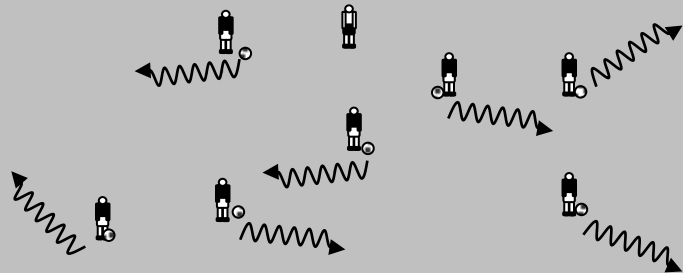


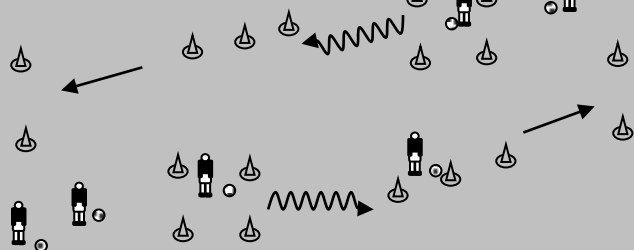
U6 ATTACKING SESSION (DRIBBLING)

CATEGORY	TOPIC	AGE	WEEK #
Attacking	Dribbling	U6	
Exercise #1/#2	Organization	Coaching Points	
Footwork: Foundation, Left Foot Dribble, Right Foot Dribble, Roll Over Right, Roll Over Left, Pull Back. Each player should have a ball. These touches should be performed inside a 15x30 yard grid. <i>Time: 10 min.</i>		Foundation, tapping the ball between your feet using the inside of the foot. Left Foot, dribbling the ball using the left foot only. Right Foot, dribbling the ball using the right foot only. Roll Over, roll ball across body. Pull Back, step on ball lightly and roll straight back to turn and move with the ball. Dribble with your head up, if possible; gradually increase speed. Laugh and have fun with the players.	
Dribble Tag: Each player with a ball, dribbling within a confined area with one player "it". He/she can either have a ball or does not have to have a ball. The game is then played like a normal game of tag. Grid size is 15x30. <i>Time: 5 min.</i>			
Exercise #3	Organization	Coaching Points	
Obstacle Course: Incorporate footwork and scoring and a sense of adventure including fine motor skills. 1) Player dribbles in box and does 10 quick toe touches 2) Player slalom dribbles through cones 3) Player scores in goal and continues on the other side. *Players can go on both sides simultaneously so everyone is busy. <i>Time: 20 min.</i>		Keep the ball under control (touch ball every step, if possible), use all surfaces of the feet, demonstrate footwork skills, dribble with head up, find space, change directions and speeds. Can add obstacles or take away to fit your topic, change obstacle course after a few times through. Stay positive with the players.	
Exercise #4	Organization	Coaching Points	
3v3: Field(s) size is 25 x 35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 20 min.</i>		Encourage players to dribble and praise them when they try. Same coaching points as above. Become a fan. Playing more than 4v4 is not encouraged in the game.	

