



# **Training Program**

## **Under 6: Season Plan**

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## How to Organize Your Intramural Program

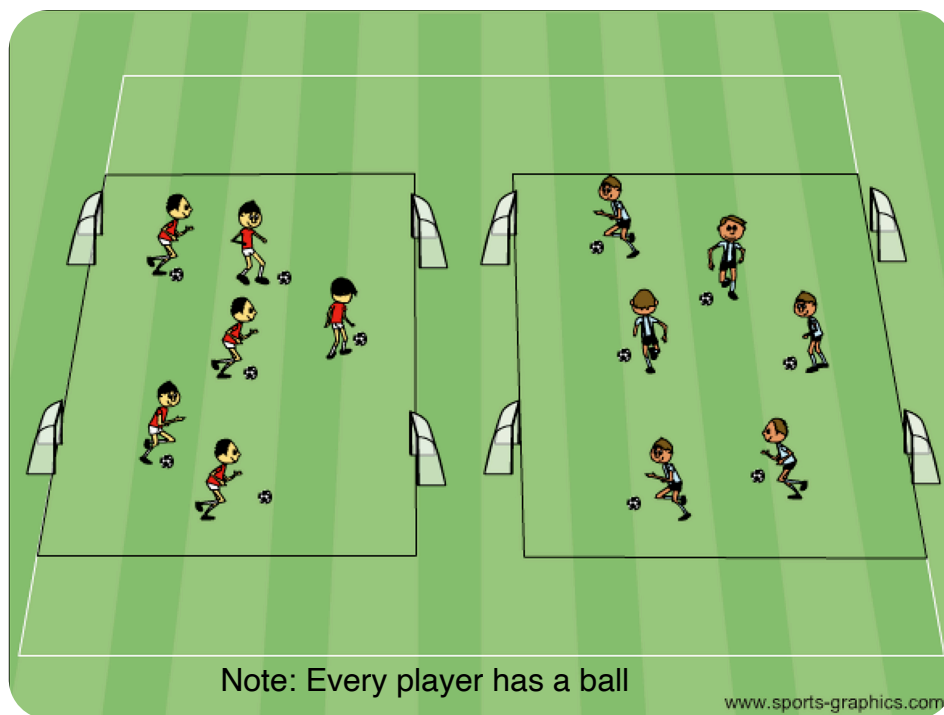
The calendar year should be split into two seasons, a fall season and a spring season (optional). A season should be 8 to 10 weeks in duration and consist of a practice night and a game day. The practice should be no longer than 1 hour in length and game day should be no longer than 1 hour in length. Teams should consist of 8-10 players.

Specific curriculums for practices are detailed later for each specific age, as well as, understanding a session plan.

A couple of key points to remember and avoid at practice include:

- No exercises with lines.
- Warm-ups should include work with the ball.
- No players standing.
- Every player should have a ball, unless involved with passing exercises or games.

Remember this is practice time, not story time, so don't sit your team down for a long, spirit raising, team talk. You are stealing time when your players could be working on their new skills from previous practice or newly introduced technique.



Note: Every player has a ball

[www.sports-graphics.com](http://www.sports-graphics.com)

## Game Day

- Players arrive 10 minutes before scheduled game time (20 minutes for the coach)
- Practice (warm up)-20 minutes
- Water break-5 minutes
- First game-10 minutes
- Water break-5 minutes
- Second game-10 minutes
- Water break-5 minutes
- Third game-10 minutes
- Players shake hands with the other team

