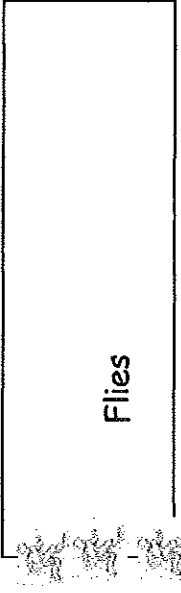
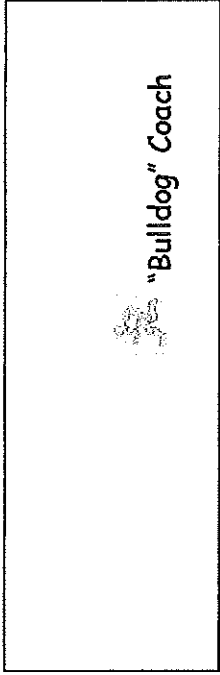


BRIGHTON YOUTH SOCCER LEAGUE - U6 PROGRAM


Session #1

Duration / Area size	Activity	Coaching Points
<p><u>Warm-up</u> 5 Minutes Unlimited space</p>	<p><u>Retrieval Game</u> (basically a "Go Fetch" game). Have players bring you their ball to you then throw it away and have them bring it back. Once they have the concept challenge them to bring it back to you using different parts of their body. For Example "Who can roll it back to me", "Skip while you bring it back to me", "Throw it in the air and clap", "Use only your right foot", "Use both feet", "Your head must touch the ball". Be creative and imaginative.</p>	<p>Attention grabber. Activities to help with balance, coordination and body mechanics.</p>
<p><u>Activity 1</u> 10 minutes 20x5 yd rectangle</p>	<p><u>Frogs and Flies</u></p> <div style="text-align: center;">  </div> <p>All the players (flies) line up at one end of a defined area. When the frog shouts, "GO" they run to the other end of the area avoiding being captured by the frog, who captures them by hitting them on the leg with a ball as they run to the other end of the area. Facilitator's starts as the frog. Gently kick the balls at players as they try to run from one line to another. Players hit become frogs. Last player hit starts as the frog in the next game.</p>	<p>Very popular kid's game. Balance, coordination, decision making. Have the kids make the noise of flies and frogs.</p>

<p><u>Activity 2</u> 10 Minutes 15v20 yd Rectangle</p>	<div style="text-align: center;">  </div> <p>The children start at one side of the area (or street). The coach tells the story of the "Bulldog" that will not let the kids cross the street to play. The children must dribble past the "Bulldog" so they can go out to play. The players can only travel across the street when the coach yells "Bulldog". If the players are caught (by the bulldog kicking their ball out of the area) they become bulldogs and help catch the rest.</p>	<p>Dribble with your head up and look for gaps and space.</p> <p>Encourage players to take as many touches of the ball as possible.</p> <p>Make sure the players have plenty of success early in the game.</p> <p>The hardest working player becomes the bulldog at the start of the next game</p>
<p><u>Activity 3</u> 30 minutes</p>	<p style="text-align: center;"><u>Soccer Game</u></p>	

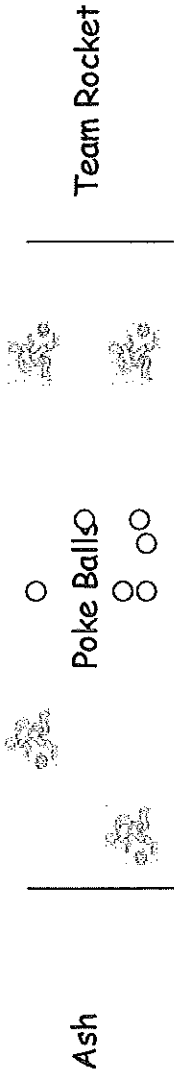
BRIGHTON YOUTH SOCCER LEAGUE - U6 PROGRAM