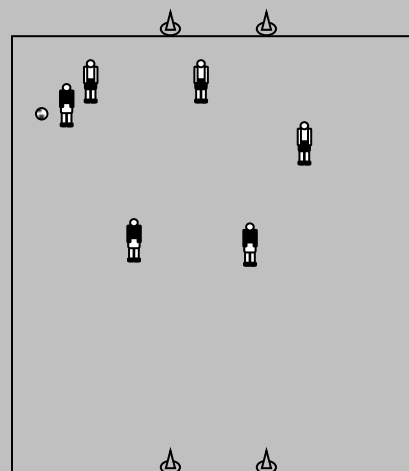
Exercise #1/#2



Exercise #3



Exercise #4



Light



Dark



Coach



Goalkeeper



Grid



Dribbling



Dribbling with feint



Ball movement



Run



Cross



Priority number



Ball



Cone



Flag



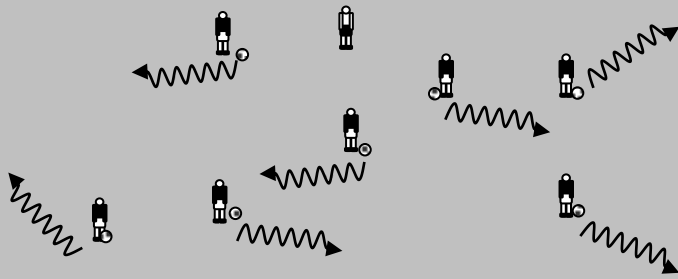


DUBLIN SOCCER LEAGUE

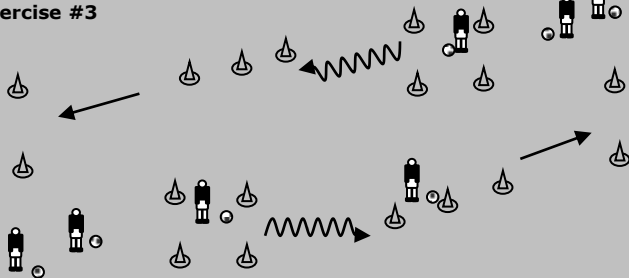
U6 BALL CONTROL SESSION (FOOTWORK)

CATEGORY	TOPIC	AGE	WEEK #
Ball Control	Footwork	U6	
Exercise #1/#2 Organization Juggling: Thigh Catch, Foot Catch Right, Foot Catch Left, Punt Right Distance, Punt Left Distance. This should be performed in an unrestricted (open) space. Each player has a ball. <i>Time: 10 min.</i> Footwork: Foundation, Left Foot Dribble, Right Foot Dribble, Roll Over Right, Roll Over Left, Pull Back. Each player should have a ball. These touches should be performed inside a 15x30 yard grid. <i>Time: 10 min.</i>		Coaching Points Laces/Foot, toe out ankle locked, flat surface on top of laces. Thigh, make platform with thigh (no kneecaps). Be ready to move feet and body to make effort to touch the ball. Hit the ball right in the center/bottom. Stay 4:1 on the positive to instructional comments throughout the session. Foundation, tapping the ball between your feet using the inside of the foot. Left Foot, dribbling the ball using the left foot only. Right Foot, dribbling the ball using the right foot only. Roll Over, roll ball across body. Pull Back, step on ball lightly and roll straight back to turn and move with the ball. Dribble with your head up, if possible; gradually increase speed. Laugh and have fun with the players.	
Exercise #3 Organization Obstacle Course: Incorporate footwork and scoring and a sense of adventure including fine motor skills. 1) Player dribbles in box and does 10 quick toe touches 2) Player slalom dribbles through cones 3) Player scores in goal and continues on the other side. *Players can go on both sides simultaneously so everyone is busy. <i>Time: 20 min.</i>		Coaching Points Keep the ball under control (touch ball every step, if possible), use all surfaces of the feet, demonstrate footwork skills, dribble with head up, find space, change directions and speeds. Stay positive with the players.	
Exercise #4 Organization 3v3: Field(s) size is 25 x 35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 20 min.</i>		Coaching Points Encourage players to dribble and praise them when they try. Same coaching points as above. Become a fan. Playing more than 4v4 is not encouraged in the game.	