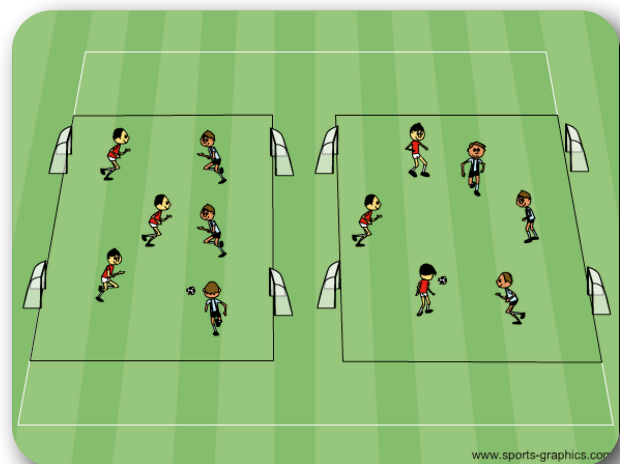
## Logistics for Game Day

Start with two fields with one team on each. Each team warm ups for 20 minutes with their coaches, the team then splits into 2 teams of 4. They then play the other team on the field beside them; thus, two games are being played at once.

With the 3 games each, the teams of 4 can play against different opposition. There is no standing or wasted time. A short cool down and discussion of upcoming practice sessions should be sufficient at the conclusion of the game. Examine and reflect on your team's performance at home and decide what areas to work on in your next training session.

4 goals allows for more options and a lot more chances for every player to score goals

Allows the player with the ball more options to dribble away from the "swarm-ball"



## Water break

The major point to remember here is it is water break time; NOT snack time or time for that long coach's speech (they will not listen, opening their drink is the most important thing to them at this time)

## Coaching in the Game

It is ok for the coach to be on the field assisting (not quarterbacking!!!). Your role is to be a positive energy and keep the game flowing.

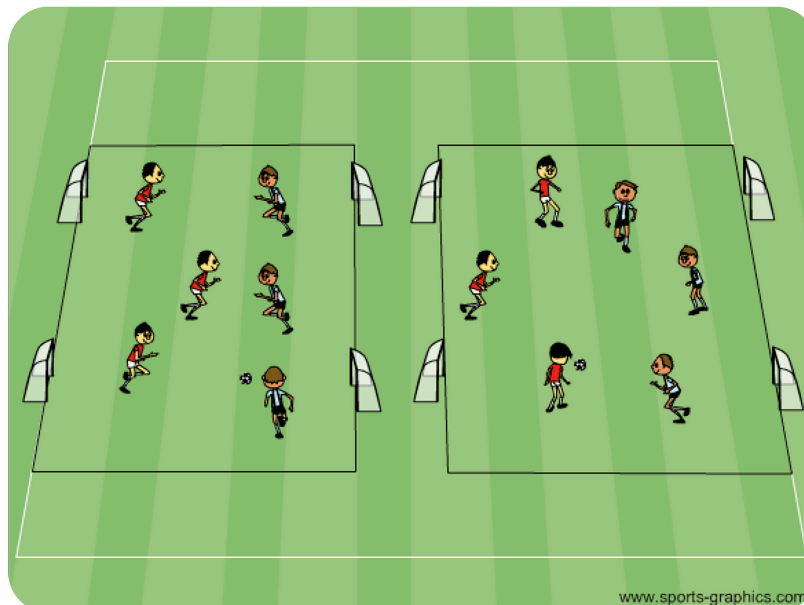
Let your team know who is on the field first. Again, no long explanation on what your formation is. They don't want to know and never get in that formation any way! The kids just want to play, so let them. If you want to give one of your players some information, make it short, clear and directly to that child, one to one.

Avoid shouting; you may be the best coach in the club, but nobody is interested in your expertise. They want to watch and enjoy the kids and what they know.

Never waiver from your style of play. Do not play to defend a lead. Kids want to score goals.

Remember:

# LET THEM PLAY!



## Goals! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from Ewing, M. & Seefeldt, V., (1989). *Participation and attrition patterns in American agency-sponsored and interscholastic sports: An executive summary*. Final report Sporting Goods Manufacturer's Association (North Palm Beach, FL: Sporting Goods Manufacturer's Association) as cited from Weinberg & Gould (2007). *Foundations of Sport & Exercise Psychology*. Champaign, IL: Human Kinetics.

### Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

### Reasons kids play sports:

- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.



