

U6 10 Week Recommended Curriculum

U6 Curriculum

The U6 structure should be based around the fundamentals phase of Canada's long term athlete development plan. The sessions should be around 30minutes in length and introduce both physical skills and soccer skills. Each session should include one 'playground' game with/without a soccer ball that develops the basic movement patterns of sport (e.g running, jumping, side stepping ect). The Ontario Soccer Association also provides invaluable practices resources weekly for the coaches to refer to:<http://www.ontariosoccer.net/player/grassroots/grassroots-resources/grassroots-practices>

Recommended Themes:

Week 1: Dribbling- Basic Ball Control

Week 2: Passing to a friend

Week 3: Shooting- Kicking Technique

Week 4: Running with the ball- At speed

Week 5: Turning away from a defender

Week 6: Dribbling- To beat a defender

Week 7: Throwing and catching the soccer ball

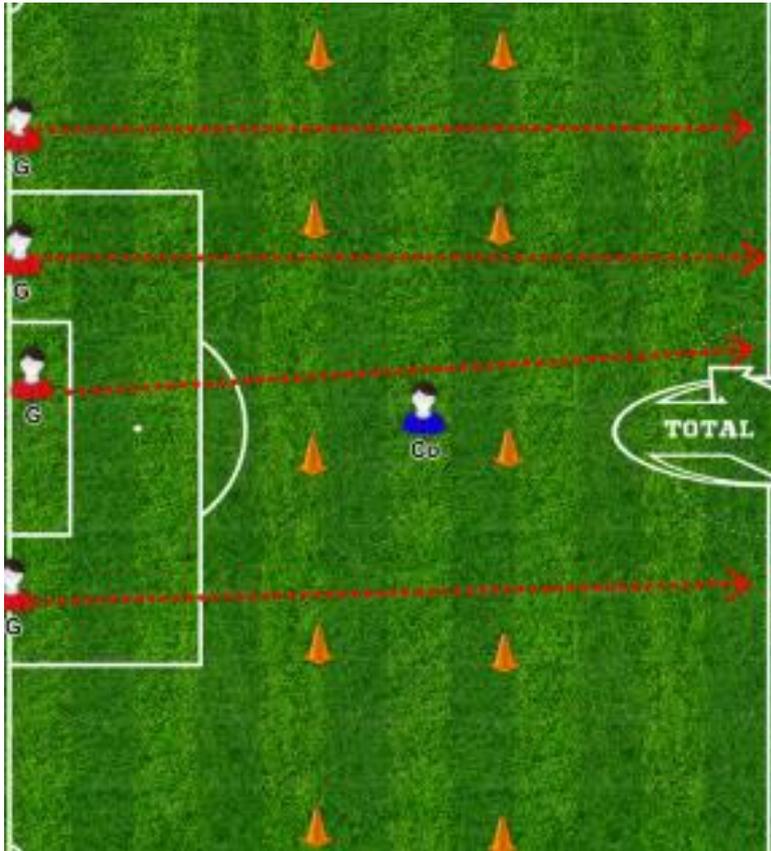
Week 8: Shooting- At the target

Week 9: Shielding and Protecting the Soccer Ball

Week 10: 1v1 situations

Week 1- Dribbling: Basic Ball Control

Drill 1: Sharks and Minnows- Playground Game

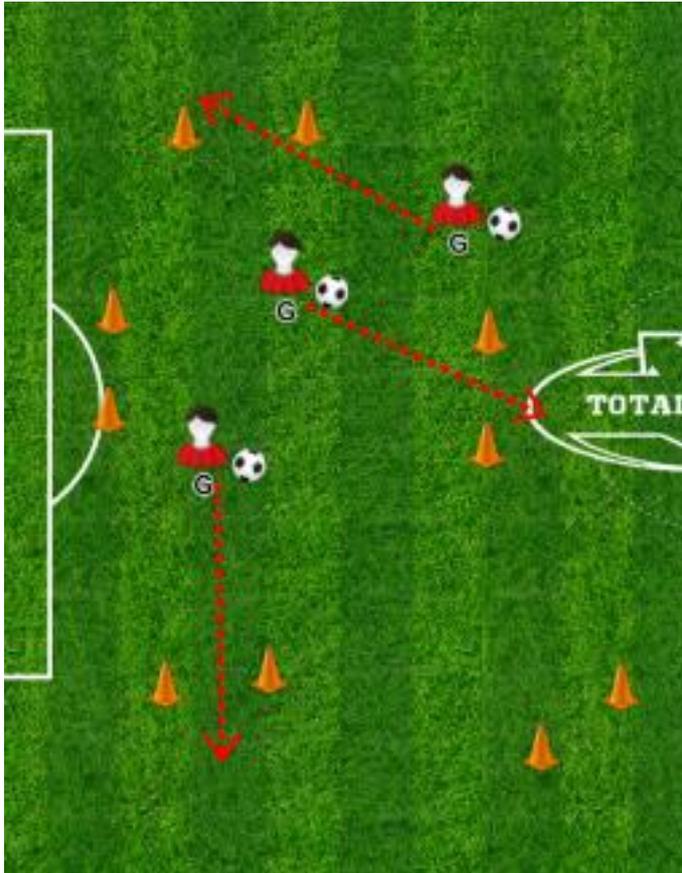


Set Up: Create a small middle section in the area. Line all the players up on the byline at one end of the grid without a soccer ball. The coach should be placed in this small middle area and is the shark. The rest of the players are fish. The aim for the players is to get across the small middle area to the other sideline without getting tagged on the shoulder by the shark. The shark is only allowed in the small middle section to tag. If the players get tagged they should join the shark in the middle section.

Progression:

- 1.) Get the players to perform different movements through the grid to evade the shark: such as have to move sideways like a crab, backwards running, hopping, skipping ect.
- 2.) Add a soccer ball. Now players must dribble with their soccer ball close to their feet across the area. Sharks must steal the soccer ball with their feet and get it to a cone to get the player out.
- 3.) Between the byline and the cones that make the middle box have the players perform different ball manipulations. Once they get to the shark's box they can dribble normally. Examples of ball manipulations include: 'penguins', 'forward rolls', 'sideways rolls', outside of the foot only ect.

