



Practice Examples U5 / U6

Practice Focus: Dribbling

Warm Up (10 min) – 1v1, 2v2, 3v3 in appropriate sized small grids on field with goals using cones

Water Break

Skill Games (20 min)

Game #1 - Coach “Simon” Says

All players have a soccer ball and dribble in the field.

When the coach says “Coach Says”, then the players have to perform the action the coach calls out.

Examples: put your foot on the ball, dribble with your right foot, score a goal, toe taps, tick tocks, etc. The more fun the better!

Then have players resume dribbling until the next “Coach Says”.

Water Break

Game #2 - Red Light, Green Light

All players start on sideline with ball.

Coach says “green”, players dribble forward, Coach says “red”- they stop.

Have player stop ball with sole of foot.

Encourage players to keep the ball close to them.

First player to dribble to and stop on the opposite sideline wins.

Repeat game 3 or 4 times.

Water Break

Game #3 - Freeze Tag

All players with ball dribbling in the field.

When tagged by the coach, players freeze with their legs apart.

Frozen players can resume dribbling when a teammate kicks a ball between their legs.

Water Break

Scrimmage (20 min) – Scrimmage the team on the opposite side of the field.

Practice Focus: Shooting

Warm Up (10 min) – 1v1, 2v2, 3v3 in appropriate sized small grids on field with goals using cones

Water Break

Skill Games (20 min)

Game #1 – Clean the Yard

Divide your field in to 2 halves. Place all of the soccer balls on the centerline. Divide your team into 2 groups. Using their laces or inside of the foot (no toe), have the players kick the soccer balls into the other team's "yard" (half of field). Players cannot cross the centerline. After a few minutes, stop the game and count how many soccer balls each team has in their yard. The team with the fewest soccer balls in their "yard" wins! The object of this game is to repeatedly practice the correct technique of striking the soccer ball to shoot.

Water Break

Game #2 - 4 Goal Game

Coach sets out 3 goals with cones on the perimeter of field. Use main goal as 4th. Every player has a soccer ball. Each player is to score as many goals as they can (using their laces) in all goals in 5 minutes. Player with the most goals wins!

Water Break

Game #3 – Pumpkin Patch

Coach spreads out all soccer balls on the half way line. These are the pumpkins in the patch. Players are lined up by the goal line. When coach says "Go", all players run to the middle of the field, get a soccer ball and dribble to the goal to shoot using their laces. Repeat several times

Water Break

Scrimmage (20 min) – Scrimmage the team on the opposite side of the field.