

# U6 Coaching Resource Guide



CRM Recreational Soccer

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# U6 Coaching Guidelines – Key Points

“...at this age (children) do not play soccer, they play while at soccer.”

1. All the players must be having fun
  2. All players must have equal participation at all positions all the time
  3. Do not yell at kids, do not point out bad stuff, only reward good stuff
  4. All activities must include a ball (i.e. don't run around the field with out a ball)
  5. Practices no longer than 1hr. with good breaks in between
  6. Keep kids moving and involved/not a lot of talking from coach
  7. Don't babble about all the rules, and talk a lot, make sure players are having fun
- Be organized, have the practice plan with you at practice. Have all cones lined up where you need them for the entire practice, with penny's out, before the start of the practice. Do not make the kids wait, while you set up for the next drill or game. Any questions please forward to [goalside@charter.net](mailto:goalside@charter.net) . Good luck this season.

-Scott Pirstill  
Director of Coaching and Player Development.

# THE ADVANTAGES OF PLAYING SMALL-SIDED GAMES

## Child Has:

- More time with the coach
- More practical space to be successful
- Increased number of contacts with the ball
- More actual playing time
- Energetic workouts due to playing both offense and defense
- Required to make more decisions
- Experience repeating game situations more frequently
- The work rate and involvement of a player stays consistent

## Small Field Allows for:

- More efficient use of space
- Games to be played simultaneously across a full size field
- Children to be physically more efficient in smaller space
- Less time to achieve a goal or advance to goal, successfully
- Children to be actively involved for a longer period of time

## CHILDREN GROWING, CHILDREN HAVING FUN

### What is MYSA?

Boys and girls under the age of 19 are eligible through Minnesota Youth Soccer Association our children and volunteers have access to:

- Free player and coach clinics
- Licensing programs for coaches and referees
- Access to liability and medical insurance coverage
- MN Thunder Ticket
- Subscription to Soccer Times newspaper
- Olympic Development Program
- Recreational programs for all players

## AGE GROUP CURRICULUM FOR YOUTH PLAYER DEVELOPMENT U6/U8 FUN PHASE

- The fascination for the ball, the desire to master it and the thrill of scoring goals provides the launching pad. The joy and pleasure of the game are best nurtured by encouraging freedom of expression. The "Six principles" of U6/U8 player development should be the cornerstone of any program.
1. Are activities developmentally appropriate.
  2. Provide clear, concise and correct information.
  3. Organize activities simple to complex.
  4. Provide safe and appropriate training area.
  5. Include decision making by the players within activities.
  6. Ensure activities have implications for the game.

Coach: Facilitator, Friendly Helper, Organizer, Stimulator, Patient, Enthusiastic, Imaginative  
License—State Youth Module Level 1

Technique/Tactics: Learning through FUN games and age appropriate activities to encourage participation.  
Activities checklist:

- Are the activities FUN?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?
- Are the spaces used appropriate?
- Is the coach's feedback appropriate?
- Are there implications for the game?

Games: Body Awareness => Maze Games=> Target Games

Physical: Physical/Movement Education through Soccer Body Awareness Balance

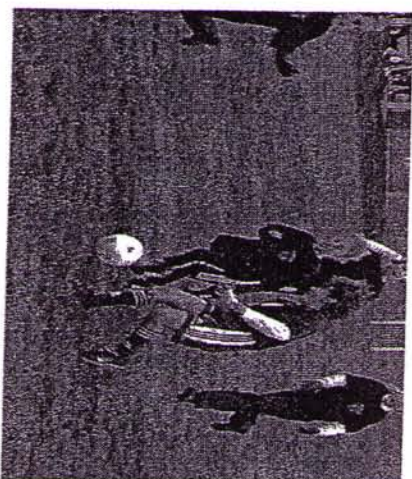
Coordination—Eye Hand and Eye Foot  
Agility—Changing Direction while in Motion

Psychological: Keep it FUN and ENJOYABLE to foster a desire to play (Intrinsic Motivation). Tend to one task at a time—controlling the ball is a complex task by itself. Have realistic expectations. Players struggle to understand group or collective play, encourage individual activities with all players with a ball. Short attention span unless peaked, therefore keep interest high. Children like to show what they can do, encourage them to try new things. Develop self esteem encourage activities that foster positive feedback and attainable positive success.