## Coaching Goals for 5 Year Olds and 6 Year Olds

It is important to set goals which are attainable, but also measurable to know your players are improving. There are standards from every soccer association including the US Soccer Federation. Eastern Pennsylvania Youth Soccer has studied and collated these standards and tailored it to a club's intramural/house/travel program.

Most players can demonstrate the below tasks but most players can not perform them under pressure (the game).

At this stage of our player development each player should be able to demonstrate (after the season).

- Players should be able to dribble the ball with both feet at different speeds and change direction while keeping the ball at a controllable distance.
- Players should be able to demonstrate three different moves in a game situation. Some examples are:
  - Drag back
  - Scissors
  - J Cut

These three moves, along with many more are available at [EPYSA.org](http://EPYSA.org)

As coaches we must **NOT** get hung up on positioning in the games, but should focus on the two goals above.



## Practice Curriculum

As you can see a new exercise is introduced every practice then repeated in the next session for comfort and reinforcement. Players this age do not mind repetition and find comfort in familiar exercises. Most exercises throughout the sessions involve a ball per player. Remember to try and teach the age group goals but most important let them play and have FUN.

Week 1	Hello Game
	Go get it game
	Jump over the ball
	Scrimmage (small sided games)

Week 2	Hello game
	Red light, green light, reverse (drag back)
	Stuck in the mud
	Scrimmage (small sided games)

Week 3	Red light, green light, (J Cut)
	Stuck in the Mud
	Shark Attack
	Scrimmage (small sided games)

Week 4	Red light, green light, reverse (drag back)
	Shark Attack
	Foxes & Farmers
	Scrimmage (small sided games)

Week 5	Red light, green light,(scissors)
	Foxes and Farmers
	Sharks and minnows
	Scrimmage (small sided games)

Week 6	Red light, green light, (all 3 moves)
	Sharks & minnows
	Pirates treasure
	Scrimmage (small sided games)

Week 7	Red light, green light, (recap moves)
	Pirates Treasure
	Stuck in the Mud
	Scrimmage (small sided games)

Week 8	Red light, green light, (recap moves)
	Free play
	Free play
	Scrimmage (small sided games)

# Week 1 - 5 & 6 year olds

By Gary Stephenson



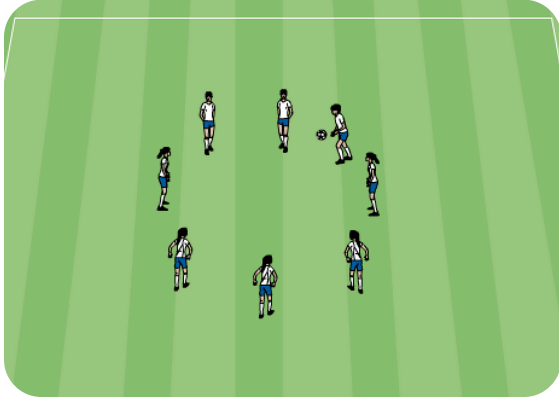
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## TECHNICAL WARM-UP

### Hello Game

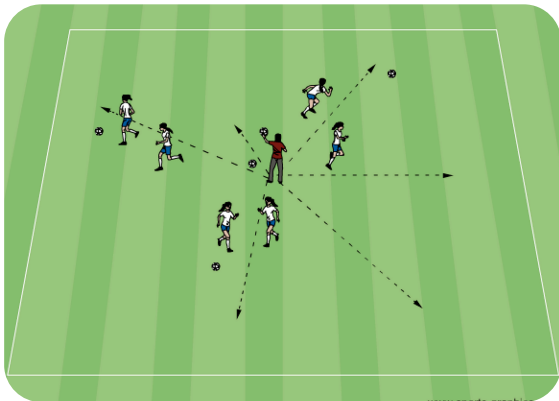
Organize the team into a circle with only one ball between the group. Start with ball in hand, say your name and then hand it to player on your left who then says their name. Ball keeps getting passed around to all players. When ball makes it back to you, the team has to say your name before you can pass it around the circle again. Ball continues around circle again with the team saying everyone's name until everyone knows everyone's name. Players take a few steps inward so ball can easily be handed to anyone. The ball is now passed in a random order, but the person now passing the ball says the person's name to whom they are passing.



