



# U6 VHSC Practice Session 1

**Category:** Technical: Ball Control

**Difficulty:** Beginner

Am-Club: Vestavia Hills Soccer Club  
Jason Woodall, Alabama, United States of America

## Description

### U6 Training Sessions

6 Main Exercises

## Red Light, Green Light (10 mins)

### 8-12 Players per Coach

**Area:** 30x20

Coach shouts out **'Red Light'** or **'Green Light'**

**'Red Light'** - Players put foot on top of ball

**'Green Light'** - Players dribble forward fast

**'Yellow Light'** - Players do inside-inside

**When players reach behind Coach on end line,** Coach switches to other side to begin exercise again

**Variations:** without ball, with ball; if over 8 players, divide into 2 groups, one group works while other rests



## Run + Shoot (10 mins)

### Run + Shoot

Players run and place ball on disc cone in front of goal

Players then run through cones and back to ball and shoot

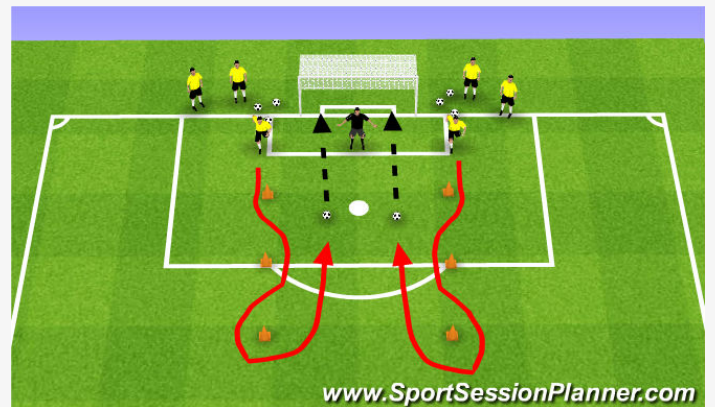
1st to score gets two points

Coach can play goalie or help place ball on disc cone

**Variation:** hit net in air for 2 points

**Variation:** no cone

**Timed round:** 3 minute competition



## Dribble + Shoot (10 mins)

### Dribble + Shoot

**Players dribble through cones to shoot on goal**

**If players do not dribble fast enough,** Coach motivates by chasing players

**Variation:** Competition, players leave at same time (Coach's signal); first one to score gets 2 points!

**Variation (Easy):** First, have players run through cones with ball in hand then drop ball at feet to shoot on goal after running through the cones (familiarize the players with the exercise first before complicating with dribbling)

**Variation (Harder):** Add a fourth cone, and make cones tighter

**\*Make a competition when possible:** on Coach's signal go; first to score gets 2 points / if you hit net in air 3 points



## 4v4 (10 mins) or Game Time!

### 4v4 Game

4v4 game if #'s permit

Variation: 4v3, 3v2

Variation: Coach can play to help play and even teams

