

**AYSO Region 13
Under 6 and Under 8 Demo Practice**

Many more games/drills are listed than one would use in a single practice. Pick and choose depending on your objectives!

U 6 Skill Goals for Season	U8 Skill Goals for Season
<ul style="list-style-type: none"> • Dribbling • Instep Drive (laces kick) • Throw-in • Direction / Penetration (which way are we going?) • Defense v. Offense (lions/bears, attacking goal and defending goal) <p>For more, and tactical goals, refer to U6 manual.</p>	<ul style="list-style-type: none"> • Dribbling • Instep Drive (laces kick) • Throw-in • Direction / Penetration (which way are we going?) • Defense v. Offense (lions/bears, attacking goal and defending goal) • Push-pass (inside of foot kick) • Inside of foot trap <p>For more, and tactical goals, refer to U8 manual.</p>

Guidelines for Success!

Keep it simple

- Don't over-explain it: demonstrate it, then let them try it.

Make it fun

- Playful training, games
- Lots of touches — the ball is the best motivator

Keep things interesting

- Attention spans don't exist
- Change games frequently

Give players lots of opportunity to succeed

- Team success is almost irrelevant at this age; individual success is very important to players

Rules Players Should Learn

- No hands
- When is ball out of play and what to do
- No kicking, tripping, or pushing another player

Random Thoughts!

- Don't do drills which leave players waiting in line; maximize touches on ball
- Let the ball teach and motivate
- Volunteers — help: use them or lose them!
- Make point in about 10 seconds, after that players are paying attention to someone/something else.

Minutes	Activity	Coaching Points
10-15	Warm-up Game Examples (usually use one)	
	<p><u>Keep Away From Coach</u> Dribbling Each player with ball, dribble away from coach, prevent coach from touching ball, tapping on shoulder, etc.</p> <p><u>Tag</u> Dribbling Each player with ball, dribble away player who is it. It must tag player on shoulder while keeping control of his or her ball.</p> <p><u>Keep Away (U8)</u> Dribbling and Passing One ball, players dribble, pass, and play keep away from coach at beginning, create teams as players arrive.</p>	<p><i>Pick a drill which allows you to include late comers easily.</i></p> <p>Dribbling: Players use inside of foot, keep ball close, lots of touches.</p> <p>Passing Keep Away(U8): Emphasize moving to open space</p>
2-5	<u>Stretching:</u> Calves, achilles, hamstrings, ankles, quads, groin, necks	Don't need to stretch everything every week at this young age; pick 2 or 3, teach listening and following the leader