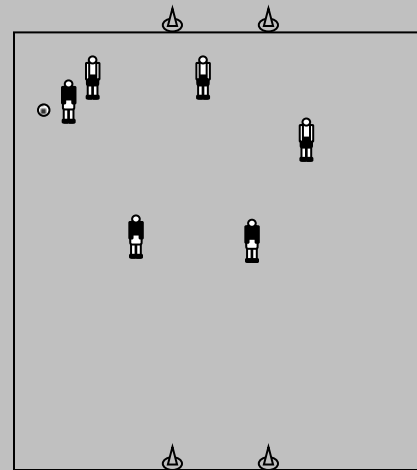
Exercise #1/#2



Exercise #3



Exercise #4



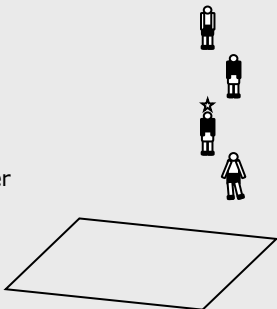
Light

Dark

Coach

Goalkeeper

Grid



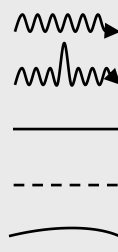
Dribbling

Dribbling with feint

Ball movement

Run

Cross



Priority number

Ball

Cone

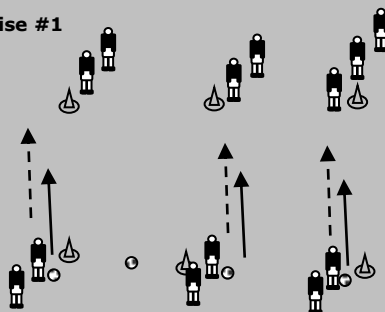
Flag



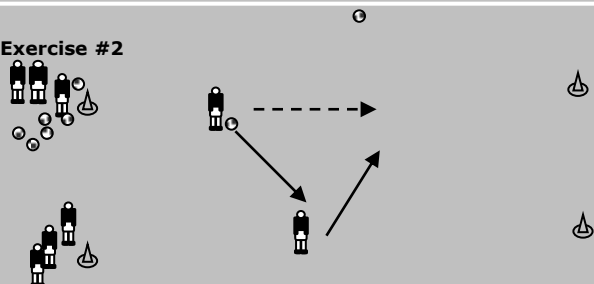
U6 RECEIVING SESSION (FIRST TOUCH)

CATEGORY	TOPIC	AGE	WEEK #
Receiving	First Touch	U6	
Exercise #1	Organization	Coaching Points	
In groups of 3-5's: Players should be 5-10 yards apart. Increase or decrease distance based on success. Have players pass and follow their pass. Use both feet. Mandatory 2 touches at each cone (trap and then pass). Can add in game to count number of passes (still mandatory 2 touches). <i>Time: 15 min.</i>		Encourage receiving with the inside of the foot, at an angle to either side (not right under them). Encourage players to be busy on their toes and light to move around quick. Stay 4:1 on the positive to instructional comments throughout the session. Laugh and have fun with the players; become a fan (good job, well done, keep it up, etc.)	
Exercise #2	Organization	Coaching Points	
In 2's to Goal: In pairs, players go to goal they must pass the ball 3 to 4 times before they score. Players are working on their receiving touch. <i>Time: 20 min.</i>		Same coaching points as above. Encourage players to get their first touch forward and toward goal. If possible, have them keep the ball moving. Players should play as quick as possible. Have the next group go before prior group was finished to keep the lines moving fast. Be positive with the players.	
Exercise #3	Organization	Coaching Points	
3v3: Field(s) size is 25 x 35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 20 min.</i>		Encourage players to dribble. Same coaching points as above. Become a fan. Playing more than 4v4 is not encouraged in the game.	