Drill 2: Alien Planets



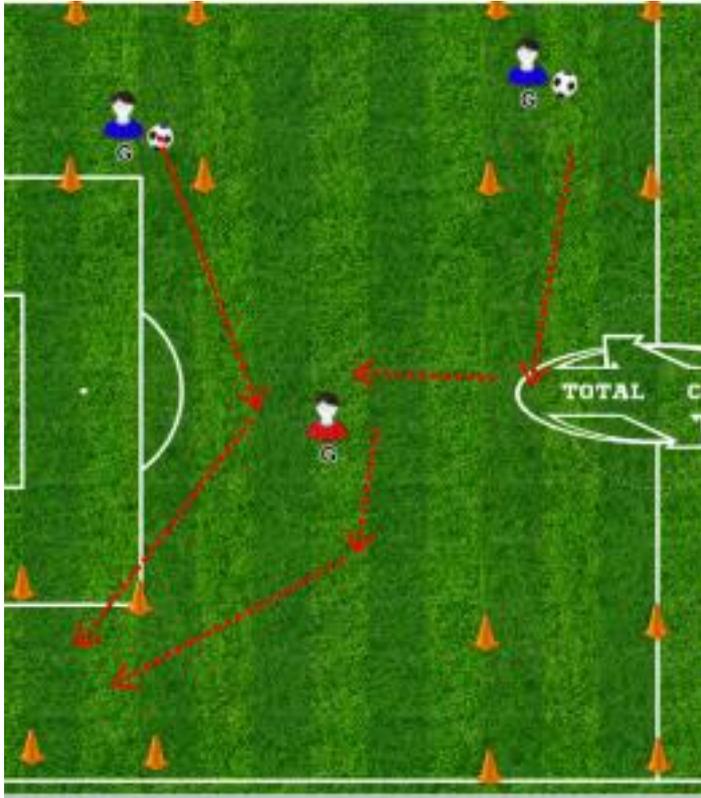
Set up: Create a series of gates at random points in the grid (a gate is two cones with a small gap in between). These gates are planets that the players, who are aliens, must visit by dribbling their soccer ball between the cones.

How many planets can the players visit in one minute ?

Progression:

- 1.) Restrict the parts of the foot the player has to use (e.g laces, side foot)
- 2.) Players have to 'tour' the planets by stopping the ball on the gate with the bottom of the foot on top of the ball before moving away quickly.
- 3.) Have Players stand in certain planets, they are allowed to change to a different planet at any time. These are the bad aliens. If there is a bad alien in the planet, the player cannot visit it and must change direction to a different planet.

Drill 3: Pirates Plunder



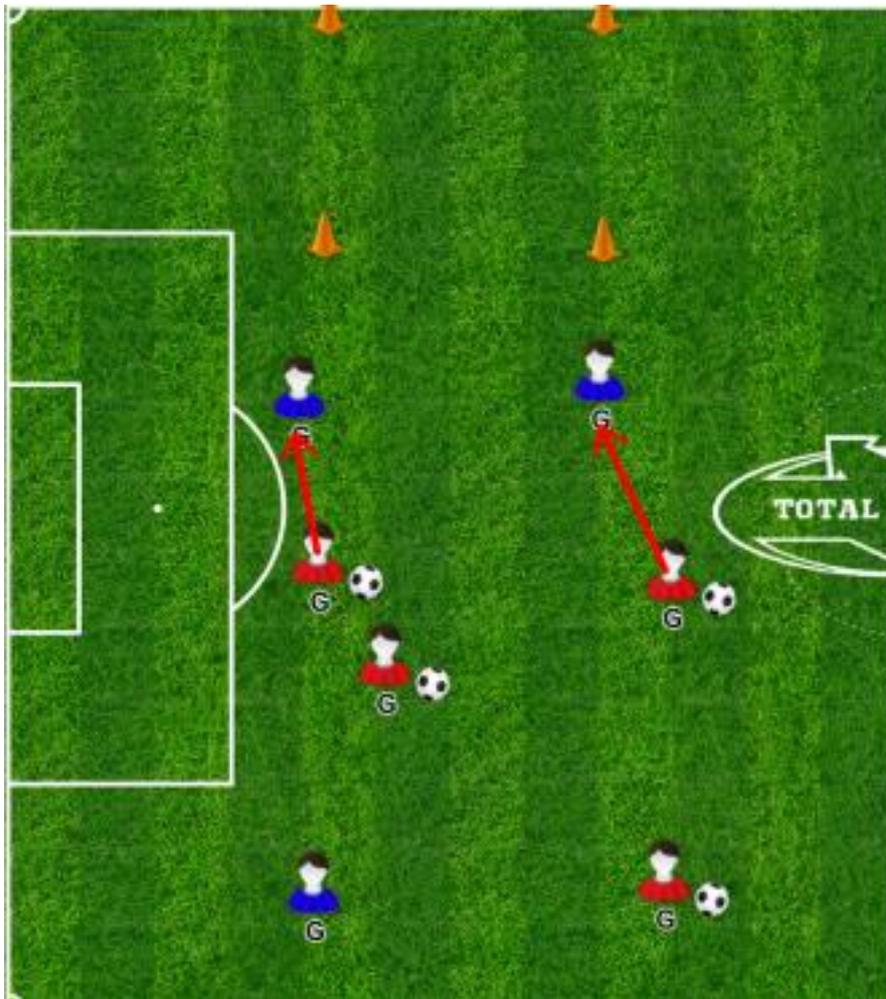
Set Up: Set up four area in the corner of the grid. Each player has a soccer ball and is a pirate who must bury there treasure on as many treasure islands as possible. They must do this by performing 5 toe taps on each island. The coach is located in the middle of the area and is the sea monster. The coach will follow players in the area and try to steal their soccer balls. However players cannot be caught in the four corners.

Progression:

- 1.) Add a couple of the players to the middle to make more sea monsters
- 2.) Change the task that the players must perform in the boxes - such as penguin waddles.
- 3.) Encourage players to trick the sea monsters by heading to one area and then changing direction towards another.

Weekly Challenge (To tell the team before the scrimmage): The other team are like the sea monsters and Aliens- Can you Dribble away from them and into space during the game ?