## SMALL-SIDED ACTIVITY

### Go get it game

Each player has a ball. Ball is given to coach who then throws the ball in random directions. Players have to go get the ball as fast as they can. Players can use hands first couple of retrievals, then instruct players to only use their feet. Again repeat until players are more comfortable. If you feel they are capable split team into two groups and have one ball per group. Throw ball as before but instruct them, as they must get the ball back as quickly as they can. Everyone in group must touch the ball with their feet.



## SMALL-SIDED ACTIVITY

### Jump over the ball

Players are organized into a circle leaving a lot of space between each other. Each player has their own ball and stands behind it. Players must jump over the ball to the front when you the coach directs. Once players jump forward, you say jump again and they must jump backwards over the ball. Players continue doing exercise. You may want to set a score to beat within a time frame once players are more comfortable with task. If score is set to beat, make it **very** attainable. Repeat game but have team jump left to right instead of back and forth.

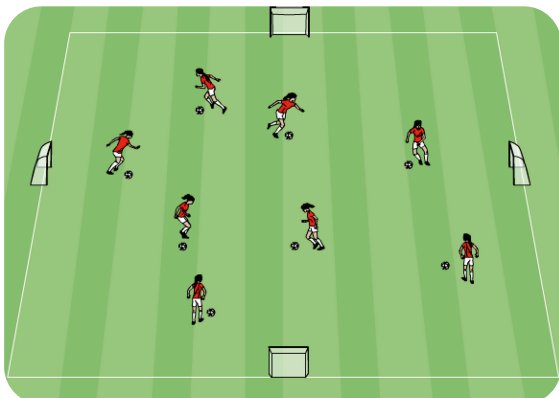


## GAME

Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.





# Week 2 - 5 & 6 year olds

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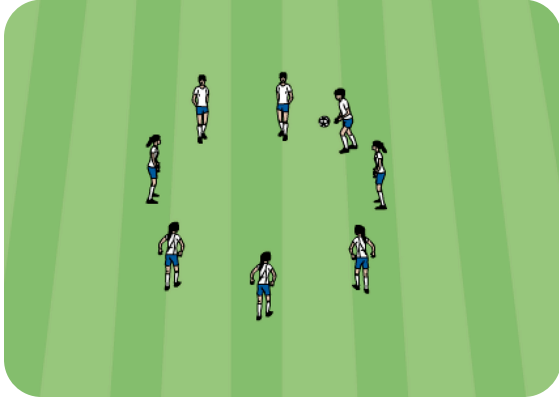
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## TECHNICAL WARM-UP

### Hello Game

Organize the team into a circle with only one ball between the group. Start with ball in hand, say your name and then hand it to player on your left who then says their name. Ball keeps getting passed around to all players. When ball makes it back to you, the team has to say your name before you can pass it around the circle again. Ball continues around circle again with the team saying everyone's name until everyone knows everyone's name. Players take a few steps inward so ball can easily be handed to anyone. The ball is now passed in a random order, but the person now passing the ball says the person's name to whom they are passing.

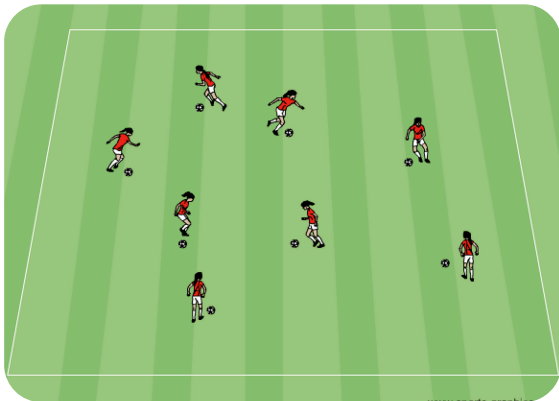


## SMALL-SIDED ACTIVITY

### Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball. Coach shouts out:  
"Green light" - Players move around the grid randomly.  
"Red light" - They stop the ball and put their foot on top (brake)  
"Yellow light" - They move around slowly  
"Super green" - They move around fast (speed)

