



Phase	AGE	LEVEL	PLAYERS
Attacking	U6	1	12-16
DURATION		COACHING POINTS	
60 MINUTES	Change of direction dribbling	Side foot passing	Pass/Dribble forward in space

**PRACTICE 1**

3 V 3	OBJECTIVE	DURATION	GRAPHIC
	<i>arrival activity</i>	<b>15 MINUTES</b>	
	<i>free play</i>	<b>3 games x 5 minutes</b>	
DESCRIPTION	<ul style="list-style-type: none"> <li>- 3 v 3 mini games</li> <li>- free play with no stop and starting</li> <li>- Set up number of fields depending on number of kids (12 kids, 2 fields of 6)</li> <li>- Can set up 3 v 2 if variance in ability between group</li> </ul>		
COACHING POINTS	<ul style="list-style-type: none"> <li>Ecourage risk taking</li> <li>Forward actions towards goals</li> <li>Positive encouragment to teammates</li> <li>Take bigger touches in space</li> <li>Smaller touches in tight areas</li> </ul>		
QUESTIONS TO PLAYERS	<ul style="list-style-type: none"> <li>- Can we move into space</li> <li>- Is there a free teammate for a pass</li> <li>- Can we support our teammate in possession</li> <li>- Can we encourage our teammates after they make a mistake</li> </ul>		

**PRACTICE 2**

RED LIGHT GREEN LIGHT	OBJECTIVE	DURATION	GRAPHIC
	<i>Dribble towards goal (coach)</i>	<b>12 minutes</b>	
	<i>Dribbling/Awareness</i>		
DESCRIPTION	<p>In grid as shown; a small cone goal in each corner &amp; all players with a soccer ball; dribble within the space. The coach walks around the space. When the coach say "RED LIGHT," the players must stop the ball with their feet. If the coach says "GREEN LIGHT," the players must dribble again. If a player cannot stop their ball on red light, they must dribble their ball to the any of the 4 corner goals then start playing again. Coach controls the frequency of the lights to allow players time to respond.</p> <p>VARIATION: YELLOW LIGHT – dribble slow, BLUE LIGHT – toe taps on the ball or PURPLE LIGHT – hop on 1 foot around the ball. RULES: on green light, players try to dribble toward the coach. Once close enough, player tries to tag the coach. If a coach gets tagged, either award points or start a new game.</p>		
COACHING POINTS	<ul style="list-style-type: none"> <li>Use different parts of foot to dribble</li> <li>Keep head up to be aware of surroundings</li> <li>Weight of touches depending on space, soft or hard touches</li> <li>Turning using different parts of foot</li> </ul>		
QUESTIONS TO PLAYERS	<ul style="list-style-type: none"> <li>Can we find space</li> <li>What part of the foot do we stop the ball with</li> <li>When can we use hard touches</li> <li>When can we use soft touches</li> </ul>		

**PRACTICE 3**

		<b>OBJECTIVE</b>	<b>DURATION</b>	<b>GRAPHIC</b>
<b>WRECK IT RALPH</b>		<b><i>Wreck it Ralph</i></b>	<b><i>12 minutes</i></b>	
		<b><i>Dribble to goal</i></b> <b><i>Pass to teammate</i></b>		
<b>DESCRIPTION</b>	<p>In a grid, a small cone in each corner &amp; all players with a soccer ball;</p> <p>All but 2 players are trying to kick their ball into as many goals as possible in 45 seconds. 2 players do not try to score but try to WRECK IT RALPHS. If Ralph hits a goal score's points, they demolish the points &amp; the goal scorer has to start scoring points over again.</p> <p>RULES: Play begins when coach says "GO." Players score by dribbling or kicking their ball through any of the 4 goals.</p>			
<b>COACHING POINTS</b>	Weight of touch depending on space			
	Speed of movement			
	Change direction based on "Ralph" position			
	Timing and weight of "Ralph" pass			
<b>QUESTIONS TO PLAYERS</b>	<p>Can we attack the goal (if space to attack)</p> <p>What can we do if Ralph is protecting a goal? (Change of direction)</p> <p>Can we use different parts of the foot to change direction</p>			

**GAME**

		<b>OBJECTIVE</b>	<b>DURATION</b>	<b>GRAPHIC</b>
<b>GAME</b>		<b><i>3v3 / 4v4</i></b>	<b><i>15 minutes</i></b>	
		<b><i>Small sided game</i></b>	<b><i>2 x 7 minutes</i></b>	
<b>DESCRIPTION</b>	<p>In a field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play 2 equal halves with a halftime. All FIFA &amp; local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.</p>			
<b>COACHING POINTS</b>	Dribbling into space			
	Passing with side foot			
	Change of direction to avoid opponent			
<b>QUESTIONS TO PLAYERS</b>	<p>Can we attack the space</p> <p>Is there a teammate free for a pass</p> <p>Can we attack the goal</p> <p>Can we use a skill move when dribbling</p>			