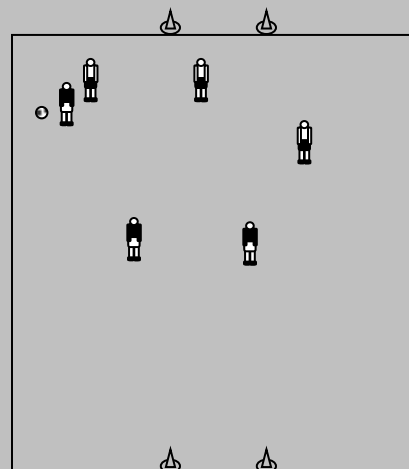
Exercise #1



Exercise #2



Exercise #3



Light



Dark



Coach



Goalkeeper



Grid



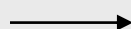
Dribbling



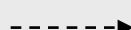
Dribbling with feint



Ball movement



Run



Cross



Priority number



Ball



Cone



Flag



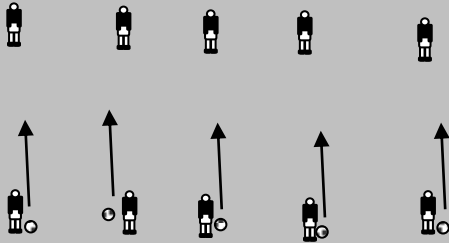


DUBLIN SOCCER LEAGUE

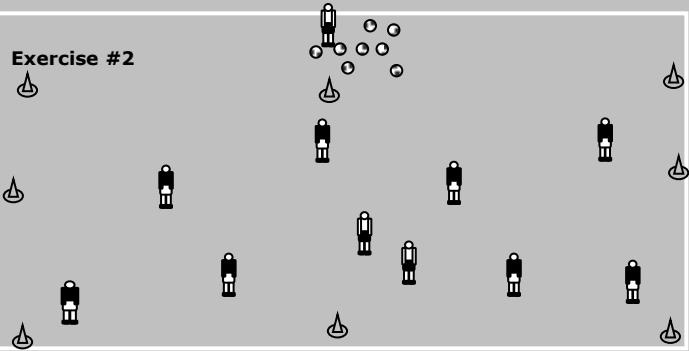
U6 PASSING SESSION (TECHNIQUE)

CATEGORY	TOPIC	AGE	WEEK #
Passing	Technique	U6	
Exercise #1 Organization In 2's: Players should be 5-10 yards apart. Increase or decrease distance based on success. Have players use right foot only, left foot only, both feet for pass. After they have had success restrict touches, 3 touches in between passes, 2 touches in between passes. <i>Time: 15 min.</i>		Coaching Points Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact on center of ball. Follow through. Encourage players to be busy on their toes and light to move around quick. Stay 4:1 on the positive to instructional comments throughout the session. Laugh and have fun with the players; become a fan (good job, well done, keep it up, etc.).	
Exercise #2 Organization Sassy Sister/Brother: Play possession with all players (6-8 players) with 2 defending (sassy sister/brother). Coach has 8-10 balls, starts watch and plays in a ball, players try to keep it in the "house". When defender wins ball they hit the ball out, coach plays in a new ball until all balls are gone. Keep track of time and challenge players to get the longest time. <i>Time: 20 min.</i>		Coaching Points Encourage passing away from defenders using the inside of the foot to connect. Encourage moving off the ball and spreading out big. This drill will improve as they go, stay positive and encourage players to keep the ball in the "house".	
Exercise #3 Organization 3v3: Field(s) size is 25x35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 15 min.</i>		Coaching Points Encourage players to dribble. Same coaching points as above. Become a fan. Playing more than 4v4 is not encouraged in the game.	