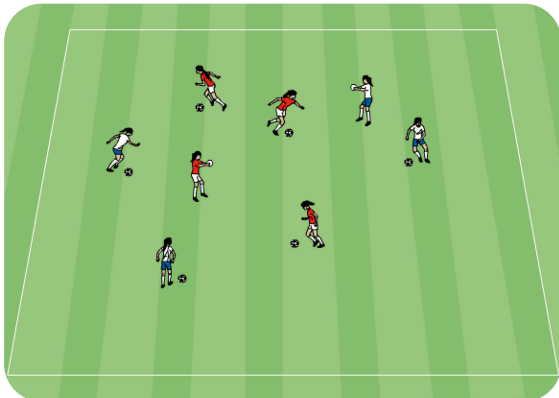
Introduce the Pull Back (drag back)



## SMALL-SIDED ACTIVITY

### Stuck in the mud

Players are split into two groups everyone has a ball. The object is it to stick the other team in the mud. How you stick a player in the mud is you hit their ball with yours or hit them below the knee. Once the player is stuck they must pick up their ball and stand with their legs open. They can be unstuck by a member of their team passing the ball through their legs; they then join back in the game.

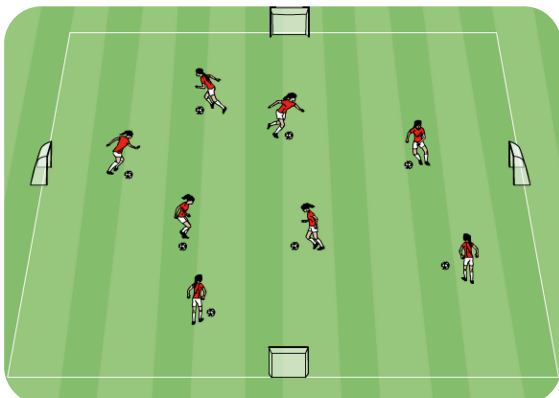


## GAME

Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



# Week 3 - 5 & 6 year olds

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## TECHNICAL WARM-UP

### Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.

Coach shouts out:

“Green light” - Players move around the grid randomly.

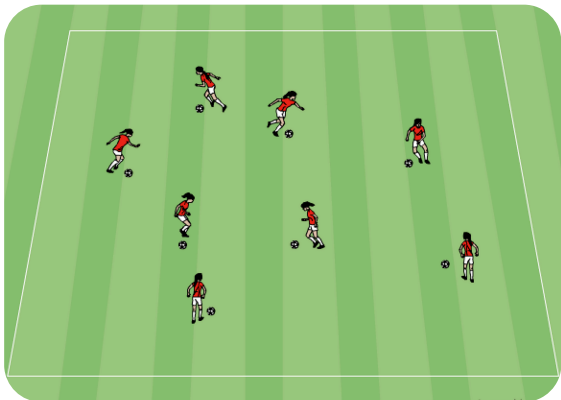
“Red light” - They stop the ball and put their foot on top (brake)

“Yellow light” – They move around slowly

“Super green” – They move around fast (speed)

“Reverse” - They make do pull back (drag back)

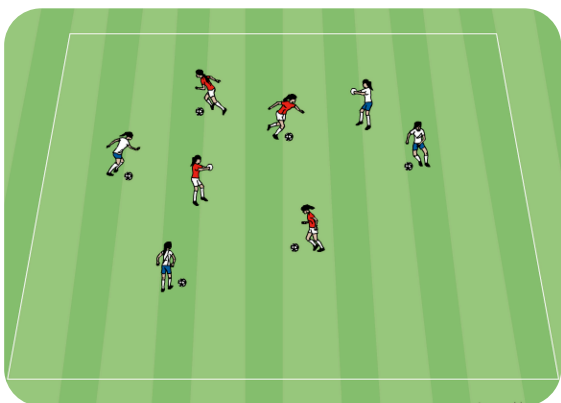
Introduce the J Cut (Cut Back)



## SMALL-SIDED ACTIVITY

### Stuck in the mud

Players are split into two groups everyone has a ball. The object is it to stick the other team in the mud. How you stick a player in the mud is you hit their ball with yours or hit them below the knee. Once the player is stuck they must pick up their ball and stand with their legs open. They can be unstuck by a member of their team passing the ball through their legs; they then join back in the game.