MYSA

4 v 4  
Program

Under 6 & Under 8  
(1st & 2nd Grade)

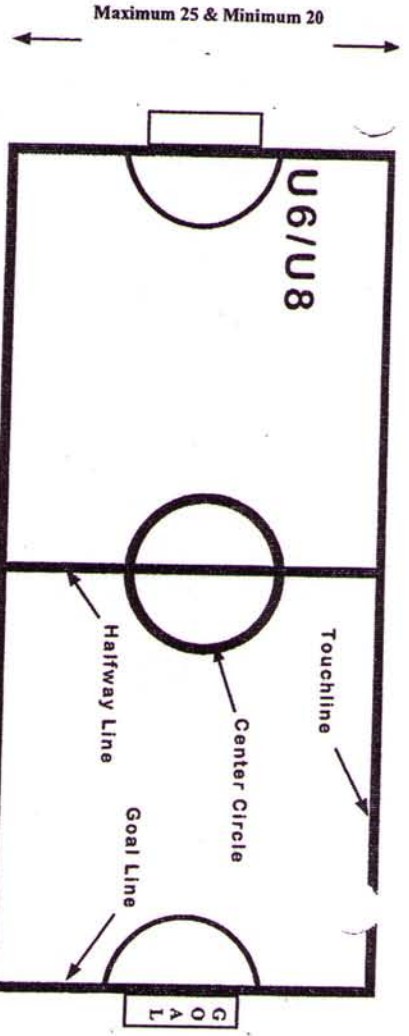


The Small-Sided Game



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Revision (1.30.02)



**U** 6/U8 MYSA 4v4  
SMALL-SIDED GAMES  
PROGRAM

**U** 6/U8 MYSA 4v4  
SMALL-SIDED GAMES  
FORMAT

**W I—The Field:**  
Dimensions: The field of play shall be rectangular, its length being more than 40 yards nor less than 20 yards and its width not more than 25 yards nor less than 20 yards. The length in all cases shall exceed the width. Recommendation: 23 x 40 yards  
Markings:  
Goal area: Three (3) yard arc (exclusion zone)  
Goals: the size of hockey goals or 4x6 feet marked with cones/flags.

Starting out with a 50x90 yard field. Divide that into four (4) smaller 23x40 yard fields with a five (5) yard space in between.  
The players and coaches are in between the fields while the spectators/parents are on the outside.

**W II—The Ball:** Size three (3) U6, four (4) U8

**W III—Number of Players:**  
Maximum number of players on the field at any one time is four (4).  
Game played without goalkeeper.

**W IV—Substitutions:** During stoppages in play.  
Playing time: Each player SHALL play a minimum of 50% of the total playing time.

**W V—Teams and games may be coed.**

**W VI—Players Equipment:**

Athletic shoes, shin guards covered by a pair of high socks, clothing that is not restrictive and a soccer ball.

**W VII—The Referee:**

Parent/Coach or assistant that monitors play. All rule infractions shall be briefly explained to the offending player.

**W VIII—Duration of the Game:**

The game shall be divided into four equal, eight (8) minute quarters. There shall be a 2-3 minute break between periods.

**W IX—The Start of Play:**

Kick-offs goes back to insure possession.

