

U6 LESSON PLAN

Typical U6 Training Session



- Should not exceed 45 minutes
- Every child should have a ball
- Warm-up includes movement education problems and soccerastics (approximately 15 minutes)
- Game-like activities, mostly of a body awareness type along with some maze games (approximately 15 minutes)
- Finish with 3 vs. 3 game to small goals, no goalkeepers (approximately 15 minutes)

You should devote the end of each training session to playing 3 vs. 3 practice games. During these practice games is the best time to teach the rules of the game to the players. Remember it is the coach's job to teach the rules of soccer to the players.

You can also play fun games involving small numbers, especially 1 vs. 1, 2 vs. 1, 1 vs. 2 and 2 vs. 2 leading up to your final activity of 3 vs. 3.

It is important to ensure each child has a ball and to focus on fun games.

The benefit of the increased number of touches on the ball is irreplaceable.

Coaches should be well prepared and have a selection of games at your disposal, while keeping in mind these young children have short attention spans!



The Game: Preferably these should be unstructured pick-up game style matches. If scheduled matches must occur then every effort must be made to reduce the "us versus them" mentality and outcome based expectations that surround too many youth games.

Role of the Coach:

facilitator, good humor,
friendly helper, organizer,
stimulator, ability to see soccer
from a child's
perspective,
patient,
can demonstrate
movements and
simple skills,
enthusiastic
and imaginative.

License Recommendation:
U6/U8 Youth Module Certificate
or "Y" License.

Please ask your club director
to arrange an age appropriate
clinic by calling your state
association Technical Director.