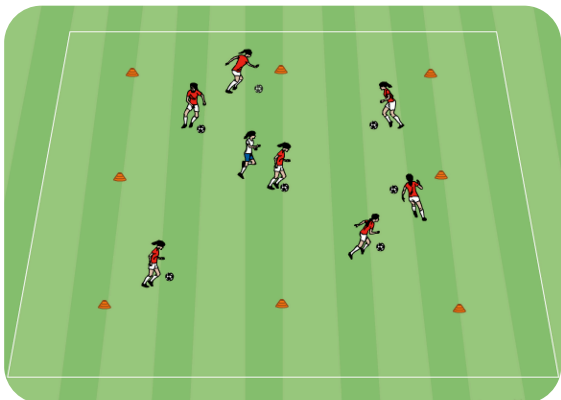
## SMALL-SIDED ACTIVITY

### Shark Attack

Everyone has a ball they dribble around in half of the field. You start off as shark. You try to kick the player's ball out of the half. They must keep away from you. Once the ball has been kicked off the field, they must run and get their ball. To get back on the field they must do 5 J Cuts or drag backs or scissors, and then they can come back in.

(Have a coach on the outside to help the players with the move)

Start a new game with a player as shark. Play for a couple of minutes then change shark again. (Remember everyone has to be shark or you have tears)

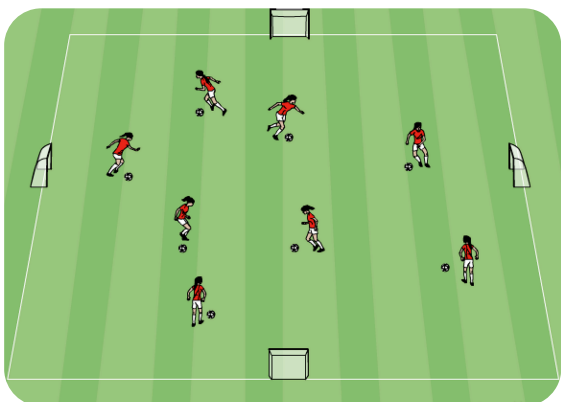


## GAME

Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



# Week 4 - 5 & 6 year olds

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## TECHNICAL WARM-UP

### Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.

Coach shouts out:

“Green light” - Players move around the grid randomly.

“Red light” - They stop the ball and put their foot on top (brake)

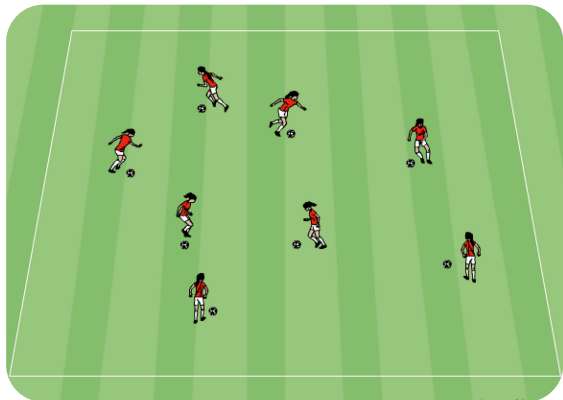
“Yellow light” – They move around slowly

“Super green” – They move around fast (speed)

“Reverse” - They make do pull back (drag back)

“Hard Turn” - They perform a J Cut (Cut Back)

