coach's command the teams are free to gather as many soccer balls (using the hook turn or drag back) as they can into their home base. Players cannot use their hands, push each other, or guard their base. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases once all the balls in the center space are gone. Play for 2 minutes. Have the players count up how many balls are in their base to determine a winner. Allow teams 1 minute to strategize before playing again.	
Activity # 3: Scheduled Game (30 min) 3v3 or 4v4 (depending on #'s) unrestricted play.	
Coaching Points: • Keep ball close at all times(within 1 giant step). Use body to shield/protect ball. • Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings • Knees should be bent and stay on the balls of your feet. • Lean over the ball, do not stand straight up. • After making a move or turn, use a short burst of speed to get away from defenders. • Use inside or outside of foot to change direction. • Use laces when dribbling to push the ball forward.	

Week 7 - Dribbling/Turning

Warm Up: Body Part Dribble (8 min) Set-Up: Make a grid roughly 30x30 yards. All players have a ball inside the grid. Instructions: Inside the grid, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively during one stoppage (i.e. tummy, nose, elbow), call out two body parts at once (i.e. both hands or left foot/right hand), or call out turn moves. Play for 1 minute at a time.	
Technical Activity #1: Avoid the Cones (8 min) Set-Up: Make a grid roughly 30x30 yards. Place 7-8 cones within the grid to represent land mines. Each player needs to have a ball. Instructions: Players dribble around the grid trying to avoid the cones. If their ball hits one of the cones or their ball goes out of the grid, players have to dribble their ball around the outside of the grid 1 time before they can come back into the game. Show players how to cut away from the cones or turn just before they reach the cone with the inside and outside of the feet (hook turn), and the bottom of the foot (drag back and stop turn). Make sure players are using both feet and keep their heads up to avoid collisions. Have players keep track of how many cones they can turn or cut away from.	
Technical Activity #2: Cops and Robbers Dribbling (8 min) Set-Up: Make a grid roughly 30x30 yards. Each player needs to have a ball except for 2. In the middle of the grid set up a square (jail) about 5x5 yards. Instructions: All the robbers have a ball, which they dribble around the grid. The cops (who don't have a ball) have to get a touch on the robber's ball in order to send them to the jail in the middle of the area. Once in jail the robber must sit on their ball and call out "HELP!". The only way a robber can be saved is by a fellow robber, who must dribble their ball into the jail and give them a high five. Play until all the robbers have been put in jail. The last 2 robbers to be put in jail start the next round as cops.	
Activity # 3: Scheduled Game (30 min) 3v3 or 4v4 (depending on #'s) unrestricted play.	
Coaching Points: • Keep ball close at all times(within 1 giant step). • Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings. • Knees should be bent and stay on the balls of your feet. • Lean over the ball, do not stand straight up. • After making a move or turn, use a short burst of speed to get away from defenders. • Use inside or outside of foot to change direction. • Use laces when dribbling to push the ball forward. • Use body to shield/protect ball.	

Week 8 - Dribbling/Attacking

Warm Up: Musical Balls (8 min) Set-Up: Make a grid roughly 30x30 yards. Each player needs to have a ball. Instructions: Each player begins dribbling anywhere within the grid. When coach yells "Switch", the players leave their ball where it lies, and then scramble to find a new ball (one left by another player). Everybody finds a new ball and continues dribbling. Nobody is knocked out of the game. Progression: Coach can yell out to challenge players to perform a move while dribbling (Drag Back, or Stop Turn), hop back and forth over the ball, have players skip or hop on one foot, etc when finding a new ball. Have players do 30 ball touches or 30 pendulums between games.	
Technical Activity #1: Gates Dribbling (8 min) Set-Up: Make a grid roughly 30x30 yards. Randomly place many pairs of cones making small goals (1 yard wide) inside the grid. Each player has a ball. Instructions: Players must successfully dribble the ball through the cones to earn a point. Players try to accumulate as many points as possible in the time allotted. Have players do this multiple times and try to beat their previous score. Coaches can add a few extra seconds on to the allotted time to make sure players beat their previous score. Make players dribble with both feet.	
Technical Activity #2: Shark Attack (8 min) Set-Up: Inside an area of roughly 30x30 yards, set up 3 Islands. Divide players onto the 3 Islands. Each player has a ball, except 1 who the coach chooses to begin as the shark. Instructions: The shark holds a cone on his/her head, or hands to designate a shark fin, so everyone knows they are the shark. When Coach shouts "shark attack" the players have to (dribble) their balls to either of the other 2 islands. The shark attempts to kick soccer balls away. If a players soccer ball is kicked away, then that player also becomes a shark. Play until there is 1 person left, who becomes the new shark for the next game.	
Activity # 3: Scheduled Game (30 min) 3v3 or 4v4 (depending on #'s) unrestricted play.	
Coaching Points: • Keep ball close at all times(within 1 giant step). • Look up as much as possible. Look down when dribbling the ball, and look up between touches to monitor your surroundings. • Knees should be bent and stay on the balls of your feet. • Lean over the ball, do not stand straight up. • After making a move or turn, use a short burst of speed to get away from defenders. • Use inside or outside of foot to change direction. • Use laces when dribbling to push the ball forward. • Use body to shield/protect ball.	

References

This document was created with the assistance of content, philosophies and ideas from the following:

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