Drill 1: Cops and Robbers- Playground Game

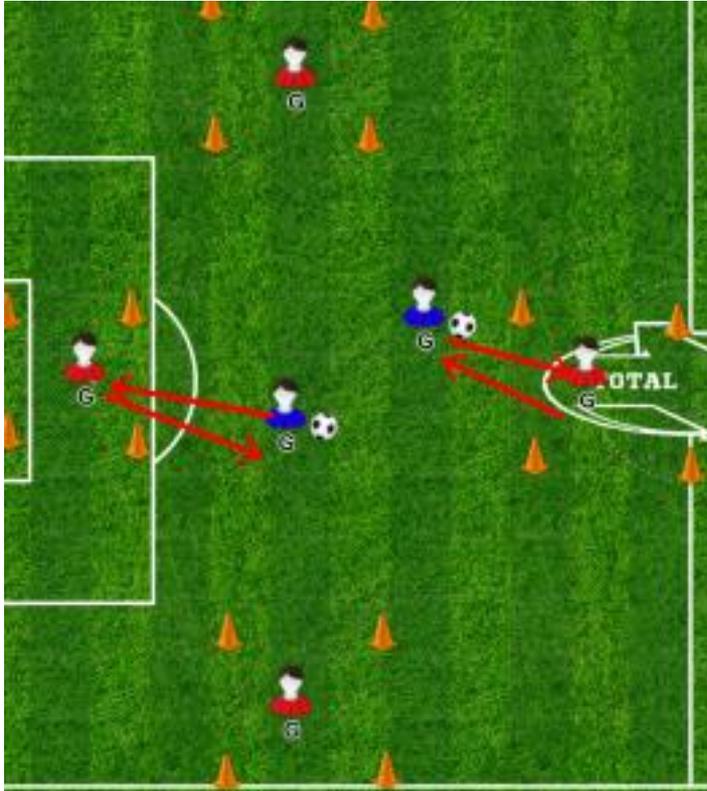


Set Up: Add a small grid at one end of the area that acts as a 'jail'. Divide the group into two equal teams. The players (in red) are the police who must try and catch the robbers (blue players above) by kicking their soccer ball into them. Once the robber is caught they must make their way to the jail as quickly as possible. The players win once all the robbers are caught.

Progression:

- 1.) Have the robbers movement restricted to sideways, jumping ect.
- 2.) Give the robbers a soccer ball to run away with.
- 3.) Give all the players restricted movements to do with the ball - e.g can only roll with the bottom of their foot.

Drill 2: Feed the Hippo's

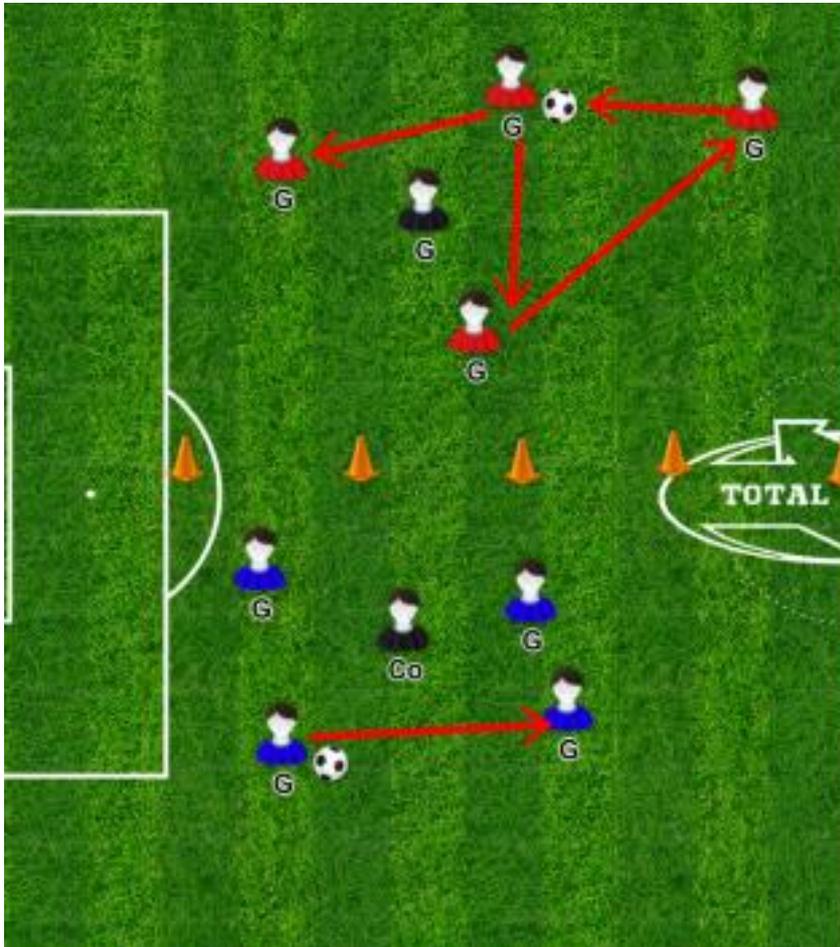


Set Up: Create four small squares within the area. In each square is a child who pretends to be the hippos at the zoo. The rest of the people stand outside of these areas with the soccer ball. Their challenge is to run with their soccer balls at their feet up to a hippo's area. They must kick the soccer ball into the hippo who must stop it with the bottom of their foot OR their side foot, pretend to eat it and then kick it back to the person on the outside of the area. How many can the players visit in one minute.

Progression:

1.) Make the size of the hippos areas even bigger to make a longer pass

2.) Nominate 2 players to be Zookeepers. The zookeepers can guard the hippo enclosures by standing inside of them. They are allowed to change boxes any time they like. If the zookeeper is inside the hippo enclosure the players cannot feed the hippo and must find a different hippo to feed.