**W X—Ball In and Out of Play:** Dribble in or kick-in

**W XI—Fouls and Misconduct:**  
Shall be classified under one heading: INDIRECT

**W XII—Penalty kicks:** None

**W XIII—Throw-In/Kick-In:** Throw-ins are not utilized.  
Kick-in is considered as an indirect free kick.

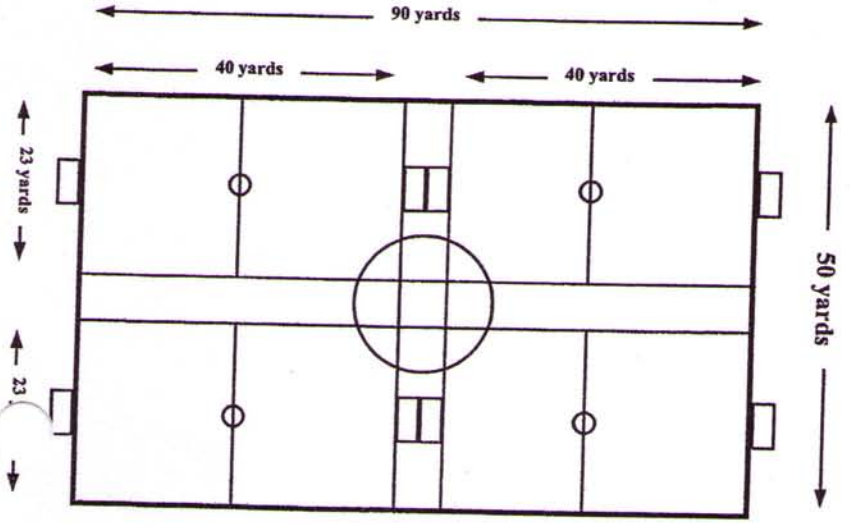
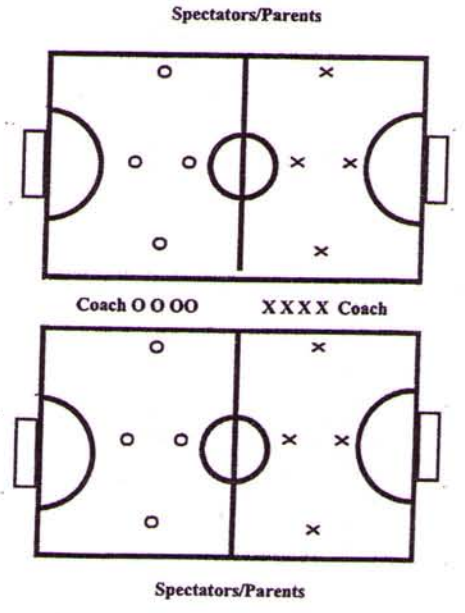
**W XIV—Goal Kick:** The ball is kicked from any point within the goal area.

**W XV—Corner Kick:**  
Corners will be taken in place of corner kicks.

This will accommodate 4 teams for a total of 48 players with 32 of them playing and 16 resting.  
8-12 coach/parent volunteers, 2-3 per team are necessary to provide a safe environment on the field, and communicating with each other to help players switch in and out. One assigned to their defensive halves and one off the field with the subs.  
On game day there is the flexibility of splitting the team into two teams of 6 exclusively, or players could come off of one field and sub in on the other field when necessary.

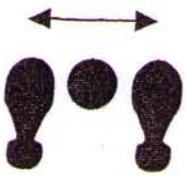
**Benefits:**

- Keeping track of the score is difficult and stress is lower.
- Adults support all players.
- More activity for the players.
- "Exclusion" zone keeps players more engaged in the field.
- Spectators create a "stadium" and the players are central to the action.
- Players of mixed ability can participate together.
- 4v4 has good "soccer shape" and creates a good learning environment.



## WEEK 1 -- FOOT SKILLS

### TIC - TOC



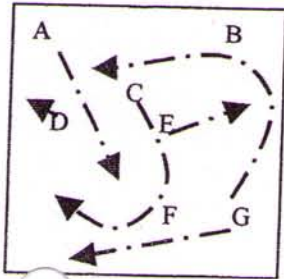
### WARM UP -- BALL GYMNASTICS

**Stationary:** Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side, and then in a circular motion. Repeat all with increased speed.

**Tick-Tock:** Pass the ball from inside of left to inside of right ( See Diagram)

**Ball Taps:** Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both.

**Movement:** Tick-Tock but move ball slightly forwards each touch. Take it width of field then turn and return. Same with Hat dance. Sideways stance. Roll right foot over ball and stop with inside of left. On return use other feet.



### TECHNIQUE -- SQUARE ACTIVITIES

**Commands:** Move ball inside square. Coach gives Commands like Stop, Go, Turn Left foot, Right foot, Insides, Tic-toc, etc. *Other Commands.* Body Parts. Touch ball with that body part.

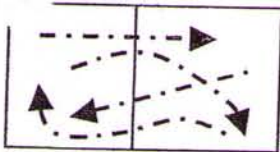
**Find Spaces:** As kids move their ball inside square they try to find as much space as possible. On Coaches command player with most space is winner.

**2 Squares A:** Add a 2nd square and have players on command move ball into new square.

**2 Squares B:** Split kids into 2 groups, 1 in each square, on command they leave their ball and switch squares to find a new one.

**2 Squares C:** Same as above but take the ball with them, avoiding bumping in the middle. (See Diagram)

**Lose your Shadow:** In the double square each player has ball and partner. The Shadow has to try and stay within 1 yd of the Leader. Object is for the Leader to lose their shadow. Partners Switch between Leader and Shadow.



