

U6 Spring Soccer drills. 3 week rotating schedule.

Three fields used for 3 sets of drills.

Coaches stay at their respective fields as kids rotate through 15 minute intervals for a 45 minute practice. Additional time at the end if for coaches to meet with their teams and can hold short team practice.

Week One

Field #1

Speed dribble with control.

Setup – see image on the right for set up

2 lines – all players each with a soccer ball.

Coach or player says “go” each time

Object of the game - dribble slalom style as fast as you can with control. Then shoot.

Variation 1 – all parts of the foot

Variation 2 – right or left foot only

Variation 3 – inside of the foot only

Variation 4 – outside of the foot only



Field #2

Tail tag

Setup - Create a large square with cones.

4-18 players each inside the square who place pinnies inside their shorts like a tail.

Object of the game -Players to try steal soccer players tails.

Stolen tail player = Kneel

You can get kneeled player back by stealing pinnies back from the cave/goal.

Variation 1 – without a ball to understand the concept

Variation 2 – with a ball.

Variation 3 – individual games, team games, and “it” players assigned

Field #3

One to one passing. Set up two cones for each pair to pass through to each other. Encourage the use of the instep and not the toe for passing. As each child progresses encourage using their weaker foot.



Week Two

Field #1

Passing through Gates

Objective: This activity focuses on passing and receiving technique while also training players to be aware of attacking opportunities and fostering teamwork.

Setup: Using cones, set up a large number of small gates scattered randomly around the field.

Divide your players into groups of two, and give a ball to each group.

When the coach calls out "Play!" the players attempt to complete passes through as many gates as they can before time expires. Players cannot pass through the same gate twice until they've gone through all the other gates on the field.

Coaching Points:

Ball control, awareness (where's the defender), change the angle, change the speed, confidence. Strike through the center of the ball with the inside of your foot.

Field #2

Knock Out

Setup - Create a large square with cones. Players each with a soccer ball inside the square.

Object of the game - Players to try to kick other soccer player's balls out of bounds while protecting his or her own soccer ball.

When coaches say knock out, players will kick the other players out while keeping their ball. If they get knocked out, they do 10 toe touches and come back in.

Field #3

Dodge Ball

Objective: Line your players up along opposite sides of a rectangular grid, each with a ball.

The players run between the two rows of players, who try to score points for their team by using correct technique to pass their balls into the player's legs.

All passes must stay on the ground.

Coaching Points:

Strike through the center of the ball with the inside of your foot.

Week Three

Field #1

Cookie Monster

The kids line up on the end line of the field with their ball. One player or the coach is the cookie monster and stands at the opposite end of the field. The kids start dribbling toward the cookie monster asking "COOKIE MONSTER COOKIE MONSTER, ARE YOU HUNGRY?". The cookie monster answers yes or no. If the cookie monster says no, the kids keep dribbling toward the cookie monster asking the question until the cookie monster says yes. When he/she says yes, the kids dribbling turn back and try to dribble fast, keeping the ball under control, to where they started before the cookie monster steals the ball from them. If the cookie monster gets a player's ball, that player(s) becomes a cookie monster with the original cookie monster. They keep playing until there is 1 kid left dribbling. The last player left dribbling can be the cookie monster for the next game.

Field #2

Score on Four

Description: Line up four cone goals on the boundary lines of a square playing area (10-15 yd across). The coach serves one ball in at a time, and each player competes against the others to get the ball and score on any of the four small-sided goals. Players must dribble through the goals. The coach should serve a new ball in to the game whenever the previous ball has been kicked outside the playing area.



Field #3

The Blob

All of the players dribble around a set area. One kid starts without a ball. If he kicks a player's ball away, that player joins hands/locks arms with the original kid without a ball, starting to form a blob. They continue to try to get the ball away from the rest of the players. As players get their ball kicked away, they join the blob (by joining hands or locking arms) until there is 1 player left. The last player with the ball gets to start the blob on the next game.

The goals of this game are to get the kids to shield the ball, change direction, keep their heads up while dribbling so they don't crash.