Session #2

Duration / Area size	Activity	Coaching Points
<p><u>Warm-up</u> 5 Minutes Unlimited space</p>	<p><u>Snake (A.K.A "Blob Tag")</u></p> <p>All players dribble around in a defined area. The snake (facilitator or player) tries to tag them. Once you are tagged, join hands to form a snake then try to capture more players. Once there are four players in the snake it splits into two new ones. The last player tagged starts the next game as the snake</p>	<p>Tag game to get players moving</p> <p>Once familiar with the game have the runners dribble their ball.</p>
<p><u>Activity 2</u> 10 minutes 20x15 yd Rectangle</p>	<p style="text-align: center;"><u>Dribbling Maze</u></p>  <p>Set up lots of random small gates (two discs a yard apart) inside a larger area. There should be at least one or two more gates than there are players.</p> <p>On the command "GO" players try run through as many gates as possible, keeping track of how many they passed through. They cannot go through the same gate two times in a row. Play for 30 seconds at a time. Ask the players "How many gates did you run through?". " Can you beat your score by two this time?".</p> <p>Once the players are comfortable give each player a ball and this time they must dribble through the gates.</p>	<p>Dribbling, running with a ball, change of direction.</p> <p>Decision making.</p> <p>You could divide the players into teams using pinnies and the gates into different colored discs.</p> <p>Players can only go through a gate matching the color of their pinnie.</p>

Activity 3
 10 Minutes
 15v20 yd
 Rectangle

Pokemon Battle



Make two small squares thirty paces apart to make laboratories. Place plenty of balls "Poke Balls" in the area between the two labs. Split children into two groups and have each group in a different lab. The children have to capture the "Poke balls" and take them back to their laboratory. At the end the laboratory with most "Poke Balls" wins.

Run the game a few times:

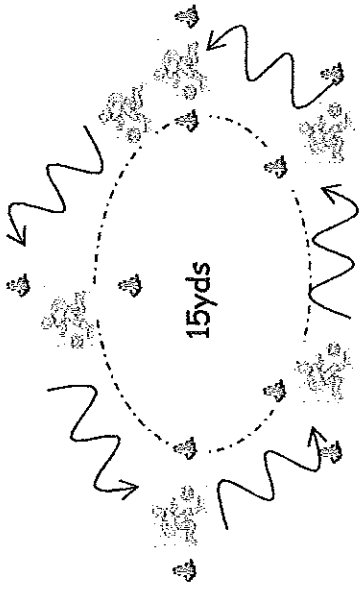
1. Initially, players can only capture balls from the middle and no stealing,
2. Once they understand the game, progress by allowing them to steal balls from the other team's laboratory when there is none left in the middle.
3. Finally put fewer balls than players in the middle so you develop 1v1 or 2v1.

Activity 4
 30 minutes

Soccer Game


BRIGHTON YOUTH SOCCER LEAGUE - U6 PROGRAM

Session #3

Duration / Area size	Activity	Coaching Points
<p><u>Warm-up</u> 5 Minutes Unlimited space</p>	<p><u>Retrieval Game (basically a "Go Fetch" game).</u></p> <p>Have players bring you their ball to you then throw it away and have them bring it back. Once they have the concept challenge them to bring it back to you using different parts of their body. For Example "Who can roll it back to me", "Skip while you bring it back to me", "Throw it in the air and clap", "Use only your right foot", "Use both feet", "Your head must touch the ball". Be creative and imaginative.</p>	<p>Attention grabber.</p> <p>Activities to help with balance, coordination and body mechanics.</p>
<p><u>Activity 1</u> 10 minutes 12 yd circle</p>	<p><u>Occupy the empty goal</u></p>  <p>The activity is similar to "Musical Chairs" a game most of the children will know. Mark off a circle 15 yds in diameter using discs with an inner and outer edge for the path. The discs designate a goal. Each player has a ball and dribbles around the circle staying inside the path, on a visual signal they try to occupy an empty goal. Whoever doesn't succeed loses a life.</p>	<p>If you have nine or more players setup two games. But always have one or two goals less than the number of players. Maybe try different colored goals?</p> <p>Start the game with an audio signal "Stop" but once the players understand the game use visual clues for example "hands on heads" or showing a different colored disc.</p> <p>This will encourage players to lookout.</p>

