



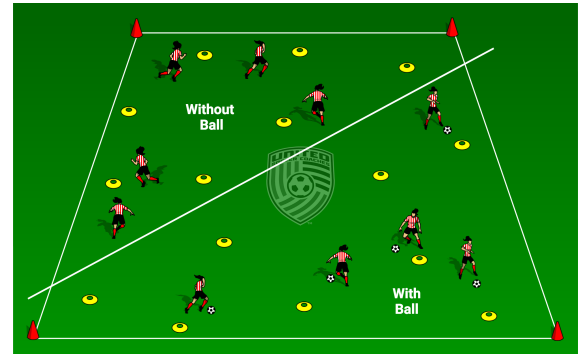
## U6 Practice - "Intro to Soccer"

**Play** (Gathering activity or simple small-sided game)

### Cones

Set up a grid with randomly scattered cones. Players perform a variety of moves throughout the area:

- (a) Without a ball – forwards, sideways, backwards, around, over...
- (b) With a ball –
  - Dribble between cones and avoid other dribblers
  - Dribble to a cone and turn (sole of foot)
  - Dribble around a cone (inside/outside/left/right)
  - Stop ball by a cone, leave it, find another ball



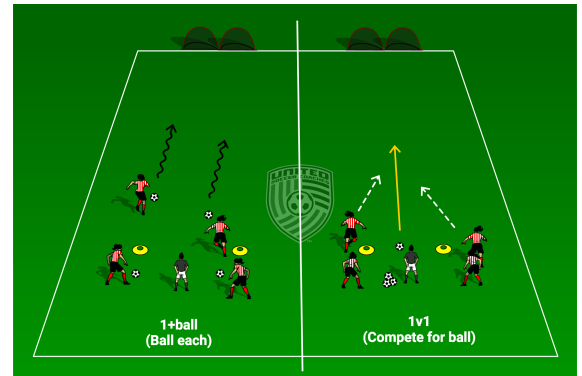
**Practice** (Develop a theme)

### Dribbling & Shooting: "Going to Goal"

Set up a grid with small goal(s) at one end. Both players play towards the same goal(s).

- (a) Each player dribbles a ball towards a goal and attempts to score.
- (b) The coach passes a ball between two players and they compete to try and score a goal.

Teach player to return around outside of activity rather than through the middle.



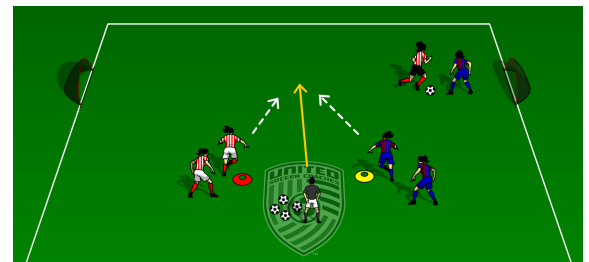
### 1v1 – "Boss of the Balls"

Set-up a small field (up to 20x15-yds = play across half of a regular field) with a PUGG goal at each end.

The coach serves a ball on to the field and a player from each line plays 1v1 and attempts to score.

(Multiple 1v1 games can occur at same time.)

- (a) Players may score at either end.
- (b) Players score in opposite goals/direction.



**(Game) Play** (Observe players in action)

### 3v3/4v4

Play a 3v3 game in a 30x20-yd area with a 6-ft wide (PUGG) goal at each end.

Play all restarts – kick-off, goal-kicks, kick-ins.

