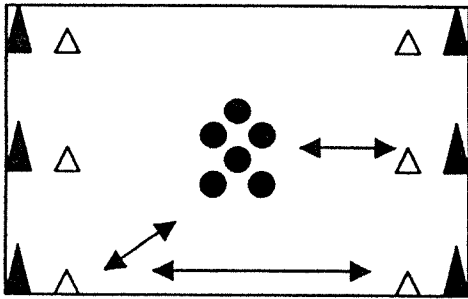


**U6 Exercises**  
**Popcorn Race**

**Areas set up**

**Coaching Objectives**



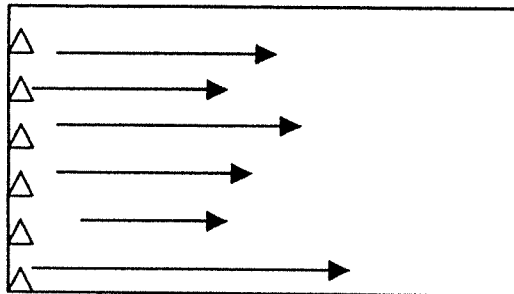
15yds x 15yds  
Each player tries to collect as  
Many balls as possible in a determined  
Time period.  
Each player brings the balls back to  
Their castle: Feet or hands depending  
Coaches objective.

Familiar with the ball  
Dribbling  
Running  
Changing Direction  
FUN!!!!

**Crocodile Hunt**

**Areas set up**

**Coaching Objectives**



Coach

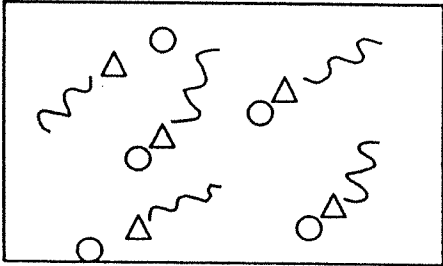
15yds x 10yds  
Each Player runs to the opposite side of the grid  
With out getting touch by a ball that is rolled by  
The coach.  
Second option is dribbling to the opposite side  
With out getting touch by a ball rolled by the  
Coach.  
If player gets touched they stand with coach  
And roll balls out at the remaining players

Agility  
Dribbling  
Running  
Fun!!!!

## Monster Trucks

### Areas set up

### Coaching Objectives



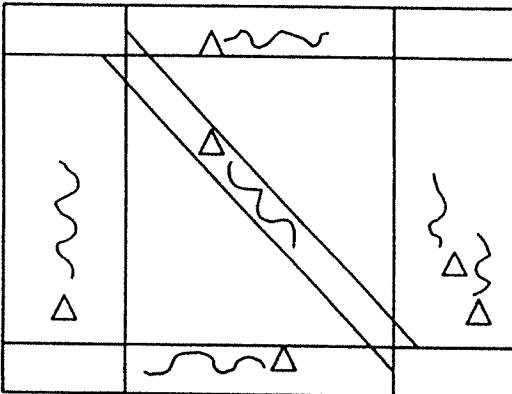
15yds x 15yds  
Players will dribble around as  
"monster trucks".  
Parents will then run around as cops  
Trying to catch the monster  
Switch roles after a determined time period

Stopping  
Shielding the ball  
Dribbling  
Changing direction  
FUN!!!!

## Fast Cars & Boats

### Areas set up

### Coaching Objectives



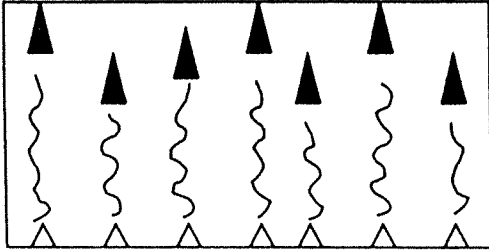
25yds x 25yds  
Each corner is a determined city  
Where each player is trying to travel too  
(dribbling).  
The middle line is water where they have  
Take a boat (crab walk, push the ball with their  
Head while on their knees).  
Variations: Different speeds on different roads  
Cones or obstacles can be inserted on the roads  
For them to change direction.  
Have parents standing at each city.

Dribbling Keep ball close  
Identifying direction  
Changing direction  
FUN!!!

## Target Dribbling

## Areas set up

## Coaching Objectives



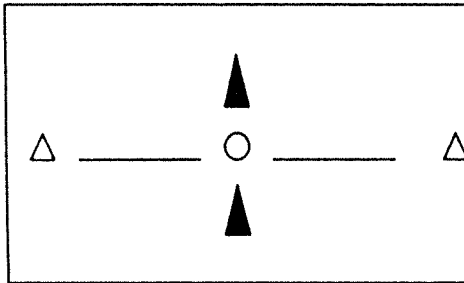
15yds x 10yds  
Each player dribbles toward the assigned Target.  
Variation: Player goes around cone, Stops at cone etc.