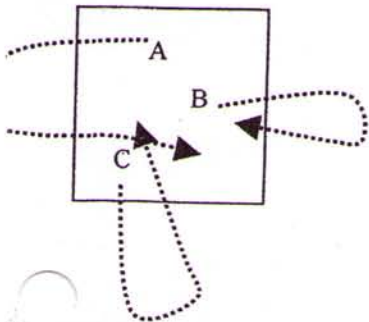
### GAMES -- SQUARE GAMES

#### Pac Dudes:

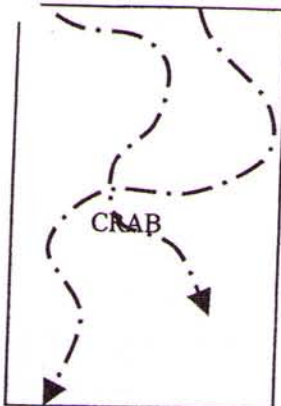
Kids inside square dribble around, 1 player ( GHOST ) outside square. On command the Ghost has to kick all the balls out of the square. Winner is last one in square. Emphasize shielding and turning. Change ghosts.

#### Musical Soccer balls:

Place 4 cones outside square. Dribble in square, on command, players stop ball and leave it, and run to touch any one of the 4 cones. Coach removes 1 ball and when they come back into square they put there foot on ANY available ball. Player who doesn't get a ball is out. Get that player to remove next ball. Make sure all players are moving in square, not staying by the sides. (See diagram)



## WEEK 1 -- FOOT SKILLS



### GAMES -- TEENAGE MUTANT NINJA CRABS

Players start at end of the Island with their Soccer balls.

#### TMNC set-up:

Coach starts as crab sitting with legs forward, and can only move in this position. On Command TMNC, players have to dribble ball past Crab to the other end ( Beach) without their ball going into the ocean. They must stop the ball on the line. Crab moves to kick ball into ocean. If ball goes into ocean, then that player becomes crab. When everyone has reached the beach, and crabs are ready, then repeat in opposite direction. Last one still on Island is winner. Emphasize. close control and movement from side to side to get past the crabs. (See Diagram)

### GAMES -- 4v4

Structure team(s) and play 4v4 with no Keepers for 15 to 20 minutes. Stress topics covered in practice.

## WEEK 2 -- PASSING

### ARM UP -- TEAM GAMES

#### Zigzag

Have 3 teams of 4. Set up about 5 cones per team. players in turn zigzag through cones using foot and surface coach has stated. When all have been 1st team sitting down in straight line are the winners.

**Pass and Stop:** In pairs players are 3yds apart. Player 1 passes and player 2 stops ball. Player 2 then runs backwards, leaving the ball where it is and Player 1 runs forward to pass the ball to Player 2 again. Repeat for length of field then return with player roles switched.

#### Golf

Set up a series of cones 2 yds apart around field. Players have to pass ball through the course with the least amount of touches possible.

### TECHNIQUE -- VARIOUS

1. In pairs approx. 5yds apart players pass back and forth. GIVE GOOD DEMO OF TECHNIQUE. Emphasize stopping ball 1st.
2. In 3's approx. 5yds apart with 2 balls. A passes to B, B stops the ball and passes back to A, then B turns to face C, who passes to B. Repeat and rotate player B.
3. Numbers: In pairs, 1 ball, 4 cones in cross shape. A is by bottom cone and passes to B in center of cross. When A passes he shouts a number (1,2,3, or 4). B stops, passes back and then runs to touch that cone. When A shouts the number 1, players change position after passes.
4. 3 squares: Have 2 pairs in each square, with 1 ball per pair. Players move around inside their square, on command pass to their partner. Repeat. Emphasize movement and looking up.
5. London Bridge: In pairs with one ball per pair, Player A stands with their legs spread (bridge) while player B attempts to pass the ball through the bridge. Repeat forward and backward through the bridge trying to get as many passes through the bridge as possible in the allotted time (2 min). Switch roles.

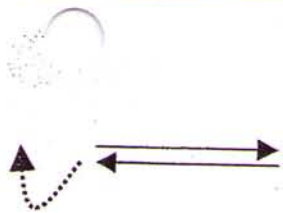
### GAME -- BRITISH BULLDOGS

Set up Island like TMNC (Week 1). Have players start at one end with all the balls lined up along the two sides. Coach starts as BB. On command players have to run to other end of Island, dodging balls that BB is passing in. If hit below knee they become a BB. Reset all the balls and repeat till everyone hit. Winner starts as BB for next game.