Introduce the Scissors



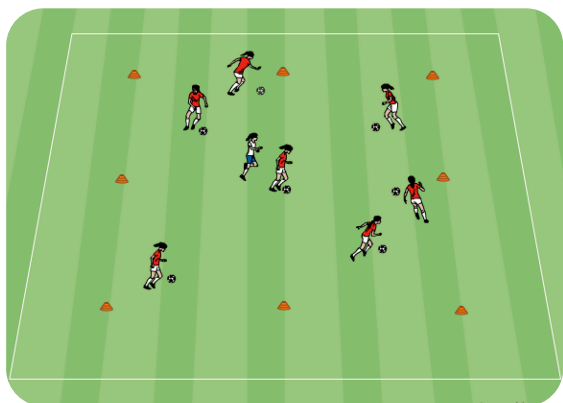
## SMALL-SIDED ACTIVITY

### Shark Attack

Everyone has a ball they dribble around in half of the field. You start off as shark. You try to kick the player's ball out of the half. They must keep away from you. Once the ball has been kicked off the field, they must run and get their ball. To get back on the field they must do 5 J Cuts or drag backs or scissors, and then they can come back in.

(Have a coach on the outside to help the players with the move)

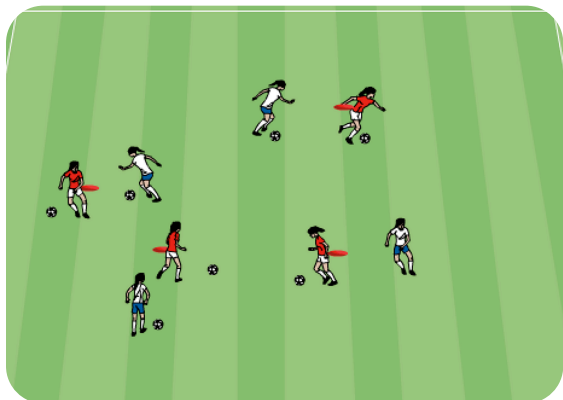
Start a new game with a player as shark. Play for a couple of minutes then change shark again. (Remember everyone has to be shark or you have tears)



## SMALL-SIDED ACTIVITY

### Foxes and Farmers

The group is split into 2 teams the foxes and the farmers. Each has a ball the foxes have a pinnie tucked into the back of their shorts giving them foxes tails. Now the foxes dribble around keeping away from the farmers. The farmers must try and pull out the foxes tails whilst dribbling their ball. Once a fox has lost its tail they become a farmer. Until there is only one fox.

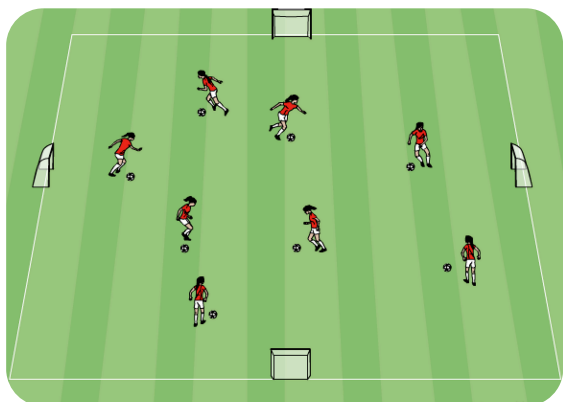


## GAME

Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



# Week 5 - 5 & 6 year olds

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## TECHNICAL WARM-UP

### Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.

Coach shouts out:

“Green light” - Players move around the grid randomly.

“Red light” - They stop the ball and put their foot on top (brake)

“Yellow light” – They move around slowly

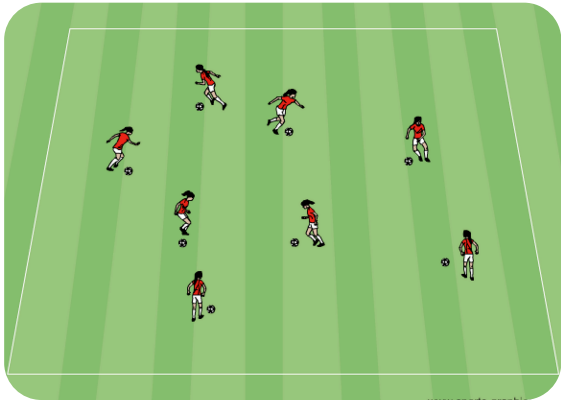
“Super green” – They move around fast (speed)