Dribbling  
Keep the ball close  
Control around objects  
Fun!!!

## Shooting on Parents

## Areas set up

## Coaching Objectives



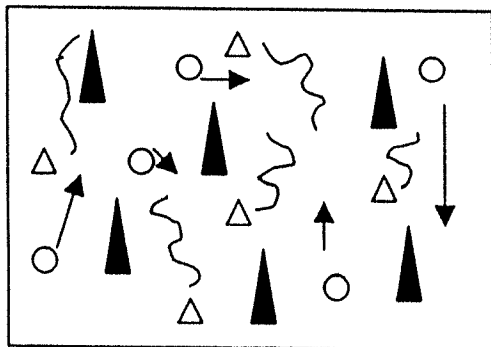
10yds on either side of the goal  
Total area 10yds x 20yds  
Goal is 7yds wide  
Parent in the goal  
1 Player on either side of the goal with a ball each  
Players take turns trying to score on parent

Shooting on Goal  
Fun!!!

## Jungle Run

### Areas set up

### Coaching Objectives



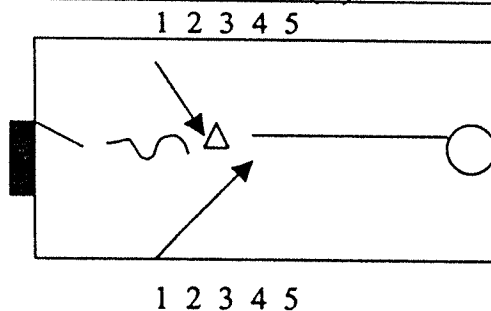
15yds x 15yds  
Players are running through the jungle  
Trying to avoid the trees in addition  
Parents are chasing their children as the  
Jungle hunters.  
Change roles after determined time

Dribbling Keep ball Close  
Changing direction  
Identify space  
FUN!!

## Numbers Game (1) Goal

### Areas set up

### Coaching Objectives

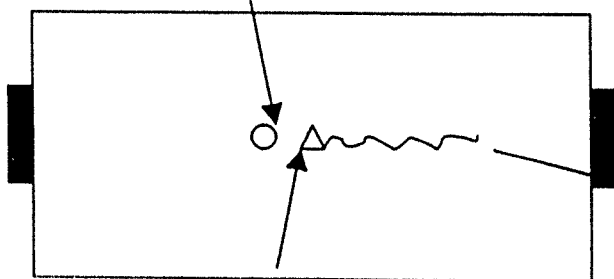


10yds x 12yds  
Coach plays ball in middle of 2 groups  
Coach calls a number and that number from  
Each group comes out and tries to win the  
Ball in order to shot on net

Dribbling Keep ball close  
1 vs. 1  
Shooting  
Fun!!!

## Numbers Game II (2) Goals

Red 1 2 3 4 5



Yellow 1 2 3 4 5

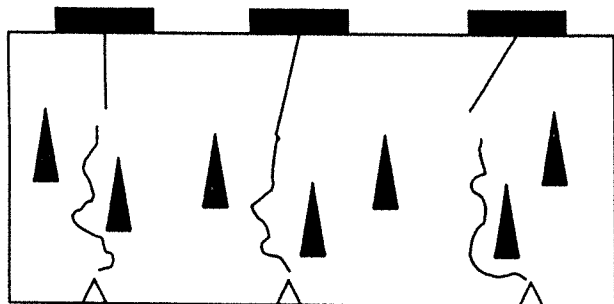
### Areas set up

12yds x 15yds  
Coach plays ball into the middle  
Coach calls a number and that number  
From each group runs into the middle  
Trying to win the ball in order to get a  
Shot on goal.  
Determine which direction each team will go  
Coach starts and serves ball from goal

### Coaches Objectives

Dribbling Keep ball close  
Direction of Play  
1 vs. 1  
Shooting  
FUN!!!!

## Shooting on Goal



### Areas set up

12yds x 15yds  
On the Coaches command the first 3 players  
Dribble toward the goal that is in front of  
Them trying to avoid the cones that are set  
Out in front of them, ending with a shot on goal

### Coaches Objectives

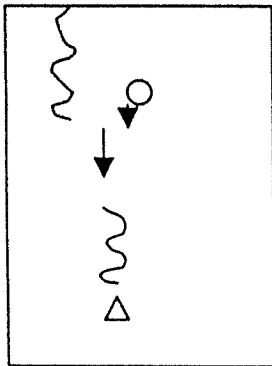
Dribbling Keep ball close  
Changing direction  
Shooting  
FUN!!!!