### GAMES -- 4v4

Structure team(s) and play 4v4 with no Keepers for 15 to 20 minutes. Stress topics covered in practice.

## WEEK 3 -- TURNING & CONTROL



### WARM UP -- PASSING GAMES

#### Wall game

Set up 2 or 3 teams. Player A is 5 - 10yds from group. A is the Wall. Each player passes to the Wall. When it comes back he stops it, and then goes to end of line. All players pass to wall, then player B becomes wall. All players have turn as wall.

**Recap:** BALL GYMNASTICS

### TECHNIQUE -- COERVER MOVES

- Roll
- Cut (Inside and Out)
- Cruuff
- Barnes
- Step 1 & Step 2
- Scissors

**Roll:** Roll backwards with sole of shoe.

**Cut:** Cut across body with inside. Then with outside.

**Cruuff:** Put standing leg alongside ball. Look to shoot, then turn foot inwards and drag ball back behind standing foot  
OR: inside of other foot.

**Barnes:** Step over ball with outside of one foot ( LUNGE ), then push ball forwards with outside of other foot.

**Step 1:** Fake a pass with inside of foot, but step over ball and cut ball back with outside of same foot.

**Step 2:** Opposite as above. Step over with outside, cut with inside.

**Scissors:** (Step-Over) As with Step 1, but cut ball back with inside of other foot.

**Turning:** Allow approx. 5mins of freedom. In half field get them moving with the ball trying new tricks , moves, or Coervers.

### GAMES

#### 1V1

Square with 1 pair per side, 1 ball per pair. A and B face each other about 1 yd. apart. A has ball and B is shadow. B is not allowed to steal ball. A must try and stop ball by 1 of the cones while 'losing' B. Start without ball to get the idea of body movement. Emphasize upper body movement, change of direction and speed.

#### Keep away

Set up. 3 squares, 2 pairs per square, 1 ball per pair. Player A has to try and keep ball away from B. And C away from D. When player loses ball, or when coach gives command, whichever is first, players switch roles.

### GAMES -- 4v4

Structure team(s) and play 4v4 with no Keepers for 4 \* 10 minute Quarters. Stress topics covered in practice.

## WEEK 4 -- PASSING GAMES

### WARM UP -- VARIOUS

#### Recap Coerver moves

Allow players freedom to try and practice moves. assist and re-demonstrate where necessary.

#### Tag

Area of half the field, players in pairs, 1 ball per pair, playing shadow ball. On coaches command the Shadow has 3 seconds to get away. Player has to pass ball at his shadow. Scoring by passing the ball and hitting their shadow below the knees. Switch and repeat. Keep running score.

### TECHNIQUE -- JUGGLING

#### Start with feet

Hold ball in hands. Drop ball onto laces and try to catch. Repeat with other foot. Then kick, let it bounce, and kick again. Increase number of kicks.

*Advanced players shouldn't let bounce.*

**Emphasize:** Be relaxed. Don't throw ball. Focus on Ball. Bend knee to strike. Keep ankle solid ( don't flick ). Controlled kicks.

**Thigh:** Repeat above procedures. Use thigh not knee.

**Head:** Repeat above procedures. Keep head back, eyes open and looking at ball, and neck tight.

**Tony Head:** Now try combinations of the above. Try to meet Tony Head. TOE - KNEE - HEAD.

### GAMES

#### Hand Ball

3 vs. 3 in each half of field.

**Objective:** Players have to get ball to an end zone, by passing it with their hands.

**Rules:** Players cannot be tackled. Players cannot move when they have ball in hands. Must roll ball to other players to move ball (can also Basketball pass ). To score a player must receive ball standing in end zone.

#### Catch Up

Rotation Clockwise. Emphasize, passing to players, moving to ball to receive.

In groups of 4 have 2 players at points and 2 in center, and 2 balls. Players A and B at opposite points of start with a ball each, and a center player faces each one of them. On the coaches command of left or right, the ball is passed to the facing center player (1). The center player turns as A and B run to the next point (2), and then passes them the ball (3). They continue passing around in the direction the coach shouted and try to catch the other team. Then switch player roles and repeat.