BRIGHTON YOUTH SOCCER LEAGUE - U6 PROGRAM

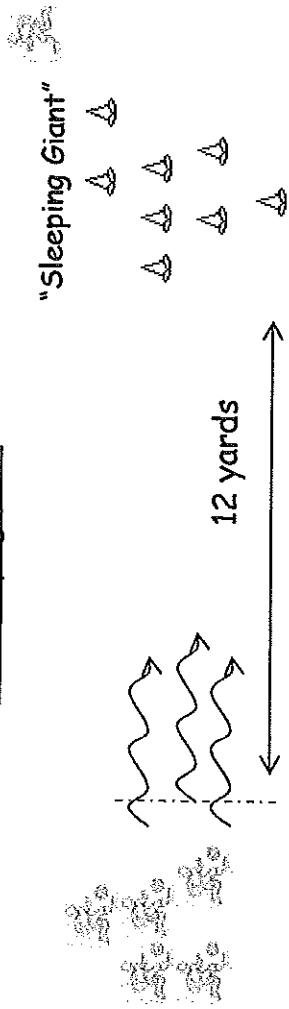
Session #4

Duration / Area size	Activity	Coaching Points
<p><u>Warm-up</u> 5 Minutes Unlimited space</p>	<p><u>Everybody's in</u> Players run around and try to tag others. If you get tagged stand still with your hands on your head and look for the person who tagged you once they get tagged you are free.</p>	<p>Attention grabber. Observation, decision making, balance and coordination</p>
<p><u>Activity 1</u> 10 Minutes 15x20 yd</p>	<p><u>Steal the Cones</u></p> <p>15 yards</p>  <p>Coach feeds in the balls</p> <p>Two equal teams play in an area 20 x 15. Setup cones in a line in each half of the field but not on the end line (for younger players group the cones together it's easier for them to knock them over). Players try to knock down opposing teams cones <u>with the ball</u>. When a player knocks down a cone, they leave the ball, pick up the fallen cone and add it to their line of cones. The team with the most cones at the end is the winner. No defending of the cones. Play for 3-minute intervals.</p> <p>Add a second or third ball for more fun. The more balls you introduce the more it breaks down into 1v1, 2v1, 2v2 etc.</p>	<p>Start by feeding in one ball but gradually increase the number of balls in play trying to get to 1v1 or 2v2. If you see players standing around give them a ball.</p> <p>This is a very tiring game with lots of transition so play for a max of 3 minutes.</p> <p>Dribbling, change of direction, decision-making, passing and defending.</p>

Activity 2

10 Minutes
15v20 yd
Rectangle

The Sleeping Giant



Village

Tell them the story: "In the darkest reaches of the deep forest that stood at the furthest point of Soccermania, there lived a Giant. The Giant planted rows and rows of beanstalks in his garden (the cones). The giant was very proud of his garden and worked very hard on it, so hard he used to take a nap every afternoon."

"The only problem was when he went for a nap, the young soccer players would knock over his beanstalks. This made the giant very angry, so angry he used to chase after them back to the village."

Wait for the Giant to nap and then go and knock over his beanstalks. Be careful, if he wakes up he will chase you back to the village.

Any child tagged must do ten toe-taps to get back in the game.

Dribbling, passing, running with a ball.