## U8 Small Sided Exercises

### 1 vs. 1 Line Soccer

#### Area Set Up

#### Coaching Objectives



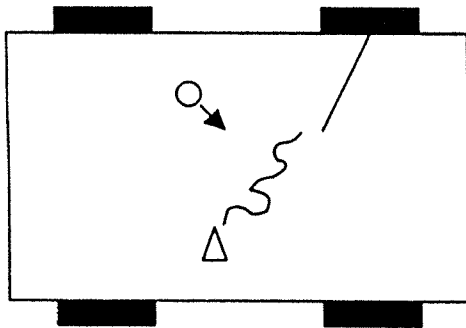
10yds x 10yds  
Starting Position – Each Player starts  
At the end of the grid, with one player  
Starting with the ball.  
Each player tries to get to the opposite  
Line to score a point

Attacking Space  
Keeping the ball Close  
Dribbling away from  
defender

### 1 vs.1 (4) Goal Soccer

#### Area Set Up

#### Coaching Objectives



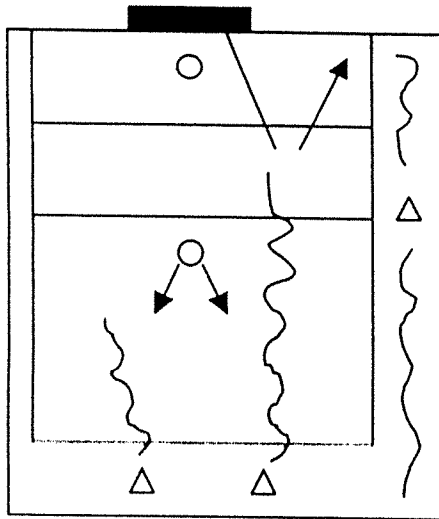
15yds x 10yds  
Starting Position – Each Player  
At the end of the grid between each  
Goal.  
Coach will serve the ball to a player  
The game begins.

Attacking Space  
Changing Directions  
Dribble away from the  
defender  
Shooting on Goal

## Crossing the River II

## Areas set up

## Coaching Objectives



20yds x 10yds

Sidewalk & Ditch 8yds x 14yds

2 attackers dribble towards the goal

Once they are in the free zone the defender

Cannot take the ball away from them.

At this time they have a shot on goal.

If the defender wins it they try to dribble to

They starting line. They gain 1 point for successfully

Dribbling to the end line. 3 points you switch positions

Dribbling

Identifying space

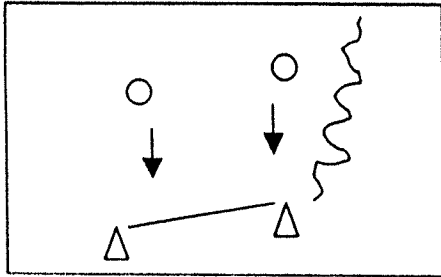
Shooting on goal

Defenders winning the ball

## 2 vs. 2 Line Soccer

## Areas Set Up

## Coaching Objectives



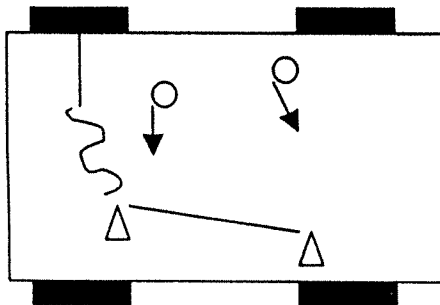
15yds x 12yds  
Starting Position – Each Group  
Of players start at the opposite  
Side of the grid

Dribbling  
Working with Teammates  
Possession of the Ball

## 2 vs. 2 (4) Goal Soccer

## Areas Set Up

## Coaching Objectives



15yds x 12yds  
Starting Position – Each Group  
Of players start at the opposite  
Side of the grid

Shooting  
Working with Teammates  
Possession of the ball  
Changing of direction

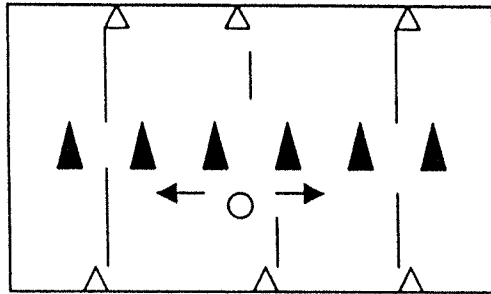
**Note:** All games start with the service of the ball by the coach on the side of the grid or playing area. Service can be passed with the feet or rolled with your hands.