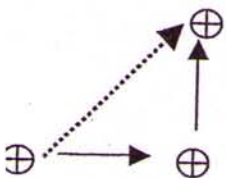
**Emphasize:** Turning body and ball, accurate passes, and movement.

### GAME -- 4v4

4 \* 10 MIN. QTRS.

Set conditions for first 3 quarters.

- (1 qtr and 3 qtr) 3 consecutive passes = goal
- (2 qtr) Try to beat defender with move
- (4 qtr) 3 touch minimum



## WEEK 5 -- SHOOTING

### WARM-UP

#### 2 GROUPS

**Coerver:** Half the group practice coerver moves in half field.

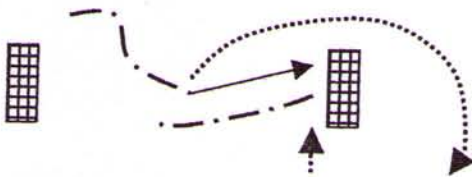
**Juggling:** Other half practice juggling. Change after 5 - 7 min

### TECHNIQUE -- SHOOTING

#### Striking with laces

- Circle around coach, with players sit in crab position. Try to kick back into coaches hands.
- This time players are standing and drop ball onto their foot. Same objective.
- Same but in pairs approx. 5 yds apart.
- Ball on ground. Partner approx. 7 - 10yds away. try to get through legs.
- Goal of 2 cones approx. 12ft. Players either side of goal approx.

**Emphasize:** Strike middle of ball, strike with center of foot, keep ankle solid, flex from hip and knee, focus on ball only, be relaxed.



### GAMES

#### Pass & Shoot

2 lines of players facing goal on half way line, in line with goal posts. Coach approx. 7 yds from players. Goal divided into 3. Players pass to coach who passes to side and/or forwards. Player runs on and shoots to goal. U7 can dribble. have to shoot before 5 yds and aim for corners. 10 points for corners, 5 points for center.

#### Shoot & Save

Bring goal to half way line ( GET ASSISTANCE. ). GK in each goal, and players in line outside left post. Balls in both goals

Player takes ball and dribbles towards goal (1) opposite and Shoots. Then goes to end of other line (2). The GK now becomes a Forward, takes ball, dribbles (3) and shoots. 1<sup>st</sup> player in the line replaces the GK (4). Players in line can assist collecting balls. Repeat rotation at other end.

### GAME -- 4v4

4 \* 10 MIN. QTRS.  
Set conditions

## WEEK 6 -- DEFENDING & GOALKEEPING

### WARM-UP

#### 2 GROUPS

**Coerver:** Half the group practice coerver moves in half field.

**Juggling:** Other half practice juggling. Change after 5 - 7 min

### TECHNIQUE -- DEFENDING

#### 1 v 1

In squares have 2 pairs working. Defender has to try and win ball. When does, swap roles.

**Progression:** In squares. 2 pairs. 1 player from each pair at opposite sides of square. 2 balls. Pairs alternate turns. A passes to B, who controls. A follows pass and is defender. tries to force out of square or win possession. A and B swap roles after each turn.

#### GAME

Divide field into 4 qtrs. using cones. Coach on center spot. 1 defender on goal line in each segment. other players in 4 groups on half way line. Attackers take ball to defenders. Defenders job to force ball back to half way line. Attacker has to stop ball on goal line. Attacker becomes defender.

**Progression:** Only half (2 sections) and play 2 vs. 2.

**Emphasize:** Don't back away, don't rush in, stay goal side, chase back if beaten, timing, jockeying, staying low, forcing wide.

### TECHNIQUE -- GOALKEEPING

With no ball, players on half way line facing 1 goal. On command, run forwards, backwards, left and right. Always face same goal. Emphasize on sideways running, bring feet together and then apart.

#### Pairs

Approx. 5 - 7 yds apart with 1 ball. Each player in goal of approx. 12ft. Players serve to one another.

1. Rolling ball to feet.
2. Throwing to chest.
3. Rolling to side (close)
4. On knees. Roll further to corners.
5. Variety of above.

**Emphasize:** Not stepping back, on toes, get body behind ball, hold to chest, scooping to collect ball, keeping legs together.

#### Keeper Wars

In pairs, have players create goals 15yds apart that are 10 ft in size. 2 min games. Players are to remain on their knees and attempt to score on one another by throwing / rolling the ball. Play a round robin to switch up competition.

### GAME -- 4v4

4 \* 10 MIN. QTRS.

Set conditions