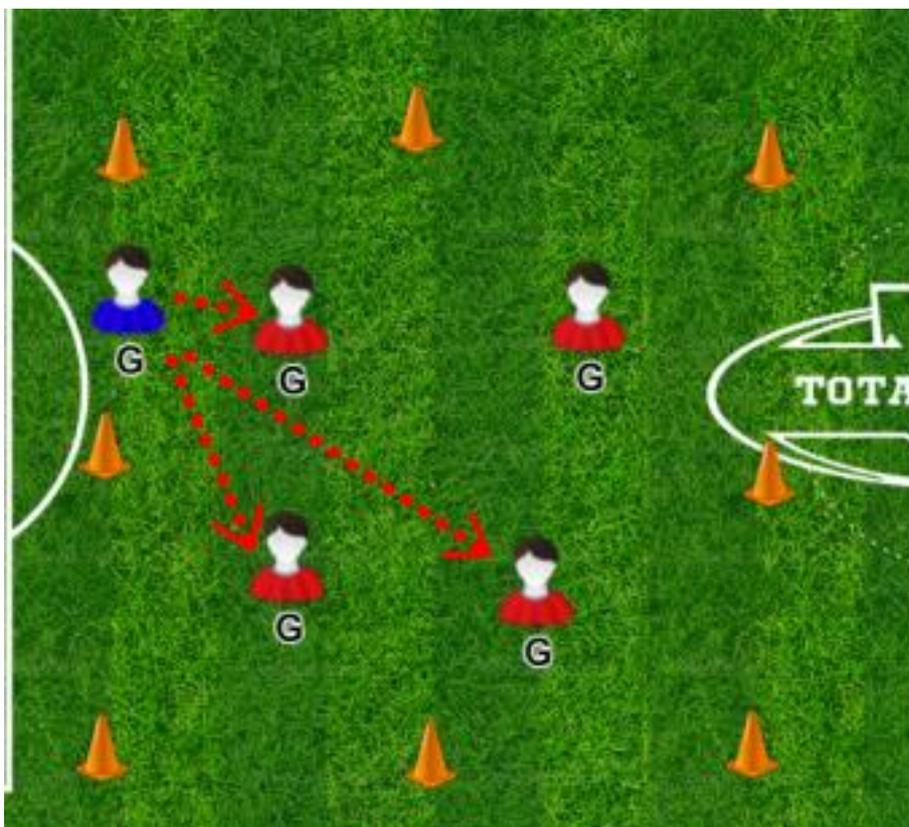
Set up: Divide the teams into two smaller groups separated by a middle line. Each team have 1 soccer ball between the players- each team should have a coach/ parent acting as the ice monster. The players are characters from the movie frozen who are tasked with keeping the Ice (the soccer ball) away from the ice monster (the coach). The coach must try to steal the soccer ball with his/her feet and take it back to his/her layer on the middle line. The players must keep the ball away from the coach by passing it between them. However, when they have the soccer ball at their feet they are frozen and can only kick it to a team mate. They cannot dribble or move with the soccer ball. Aim is to develop passing technique and possession.

Progression:

- 1.) Allow one of the children to be the Ice monster on each side.
- 2.) Allow the players to move with the soccer ball even when its at their feet.

Weekly Challenge: The other team are like the ice monsters, If someone comes near you to steal the ball can we pass to a friend ?

Drill 1: Stuck in the Mud



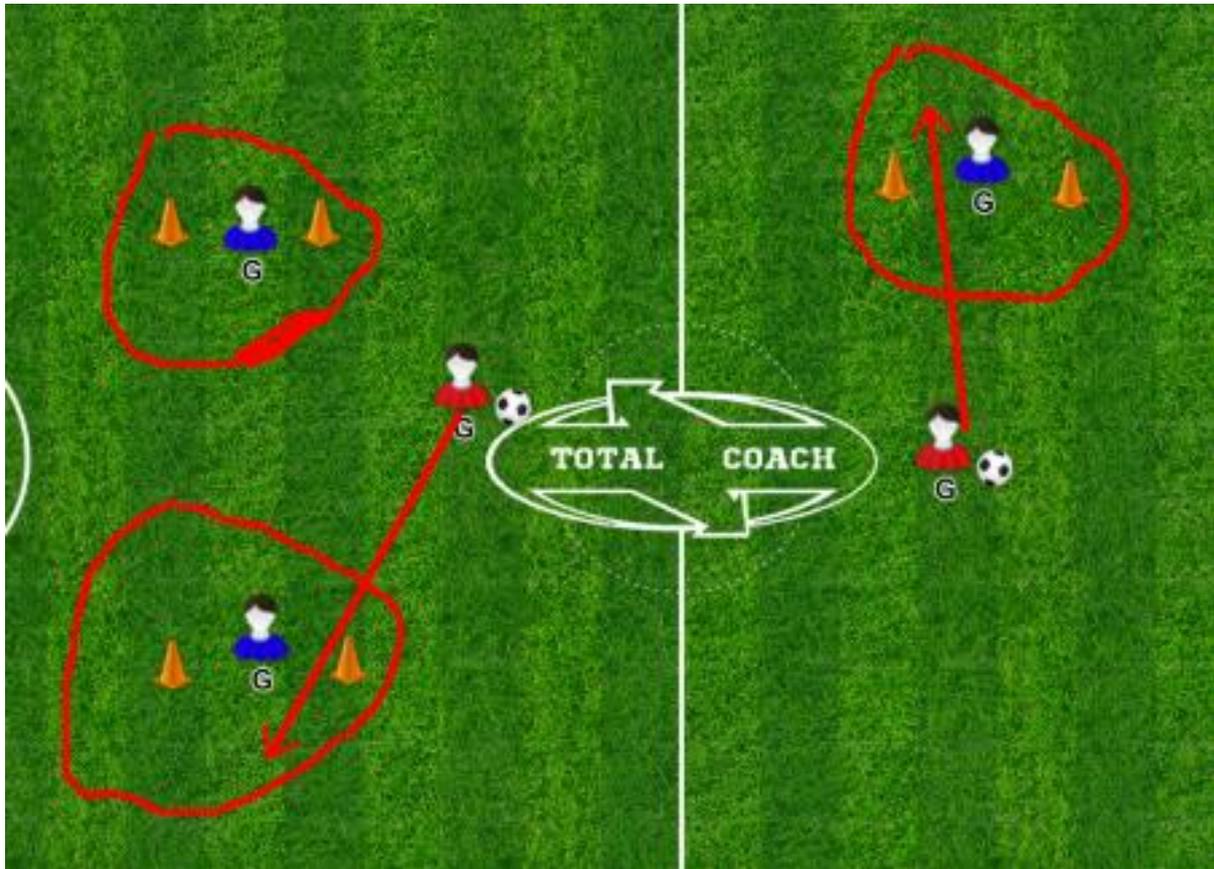
Set up: There is a grid with all the players inside this area. One player is the tagger who must try to tag the players on the shoulder. If the player gets tagged on the shoulder they must become 'stuck in the mud', freezing on the spot with their legs wide open.

In order to get unfrozen another player must crawl through the legs of the player stuck in the mud. At this point the player is free and can move around again.

