



U6 VHSC Practice Session 2

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 II (10 mins)

Agility, Run + Shoot

Players place ball on disc cone in front of goal

Players then run through cones or agility exercise around cone 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

***Note:** Vary exercises each competition (but limit to 3 per session - start easy with run around cone, then more complicated as session and season progress)



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