## Shooting & Dribbling Exercises

### Backyard Gate Game

### Areas set Up

### Coaching Objectives



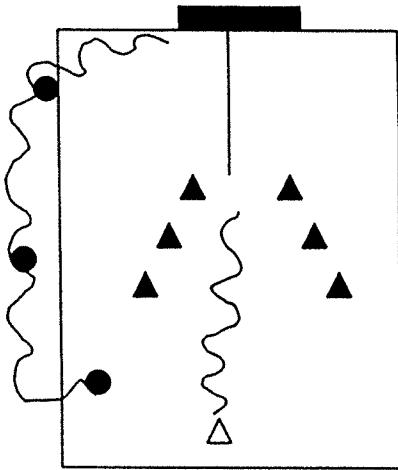
20yds x 15yds  
3 goals with 1 player on either side  
10yds on either side of the goal  
1 defender moving side to side trying  
prevent goals.  
The defender can go on either side of the goals

Shooting Accuracy  
Identify the time to Shoot  
Control of ball

### Penalty Shot Game

### Areas set up

### Coaching Objectives



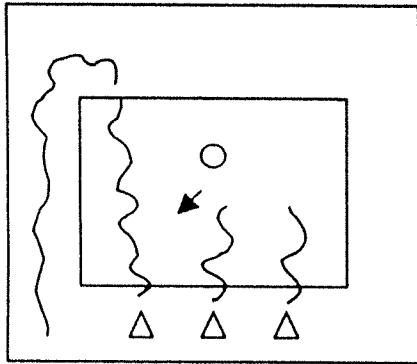
12yds x 7yds  
Attacker dribbles to the closet cones  
To the goal and has a shot.  
After scoring they dribble back to the line  
And try to score from the next line of cones  
Players can play goal and rotate through  
Make it a competition!

Shooting Accuracy  
Planted Foot Beside Ball  
Dribbling

## Crossing the River

### Areas set up

### Coaching Objectives



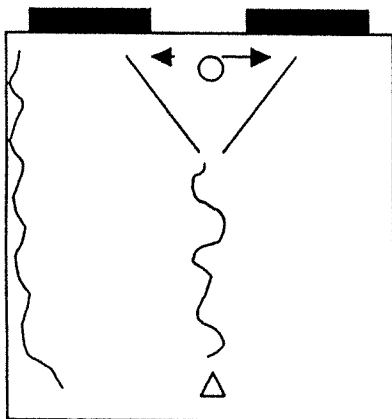
Playing Area 15yds x 10yds  
Surrounding area 8yds x 5yds  
3 attackers dribble across the river  
with 1 defender trying to collect the ball  
from the attackers  
If the defender does they earn a point, once they  
have 3 points they  
Switch roles.

Dribbling  
Identify Space  
Attacking space  
  
Defenders winning the ball

## Neighbor Game

### Areas Set Up

### Coaching Objectives



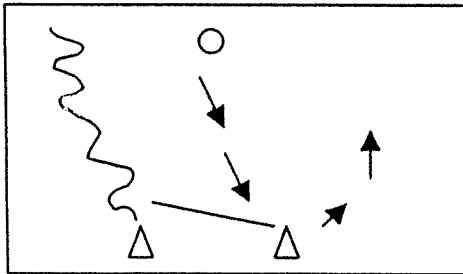
15yds x 15yds  
Attacker dribbles toward 2 goals  
With one defender trying to guard  
Both goals.  
Once they have taken the shot they rotate  
Positions and the defender dribbles back  
To the starting position (path provided)

Dribbling to goal  
Shooting on either goal  
Identify which goal too shot on.  
Striking the ball

## 2 vs.1 Line Soccer

## Area Set Up

## Coaching Objectives



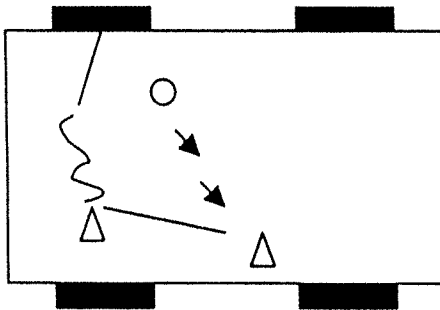
15yds x 10yds  
Starting Position – Each group  
Of players start at the opposite  
Side of the grid

Working with a Teammate  
Dribbling  
Possession of Ball

## 2 vs.1 (4) Goal Soccer

## Area Set Up

## Coaching Objectives



15yds 10yds  
Starting Position – Each group  
Of players start at the opposite  
Side of the grid

Working with Teammate  
Changing Direction  
Shooting on Goal

**Note:** All games start with the service of the ball by the coach on the side of the grid or playing area.  
Service can be passed with the feet or rolled with your hands.