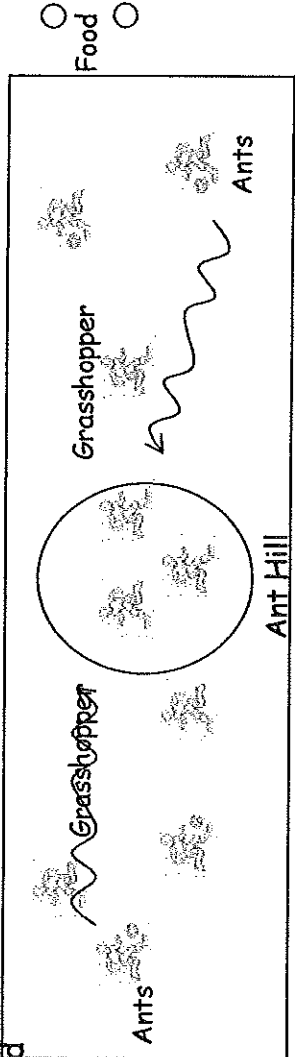
Challenge the children to try and knock over all the cones whilst the giant sleeps.

The "hardest working player" becomes the next giant.

Activity 3

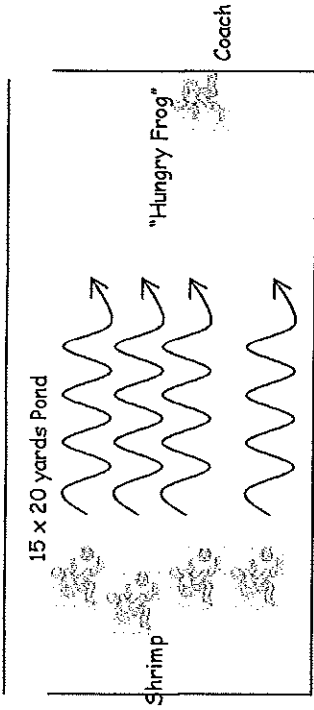
30 minutes

Soccer Game

Duration / Area size	Activity	Coaching Points
<p><u>Warm-up</u> 5 Minutes Unlimited space</p>	<p><u>Body Part Dribble</u></p> <p>Players dribble ball around and when you shout out a body part they stop it with that part of the body. For example "Head", "Knee", "Elbow". Have the kid's think of a body part, try two body parts. Be creative</p>	<p>Dribbling activity to help with balance, coordination and body mechanics.</p>
<p><u>Activity 1</u> 10 minutes 15 x 20 yds Square</p>	<p><u>"Bugs Life"</u></p>  <p>In the middle of the field set up an eight foot circle with discs, the "Ant Hill". Put all the balls "Food" outside of the soccer field.</p> <p>Divide the players into three groups. Groups 1 the "Queens" are in the ant hill collecting the food and cannot leave the Ant Hill. Group 2 are the "Ants" their job is to bring all the food (soccer balls) to the "Queens" in the Ant Hill. Group 3 are "Grasshoppers" trying to stop them and steal the food (kick the balls out of the soccer field). The Grasshoppers cannot go inside the Ant Hill.</p> <p>The game is over when all the food is inside the Ant Hill or the time as elapsed. Rotate the groups so all play each role. At first players can throw or carry the food to the "Queens" but eventually can only use their feet.</p> <p>Which team can collect the food the fastest?</p>	<p>Dribbling, change of direction, decision-making, passing.</p> <p>Observation and body mechanics.</p>

Activity 2
 10 Minutes
 15v20 yd
 Rectangle

"The Hungry Frog"



All players "Shrimp" start off on one side of the pond. On the command "Swim" run to the other side of the pond. The Hungry Frog hops around and tries to tag them before they reach the other side. Any player tagged becomes a frog. Play until two shrimp are left and they become the new frogs for the next game. Frogs must hop and cannot run.

1. Start the game with no balls and just the "Swim" command so they understand the rules.
2. Introduce the "Hungry Frog" - frogs can only hop.
3. After a few games the shrimp have to dribble a ball across the pond.

Observation, decision making, ball control

Activity 3
 30 minutes

Soccer Game