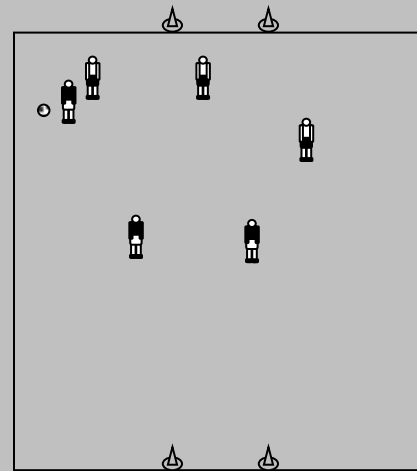
Exercise #1



Exercise #2



Exercise #3



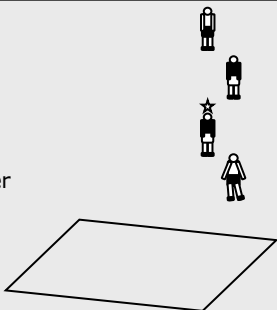
Light

Dark

Coach

Goalkeeper

Grid



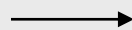
Dribbling

Dribbling with feint

Ball movement

Run

Cross



Priority number

Ball

Cone

Flag

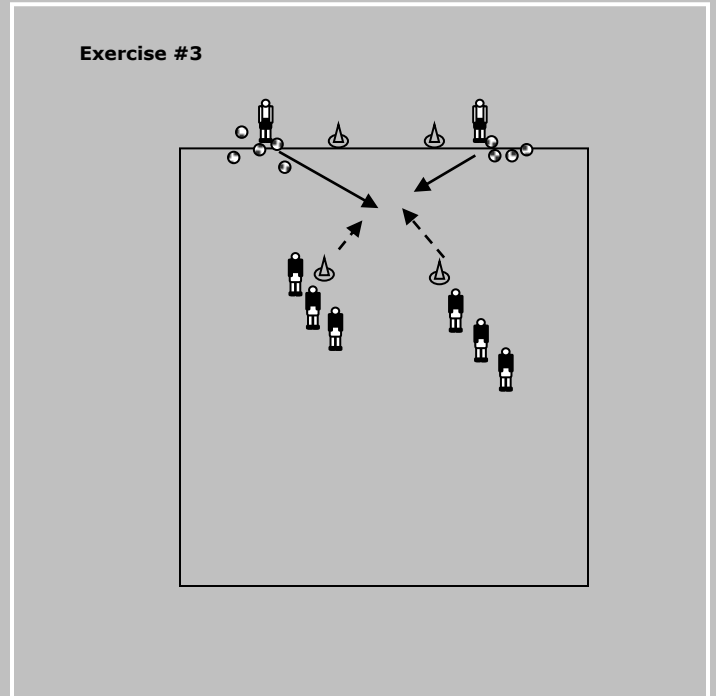
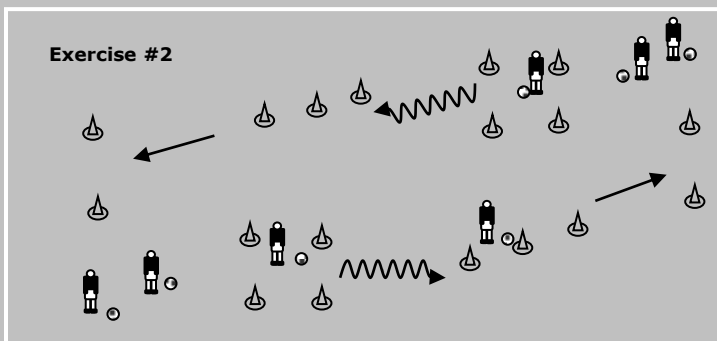
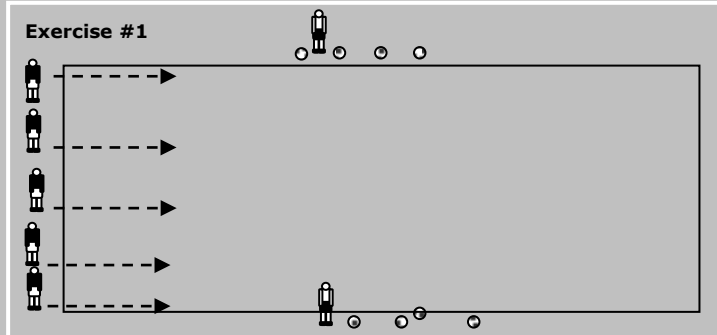




DUBLIN SOCCER LEAGUE

U6 FINISHING SESSION (SCORING)