Minutes	Practice Games (usually use 2-4)	Coaching Points
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<p>15-25</p>	<p><i>Dribbling — Explain what dribbling is and why we do it.</i></p> <p><u>Dribble Across Grid</u>, each player using inside of feet.</p> <p><u>Anatomy Dribbling</u> <i>Dribbling</i> Everyone with ball. Players dribble in grid keeping ball close. When coach shouts a body part (elbow, knee, bottom, forehead, etc.), players trap ball with sole of foot and place that body part on ball till coach says go again.</p> <p><u>Freeway Jam</u> <i>Dribbling</i> Players ball is their car. Players dribble in circle, trying not to collide with other players or ball. Repair area outside grid marked off with cones. Players do 10 top of ball touches to repair car after collision.</p> <p><u>What Time is It Mr. Wolf</u> <i>Dribbling</i> Players line up with ball on one end of grid. Turn your back to them at other end. When they shout What time is it Mr. Wolf? , they must dribble toward you the number of steps/touches you shout. When you shout dinner time , they must and dribble back to their end line before you kick their ball.</p>	<p>Before introducing a game, make sure each player can dribble with inside of feet.</p> <p>Players learn to keep ball close without even realizing it. This game is good for 5-10 minutes max.</p> <p>Create variety by handing out tickets to anyone who doesn't have ball close enough to trap with sole when you shout stop . Or shout left or right, and require players to dribble a 360 before they continue. Make up your own variations.</p> <p>They can only save themselves by trapping their ball past their endline with their sole. This is important to ensure they are dribbling with ball close instead of kicking and chasing. Players whose balls are kicked become wolves with you.</p>
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	<p><i>Passing / Shooting — Explain why we do it.</i></p> <p><u>Laces or Instep Drive</u> refer to coaches manual.</p> <p><u>Push Pass (U8)</u> refer to coaches manual.</p> <p><u>Open Sesame</u> <i>Passing/Shooting</i> Each player with ball, try to shoot through coach's legs whenever he stops. Who can score the most in 1 or 2 minutes?</p> <p><u>Ouch</u> <i>Passing/Shooting</i> Each player tries to hit coach as often as possible with ball. Each hit = 1 point. Who can score most points in 1 or 2 minutes?</p> <p><u>Bingo</u> <i>Passing/Shooting</i> Each player with ball, try to knock as many cones down as quickly as possible, yelling bingo each time. Who can score the most bingo's in 1 or 2 minutes?</p> <p><u>Clean Up Your Backyard</u> <i>Passing/Shooting</i> Divide into two teams, on either side of a line of cones. On go! , players try to kick their ball to the other team, and return all incoming balls as quickly as possible. At the end of 1 or 2 minutes, which team has the cleanest back yard? This is good for working on the instep drive (laces kick).</p>	<p>You can incorporate your parents and assistant into this — use 3 or 4 moving goals . After 3 shots, goal moves on.</p> <p>Again, use help for this. Don't make it too easy, but make a big show out of being hurt.</p> <p>Use parents as replacers — this is a good way to get them involved and see how fun it is close up.</p> <p>Expect to have to remind players to go find another piece of garbage (ball) to kick back. This is typical even up through the older divisions — players love to stop and admire their work instead of thinking what should I do next? .</p>
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Minutes	Practice Games (continued)	Coaching Points
	<p><i>Dribbling with Head Up</i></p> <p><u>Cone Toss</u> <i>Dribbling with head up</i> Each player has ball, dribbles in grid and watches coach so he/she can catch the tossed cone. Players must catch tossed cone or do 10 toe touches. Players with most catches <u>and</u> players with most toe touches are winners.</p> <p><u>Counting Numbers</u> <i>Dribbling with head up</i> Each player has ball, dribbles in grid and watches coach so he/she can see the number of fingers the coach holds up. Note how many players shout the right number and HEAP PRAISE ON THEM.</p> <p><u>Push Ups</u> <i>Passing</i> Create 3 or 4 10 yd. Grids, so that you can put 3 or 4 players and one coach in each one. Initially try having a player in each corner. Coach in middle tries to steal ball. If players can string together 5 passes, coach does 5 push-ups. If coach steals ball, players do 5 air push-ups .</p> <p>For U8 or advanced U6, use only 3 players per grid. Assign each a side , and require them to run to an open side immediately upon passing the ball.</p>	<p>Coaches — use your judgement on when to introduce this: U-6 or U-8. U 10 coaches can use these as a fun warm-up. If all your players are there use parents and asst. coaches to toss. Make cone catchable. Score isn t important.</p> <p>As players get good at these heads-up drills, they tend to quit moving; tell them to pick-up their speed, double it, etc. Move around, so players will have to find you. Change the rhythm depending on age and ability. Think of your own variations — use both hands etc</p> <p>Start at a walking pace. Don t make it too easy, but let each team win. Use your assistants and parents.</p> <p>This helps them learn to find open space after making a pass, instead of just admiring their nice work.</p>
	<p><u>Nuclear Passing</u> <i>Speed Passing</i> This is a variation on a drill every coach does. Players form two lines and do push passes in pairs. Coach players to pass to their teammates, not at them. In 1 minute, which pair can complete the most passes without the ball going out of control?</p> <p><u>International Drag Race</u> <i>Speed Dribbling</i> Two teams — players dribble down parallel lanes, but must trap ball at end with sole of foot.</p>	<p>Both partners on a team share responsibility for completing a good pass. Here s a way to introduce competition. Players always want to know how they re doing. Praise the teams as they become more proficient at working together.</p> <p>Players learn to keep ball under control without even realize it. If they push the ball past the flags first, but are last to trap it with their sole, they can t win.</p>
<i>Always End With a Scrimmage, and Perhaps a Final Fun Game!</i>		
15-20	<p><u>Scrimmage</u> Depending on how much help you have, end with two 3 v. 3 or one 6 v. 6 scrimmage. I like the smaller numbers, because players have to share the ball with fewer friends and get to touch the ball more. Do both if time permits, as 6 v. 6 will be more like game conditions.</p>	<p>Emphasize dribbling, trapping, or passing skills you worked on. <i>This part is probably the most important part of the practice .</i> <i>The small sided game — with these small sided teams, it s like the street soccer some of the worlds best players started with.</i></p>
5	<p><u>Final Game</u> End with something fun like Cat and Mouse . Players spread out along one line with their balls, and must dribble to the other side without the cat kicking their ball out. Mice who lose their ball become cats.</p>	<p>Coach players to keep ball under control. For U8, remind them to shield it, and trap it with sole when they cross the line</p>