Progression:

- 1.) Restrict the players to different movements: skipping, backwards running ect.
- 2.) Give the Tagger a soccer ball. Now they must kick the soccer ball at the other players ankles to score a point.
- 3.) Add a soccer ball that all the players must move around with in the grid. CCT

Drill 2: Star wars

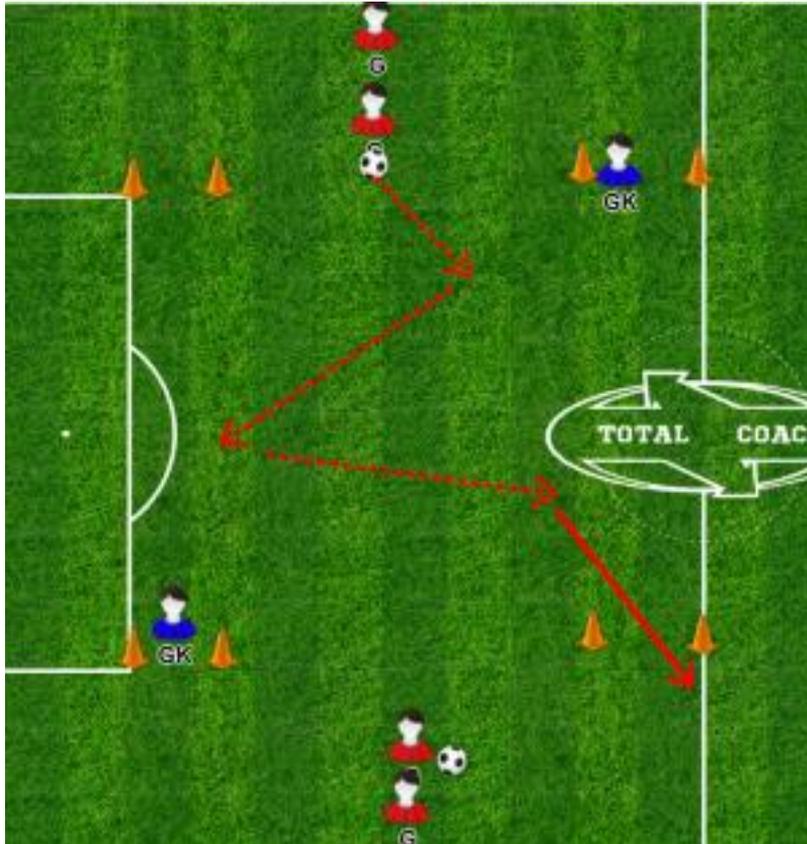


Set Up: Set up coned gates in the area surrounded by a set of different coloured cones (represented by the red circles in the area). The players are luke skywalker and his friends who must dribble around the area and destroy the death start by kicking their soccer ball through the coned gates. They are not allowed inside the red circle to do this.

A player should stand in each area and act as darth vader trying to block the soccer balls that are kicked at the circle. Encourage the use of the 'stamp and kick' technique. NOTE: Have as many gates set up so that half the team are shooting and the other half are Darth Vader.

Progression:

- 1.) Make the area surrounding the gates bigger.
- 2.) Make the actual gates smaller.
- 3.) Give the darth vaders bibs. They can use these to throw at the players who spend to long trying to shoot. If you get hit by one of the bibs you are frozen for 10 seconds. This should encourage quicker shooting.

Drill 3: 2 Goal Game

Set Up: Create a grid with two goals in the corners of each end. Have a goalkeeper on each side covering two goals (blue players in the above picture). All the rest of the team are divided into two equal lines in the middle of the two goals at opposite ends of the grid.

One person from each line will dribble towards the opposite goals and must try and score in one of the two goals- usually the one without the keeper in it. The goalkeeper can change which goal they are defending at anytime.

This continues with the next two players going once a shot has been taken.

Progression:

- 1.) Add a line 5 yards in front of the goal. Now the players must dribble and score before passing this line.
- 2.) Add a defender who will try to steal the ball of the person dribbling

Weekly Challenge: We had to shoot fast against darth Vader, do you think when we see the goal in the soccer game we can shoot quickly too ?

Week 4- Running with the Ball: At speed

Drill 1: Safe Zone Tag



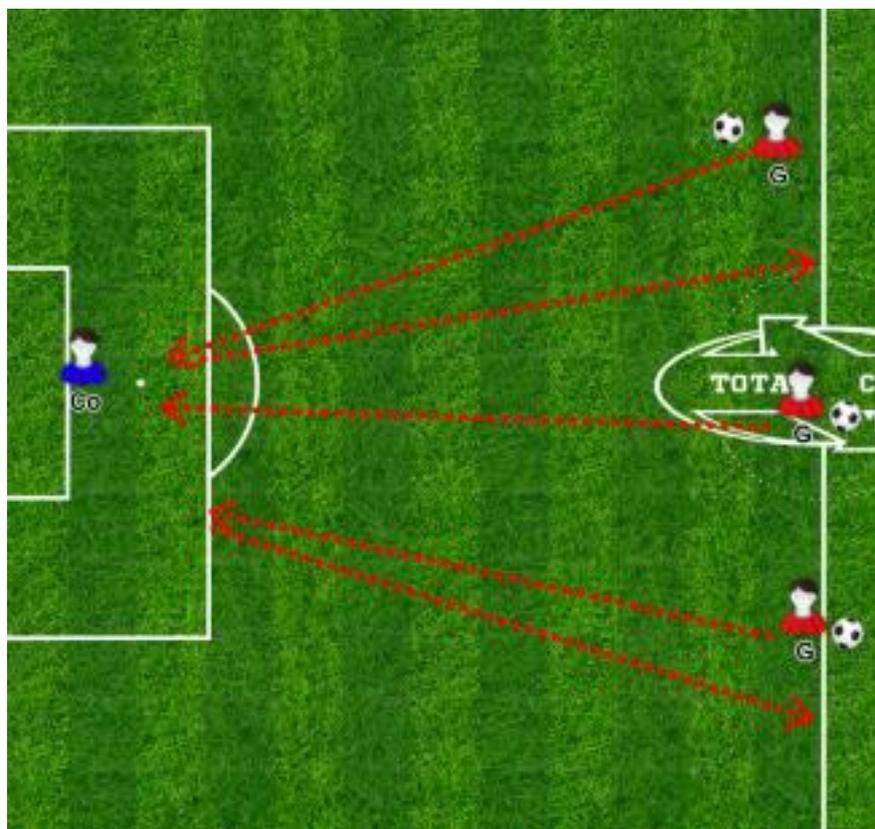
Set up: A similar set up to pirates treasure. Have four small squares in the corners of the grid. Two players on the team are the taggers who must tag someone on the shoulder. If you get tagged you swap around with the tagger.