CATEGORY	TOPIC	AGE	WEEK #
Finishing	Scoring	U6	
Exercise #1	Organization	Coaching Points	
Top Gun: The game begins with two players on opposite sides of a grid. The rest of the players run from one side to the other. Player with ball attempts to hit the players running through below the waist. If a player is hit, they become one of the shooters. The Top Gun is the sole surviving player. Use a 20x30 yard grid. <i>Time: 10 min.</i>		Technique of kicking foot, strike ball with laces, toe down, ankle locked (Probably not possible for U6 but good for them to hear the right coaching points). Contact on center of ball. Plant foot pointed at target. Follow through. Talk to players about the weight, timing, and accuracy of pass. Stay 4:1 on the positive to instructional comments throughout the session. Laugh and have fun with the players. Be positive; become a fan.	
Exercise #2/ #3	Organization	Coaching Points	
Obstacle Course: Incorporate footwork and scoring and a sense of adventure including fine motor skills. 1) Player dribbles in box and does 10 quick toe touches 2) Player slalom dribbles through cones 3) Player scores in goal and continues on the other side. *Players can go on both sides simultaneously so everyone is busy. <i>Time: 15 min.</i>		Keep the ball under control (touch ball every step, if possible), use all surfaces of the feet, demonstrate footwork skills, dribble with head up, find space, change directions and speeds. Stay positive with the players.	
Finishing to Goal: No GK, 2 lines are going simultaneously, coaches play in ball slow rolling, players practice hitting ball into the goals, switch lines every time, keep it moving so not a lot of standing is going on. <i>Time: 15 min.</i>		Hit ball with a solid touch, locked ankle, encourage players to use their shoelaces and run through the ball running towards the goal with then strike the ball.	
Exercise #4	Organization	Coaching Points	
3v3: Field(s) size is 25x35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 15 min.</i>		Encourage players to dribble and praise them when they try. Same coaching points as above. Become a fan. Playing more than 4v4 is not encouraged in the game.	



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Ball	
Coach		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

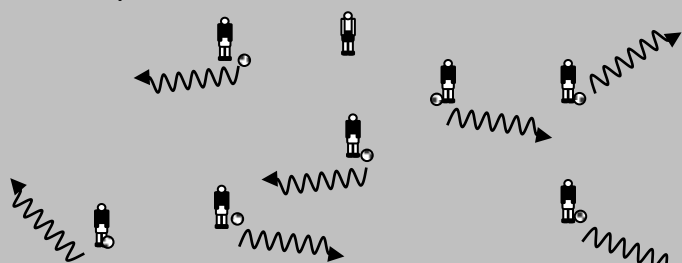


DUBLIN SOCCER LEAGUE

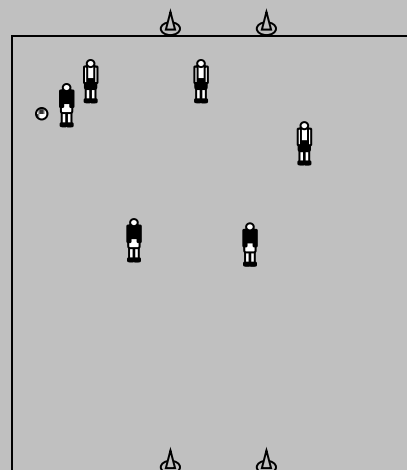
U6 DRIBBLING SESSION (BOTH FEET-UNDER CONTROL)

CATEGORY	TOPIC	AGE	WEEK #
Dribbling	Both Feet-Under Control	U6	
Exercise #1/#2 Organization Defrost Game: One player is Frosty. All other players dribble ball within grid. Frosty tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen dribbles as before. Grid size is 15x30 yards. <i>Time: 10 min.</i> Dribble Tag: Each player with a ball, dribbling within a confined area with one player "it". He/she can either have a ball or does not have to have a ball. The game is then played like a normal game of tag. Grid size is 15x30. <i>Time: 10 min.</i>		Coaching Points Keep ball under control and close; use all surfaces of the feet. Keep head up and find space while dribbling. Change speeds and directions. Stay 4:1 on the positive to instructional comments throughout the session. Be positive; laugh and have fun with the players. Become a fan of the players (good job, well done, keep it up, etc.)	
Exercise #3 Organization Slalom: Set cones 1-2 yards apart. Each player has a ball or one ball per line. Have players dribble with both feet, right foot only, and left foot only. Use exercise as relay race. Make 2-4 rows depending on the number of players. Could also end slalom by shooting in a goal. <i>Time: 10 min.</i>		Coaching Points Same coaching points as above. Dribble through without touching cones. Use both feet, inside and outside of foot. Have players increase speed with success.	
Exercise #4 Organization 3v3: Field(s) size is 25 x 35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 20 min.</i>		Coaching Points Encourage players to dribble. Same coaching points as above. Become a fan. Playing more than 4v4 is not encouraged in the game.	