However the players cannot be caught in the four small squares on the edges of the area. These are safe zones but players can only spend 5 seconds in a safe zone before they have to move on.

Progression:

- 1.) Restrict the movements that must be performed when crossing the area such as hopping, skipping, backwards running ect.
- 2.) Add a soccer ball for all the players, apart from the taggers, now they must run with the ball across to the next safe zone without getting tagged. NOTE: Running with the ball differs from dribbling because the player kick the ball with their laces and it can be further away from their feet.

Drill 2: Whats the Time Mr Wolf ?



Set up: Each player has a soccer ball on one side of the area. The coach is mr wolf on the other side of the grid. The players start the game by shouting out 'whats the time mr wolf'. The coach will respond with a time, e.g 5 o clock, at which point the players must take 5 touches towards the wolf.

This continues until the answer to the players question is dinner time, at which point the coach must chase down the players and try to steal a soccer ball while the players run as fast as they can back to the white line. Focus on the technique needed for running with the ball, e.g kick with the laces, fast sprinting movements, reasonably straight direction.

Progression:

1.) Allow one of the player to be mr wolf and try to steal the soccer balls. **2.)** Make half the group mr wolf with the coach calling out the commands again. Pair up with someone who is not a wolf. When dinner time is shouted the wolf should chase down their partner and try to win the soccer ball.

Drill 3: Catch your Partner



Set Up: Organise the players into pairs, with the lead partner having a soccer ball and the follower not. Set up four gates in a square on the sides of the area. The game starts by the lead partner dribbling around showing off their skills to their partner- e.g using different parts of their feet or any tricks they know. When the coach shouts 'go' the lead partner must try to dribble through one of the four gates as fast as they can to score a point. The following partner must try to steal the soccer ball and then dribble through a gate themselves.

Once the first round is over the partners swap roles and go again.

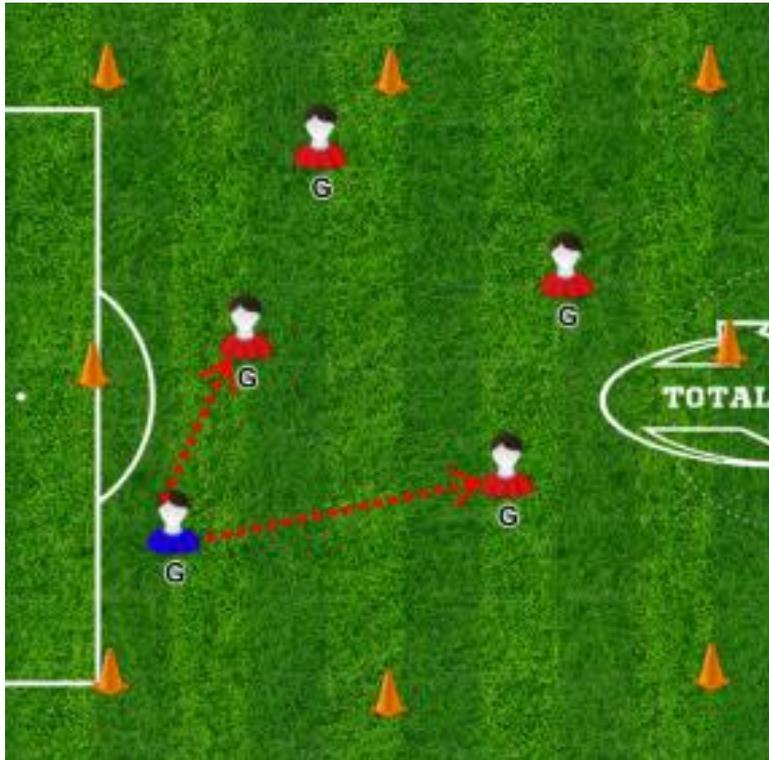
Progression:

- 1.) Make the area between the goals bigger
- 2.) Eliminate one of the goals so there is only 3 sides to go to

Weekly Challenge: When we ran away from Mr wolf and our partner we had no-one in front of us (space). When we have space in the soccer game can we try running with the soccer ball ?

Week 5- Turning away from a Defender

Drill 1: Zombies



Set Up: Set up a small area in the middle of the zone. Have one player who is the zombie and must try to tag the other players on the shoulder. If a player gets tagged then they become a zombie as well. This continues until everyone has been tagged.

Progression:

- 1.) Restrict the movements of different players e.g backwards, forwards ect
- 2.) Add a soccer ball that all the players must keep with them whilst they avoid being tagged/ try to tag people
- 3.) Encourage the players to turn away from the taggers in the area into space. CCT

Drill 2: Treasure Island



Set Up: Place four areas in the corners of the area. One large square occupies the middle of the area, with all the balls in these area. Divide the teams into 4 groups and have them stand in one of the four wide areas, which are known as the pirate ships.

The pirates job is to run into the middle, collect a soccer ball and dribble it back to their grid. When they collect the ball they should place the bottom of their foot on the top of the ball and then roll it back towards their ship, performing a turn. The soccer balls are treasure and the middle grid is treasure island. One player from each pirate ship/ area can go at a time.

Once this is completed have each grid count up the amount of treasure they got and announce a winner. Now all of the soccer balls are in the four corners. Thus the players must re-bury their treasure on treasure island. They must dribble the ball back to the middle square with the ball and perform 5 toe taps (Tapping the top of the ball with the bottom of their foot) to bury the treasure.

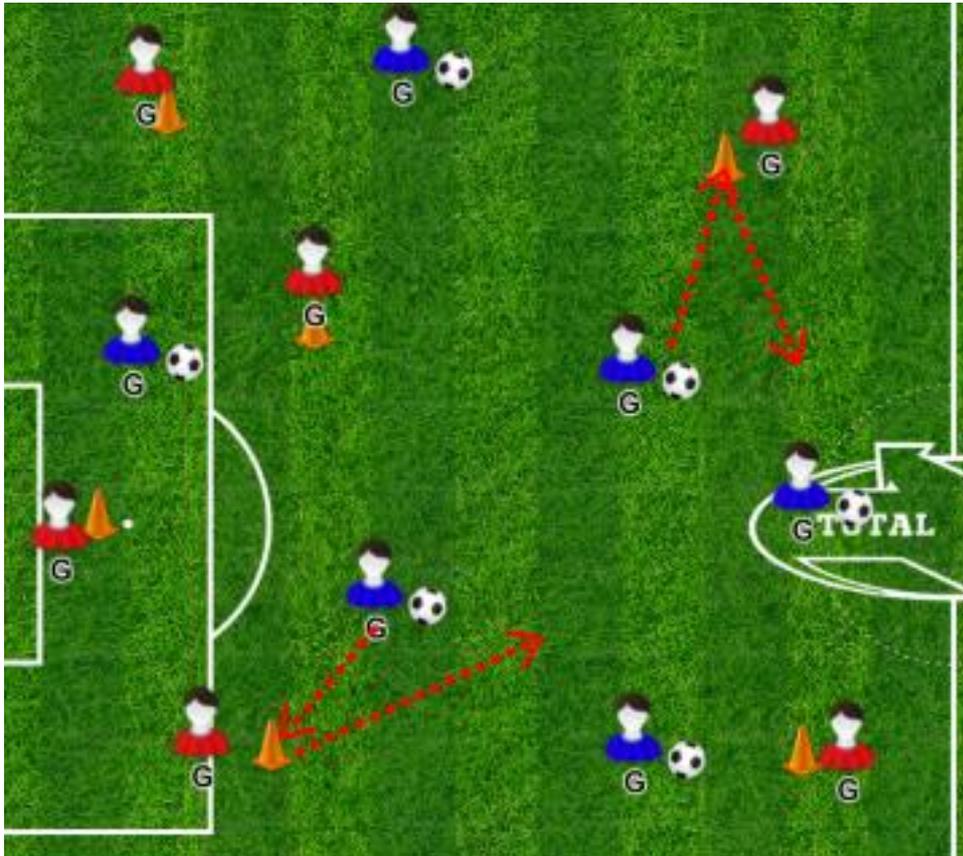
Progression:

1.) When the players collect the ball from the middle they must perform a cruyff turn. This is where the player stamps their weaker foot next to the ball, moves their over foot to around to the top of the ball and twists so that the inside of their foot faces the top of the soccer ball. At this point they tap the soccer ball between their legs and turn.

2.) Once all the soccer balls are collected from the middle area and located on in the four corners, allow the players to all go and steal the soccer balls from the other corners. No-one can puppy guard or block the balls.

3.) Nominate a player on each 'pirate ship' they will become the chasers. Once a players comes to steal the soccer ball from the pirate ship and turns away (using one of the two practiced turns) the chaser can try to steal the ball back.

Drill 3: Spongebob and Squidward



Set Up: Divide the teams into two equal groups. One group does not have a soccer ball and must stand on a cone in the area- they are squidward. The other team have soccer balls and can dribble around the area- they are spongebob. The sponge bobs have to go and 'knock' on squid wards door. They do this by performing one to the two turns practiced in the previous game, the drag back or cruyff turn. ONCE, and only once, the turn has been performed the squid wards must chase down the sponge bobs and try to steal the soccer ball off them. They have 5 seconds to do so. If the sponge bobs keep their balls they must go to a new squid wards house. If the squid wards win the ball then they swap and become a spongebob.

Progression:

1.) Give the sponge bobs a target to aim at once they turn, such as the white lines on the side of the field. If they make it there before the squidward can get their ball then they are safe.

Weekly Challenge: When we saw a squidward in the spongebob game we turned and ran as fast as we could in the opposite direction. Can we try to turn away from players on the other team when they are near us ?

Week 6- Dribbling: beating a Defender

Drill 1: Sharks and Minnows- Playground Game

Set Up: Create a small middle section in the area. Line all the players up on the byline at one end of the grid without a soccer ball. The coach should be placed in this small middle area and is the shark. The rest of the players are fish. The aim for the players is to get across the small middle area to the other sideline without getting tagged on the shoulder by the shark. The shark is only allowed in the small middle section to tag. If the players get tagged they should join the shark in the middle section.

Progression:

1.) Get the players to perform different movements through the grid to evade the shark: such as have to move sideways like a crab, backwards running, hopping, skipping ect. **2.)** Add a soccer ball. Now players must dribble with their soccer ball close to their feet across the area. Sharks must steal the soccer ball with their feet and get it to a cone to get the player out.

3.) Between the byline and the cones that make the middle box have the players perform different ball manipulations. Once they get to the shark's box they can dribble normally. Examples of ball manipulations include: 'penguins', 'forward rolls', 'sideways rolls', outside of the foot only ect.

Drill 2: The Dragon Game

Set Up: Create a large square in the middle of the area. This area should contain 1 player with several bibs (pinnys) in their hands. This player must try and gain a point by throwing the bibs at the other players who enter the middle area. Everyone else starts with a ball and must try to run through the area and out of another side without getting hit by the bibs that are being thrown at them. How many times can they run through.

Try to encourage the player to change direction in the area to get away from the dragon. **Progression:**

1.) Double points for a certain skill that can be performed to change direction. e.g step overs
2.) Remove the bibs. Now the dragon must try to steal the ball with their feet.

Drill 3: Escape from Jail

Set Up: Set up 2 gates at either end of the area. Each player has a ball in the middle space. The players pretend they are prisoners who must escape from jail through the gates on either side. How many times can they escape and re-enter the jail in one minute.

Progression:

1.) Add one guard to either side of the area. This person can move between the two gates in order to block one of the exits. The players cannot escape through the gate that has a guard on it and thus must keep changing direction to find the spare gate.

2.) Make the gates much bigger. Allow the players to use different fakes to get through the gates that have a guard in it. This makes it a practice that enables the player to beat the defender.

Weekly Challenge: When we came up against the dragon and the players did we dribble towards them or into space ? When the opposition players come near us can we dribble into space ?

Week 7: Throwing and Catching Skills

Drill 1: Soccer ball tag

Set Up: Each player hold a soccer ball in their hands for this drill. There is one tagger who must try and tag the players to make them 'it'. They can tag the players by gently touching the other player on the shoulder with the soccer ball they are holding.

This continues as a different player becomes 'it'.

Progression:

- 1.) Get the players to move around the area using different movements e.g side stepping, backwards running ect
- 2.) Have the players move by bouncing and catching the soccer ball around the area to get away from the tagger.

Set Up: Create four small squares within the area. In each square is a parent or child who pretends to be the hippos at the zoo. The rest of the people stand outside of these areas with the soccer ball. Their challenge is to run with their soccer balls in their hand up to a hippo's area. They must throw the soccer ball into the hippo who must catch it, pretend to eat it and then throw it back to the persons hands. How many can the players visit in one minute. For catching the ball encourage the to catch it and then quickly hug it like a teddy bear to make sure it stays in their hands.