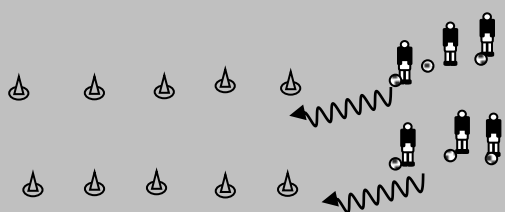
Exercise #1/#2



Exercise #4



Exercise #3



Light



Dribbling



Priority number



Dark



Dribbling with feint



Ball



Coach



Ball movement



Cone



Goalkeeper



Run



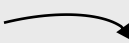
Flag



Grid



Cross



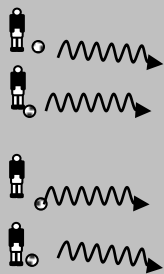


DUBLIN SOCCER LEAGUE

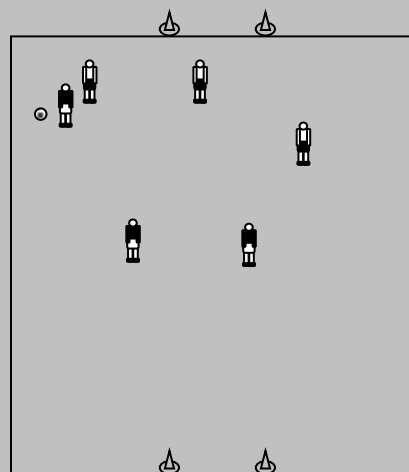
U6 DEFENDING SESSION (GAMES)

CATEGORY	TOPIC	AGE	WEEK #
Defending	Games	U6	
Exercise #1/#2	Organization	Coaching Points	
Snake Tag: Players line up between the cones each player with a ball. One player positions themselves in the middle of the field without a ball. The players with the ball attempt to dribble their ball to the other side of the area. A player having his/her ball kicked away joins the person in the middle by holding hands to form a snake and attempts to kick other players balls out of the area who also join the snake. Multiple snakes can be formed. Process continues until there is one person left. Grid size is 20x30 yards. <i>Time: 15 min.</i>		Players must control their ball, keep eyes up to be aware of opposing player/snake and find space, work on changing directions, and work on changing speeds. Encourage players to get in front of the ball and take the ball away from their opponents. Stay 4:1 on the positive to instructional comments throughout the session.	
Exercise #3	Organization	Coaching Points	
Gauntlet: Players play 1v1 in each grid and try to make it through the channel without getting their ball taken away or kicked out. The defender in each grid tries to win the ball; if they do, the player that lost the ball goes back in line. After a player dribbles through the first grid the next player in line can go. Switch defenders out after a few minutes of having a turn. Channel size is 15x25 yards. <i>Time: 15 min.</i>		Encourage defenders to get in front of the ball, challenge, and win ball. Stay 4:1 on the positive to instructional comments throughout the session. Laugh and have fun with players.	
Exercise #4	Organization	Coaching Points	
3v3: Field(s) size is 25x35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 20 min.</i>		Encourage players to dribble and play the game. Same Coaching points as above. Become a fan of the players; be positive.	