Progression:

- 1.) Have the players bounce the soccer ball and catch it in order to get around the area to visit the hippos.
- 2.) Have the hippos roll the soccer ball back to the players like a bowling ball. CCT

Drill 3: Frozen

Set up: Create a small square grid at either end of the area you are working in. One of these areas should have all the soccer balls in.

Princess Elsa (as in from Frozen) needs help moving some ice to her castle from the lake (from one box to the other). The soccer balls are the ice and have to be moved one at a time by throwing them to a team mate and them catching it.

When a player has the soccer ball they are frozen solid and cannot move and so have to throw it to the next person in the line in order to get it across to the castle.

Continue with 1 ball at a time until all of the balls have been moved to the castle.

Progression:

- 1.) Encourage the players to throw the ball quickly by saying the ice is melting.
- 2.) Have the coach act as a baddy from Frozen who tries to intercept the soccer ball by catching it. Now the players around the frozen person have to move into space.

Weekly Challenge: If we are a goalkeeper can we roll the soccer ball to our friends like we did in when we were Hippos?

Drill 1: Cops and Robbers- Playground Game

Set Up: Add a small grid at one end of the area that acts as a 'jail'. Divide the group into two equal teams. The players (in red) are the police who must try and catch the robbers (blue players above) by kicking their soccer ball into them. Once the robber is caught they must make their way to the jail as quickly as possible. The players win once all the robbers are caught.

Progression:

- 1.) Have the robbers movement restricted to sideways, jumping ect.
- 2.) Give the robbers a soccer ball to run away with.
- 3.) Give all the players restricted movements to do with the ball - e.g can only roll with the bottom of their foot.

Drill 2: Battle ships

Set Up: Create a middle separating line and place a series of cones with ball on them on either side of this middle line. Divide the group into two teams who each have soccer balls and a side of the area.

The players are tasked with kicking the balls off the cones in the other teams area without going past the dividing middle line. They are allowed to go and collect their soccer ball with their hands in the oppositions area before walking back to their side.

This continues until one team has knocked all of the cones down.

Progression:

1.) Make the cones with the balls on further away so that it is harder to hit them

2.) Place half of the team but all of the cones on balls on one side of the area. Now the team without the balls on their side must try to kick and destroy all the cones on the opposite side. The other team has to act to protect these by using their feet or body to block the shot at the cones.

Set Up: Create a goal at each corner of the field. Divide the groups into two equal teams with no goalkeepers. The teams must play a scrimmage and attempt to score in one of the two goals that they are facing.

Progression:

- 1.) Create a middle third goal to create more opportunities to score
- 2.) Allow a goalkeeper for either side who must protect all three goals. Encourage the players to shoot towards the goals without a goalkeeper in it.

Weekly Challenge: Can you shoot quickly at the goal before the goalkeeper has a chance to get ready ?

Set up: Start without a soccer ball in a large area. The coach is Bruce the shark and the players are fish in the ocean. The players must avoid getting tagged by Bruce the shark on the shoulder. If they do get tagged then they also become a shark and must try and tag other.

Progression:

- 1.) Get the players to move around the area in different ways- e.g sideways like a crab.
- 2.) Add a soccer ball for all the players.
- 3.) Reduce the size of the area: this means that running with the soccer ball is not really possible anymore. Thus the shielding technique would be more useful. Shielding involves keeping the ball at your feet and showing your back to the player trying to steal the ball. Wherever the player trying to steal the ball moves, the player should face their back in that direction.

Set Up: Same area as Bruce the shark. Now the coach is the wicked witch who the players must hide from when the witch comes near them. The way they hide is to put their foot on the soccer ball and face their back to the wicked witch.

As soon as they adopt this position they cannot be seen by the wicked witch who must move on to find a new person to steal the soccer ball off.

Progression:

1.) Make the area smaller to increase the chance of bumping into the witch. **2.)** The players now need to put their hands out and touch the witch in order to protect their soccer ball.

Set Up: Each player has a soccer ball within the middle zone. In order to stay in the game the players must kick the other players soccer balls out of the area for a point, whilst keeping their own soccer ball protected. The player with the most points at the end of the game is king of the ring.

The players that get their ball kicked out can re-enter the game by performing 5 toe taps on one of the cones on the side and then join back in.

Progression:

1.) Have one of the players remove their soccer ball and become the person that tries to knock the soccer ball out.

Week Challenge: The other team are like Bruce the shark. Can we protect our ball if they try to steal it off us ?

Set up: There is a grid with all the players inside this area. One player is the tagger who must try to tag the players on the shoulder. If the player gets tagged on the shoulder they must become 'stuck in the mud', freezing on the spot with their legs wide open.

In order to get unfrozen another player must crawl through the legs of the player stuck in the mud. At this point the player is free and can move around again.

Progression:

1.) Restrict the players to different movements: skipping, backwards running ect.

2.) Give the Tagger a soccer ball. Now they must kick the soccer ball at the other players ankles to score a point.

3.) Add a soccer ball that all the players must move around with in the grid. CCT

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Drill 2: Spongebob and Squidward

Set Up: Divide the teams into two equal groups. One group does not have a soccer ball and must stand on a cone in the area- they are squidward. The other team have soccer balls and can dribble around the area- they are spongebob. The sponge bobs have to go and 'knock' on squid wards door. They do this by performing one to the two turns practiced in the previous game, the drag back or cruyff turn. ONCE, and only once, the turn has been performed the squid wards must chase down the sponge bobs and try to steal the soccer ball off them. They have 10 seconds to do so. If the sponge bobs keep their balls they must go to a new squid wards house. If the squid wards win the ball then they swap and become a spongebob.

Set Up: Create a goal with cones at either end of the field. Have the team line up in two equally lines behind a cone at the side of the field. Assign each player in the team a number (1,2,3,4), and number a person of equal ability in the other line the same number.

The coach should have all the soccer balls on the other side of the grid. Upon the coaches shout of their number, the players must run into the box. The coach will kick one soccer ball into play and they must play 1v1, trying to score in the oppositions goal.

Each team must amass as many points as possible by scoring against their partner.

Progression:

- 1.) Allow 2 or 3 numbers to go at once
- 2.) Allow teams to have a goalkeeper in the goals
- 3.) The players in the team can turn and pass to someone in their line. This will bring that player into play, making a 2v1 situation.

Weekly Challenge: Can you move into space to get past the other teams players in the soccer game ?