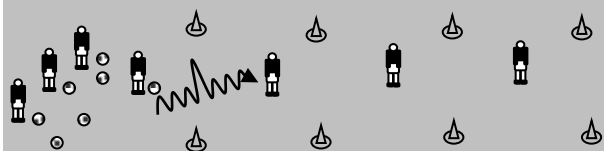
Exercise #1/#2



Exercise #4



Exercise #3



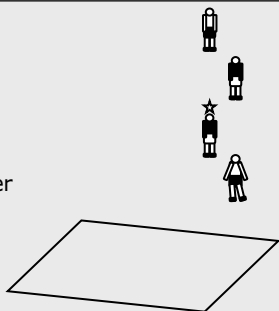
Light

Dark

Coach

Goalkeeper

Grid



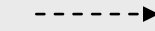
Dribbling

Dribbling with feint

Ball movement

Run

Cross



Priority number

Ball

Cone

Flag





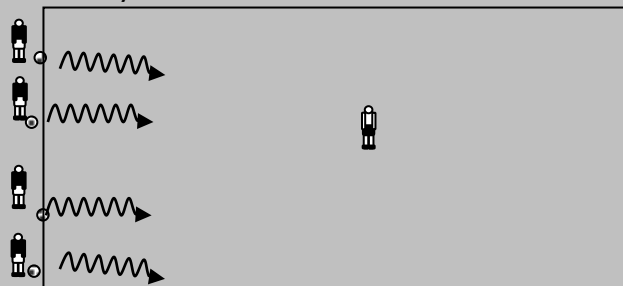
DUBLIN SOCCER LEAGUE

U6 CHALLENGING SESSION (WINNING THE BALL)

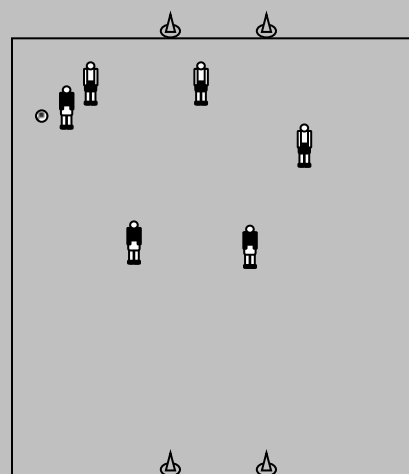
CATEGORY	TOPIC	AGE	WEEK #
Challenging	Winning the Ball	U6	

Exercise #1/#2	Organization	Coaching Points
Sharks and Minnows: The Minnows team lines up on one side of the grid. One player is the shark positioned in the middle. The Shark attempts to kick the ball out of the area as the Minnows dribble across the grid. A player having his/her ball kicked away joins the shark in the middle. Game is played in a 20x30 yard grid. <i>Time: 10 min.</i>		Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and work on changing speeds.
Knockout: Players dribble in a box and must dribble/control their ball while at the same time trying to kick other players' balls from the box. A player whose ball is kicked from the box must do 25 toe taps to get back into the box. Perform this exercise in a 20 x 30 yard grid. <i>Time: 10 min.</i>		Encourage players to get in front of the ball and take the ball away from their opponents. Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #3	Organization	Coaching Points
Numbers Game: Each player is assigned a number on each team. The coach will call out one or two numbers. When those players' numbers are called they play 1v1 or 2v2 with the players from the other team with the same numbers. Use a 25 x 35 yard grid. <i>Time: 20 min.</i>		Same coaching points as above. Encourage player to hunt down balls. Challenge and win balls from opponents. Be positive.
Exercise #4	Organization	Coaching Points
3v3: Field(s) size is 25 x 35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 15 min.</i>		Encourage players to dribble and play the game. Same Coaching points as above. Become a fan of the players; be positive.

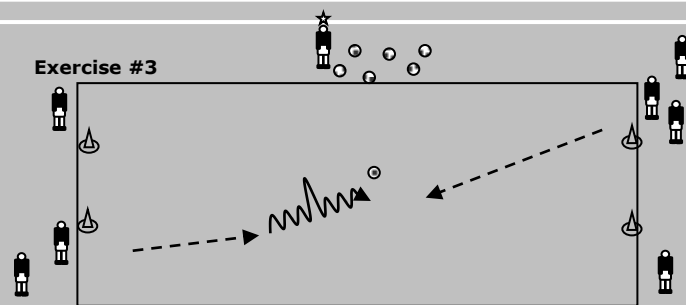
Exercise #1/#2



Exercise #4



Exercise #3



Light



Dark



Coach



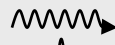
Goalkeeper



Grid



Dribbling



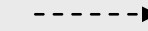
Dribbling with feint



Ball movement



Run



Cross



Priority number



Ball



Cone



Flag