“Reverse” - They make do pull back (drag back)

“Hard Turn” - They perform a J Cut (Cut Back)

“Cross-roads” - they perform a scissors

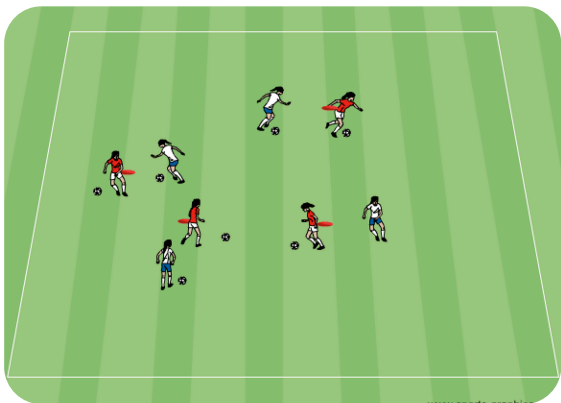
Review all 3 moves



## SMALL-SIDED ACTIVITY

### Foxes and Farmers

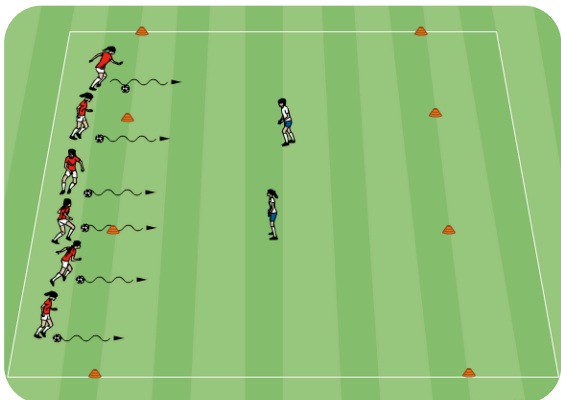
The group is split into 2 teams the foxes and the farmers. Each has a ball the foxes have a pinnie tucked into the back of their shorts giving them foxes tails. Now the foxes dribble around keeping away from the farmers. The farmers must try and pull out the foxes tails whilst dribbling their ball. Once a fox has lost its tail they become a farmer. Until there is only one fox.



## SMALL-SIDED ACTIVITY

### Sharks and Minnows

Every player has a ball, apart from one player. The players with the ball line up on one side of a 20yd by 20yd grid. The player without the ball the *shark* is in the grid. On your command the players with the ball *minnows* have to dribble their ball to the opposite line and safety. If the shark touches their ball then they join hands with the shark and become a shark too. Continue until there is only 1 minnow left

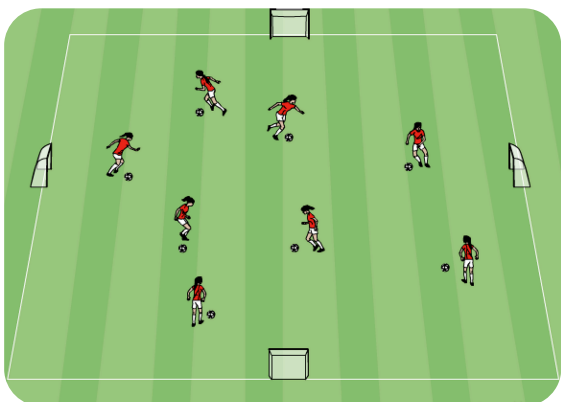


## GAME

Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the ball goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



# Week 6 - 5 & 6 year olds

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## TECHNICAL WARM-UP

### Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.

Coach shouts out:

“Green light” - Players move around the grid randomly.

“Red light” - They stop the ball and put their foot on top (brake)

“Yellow light” – They move around slowly

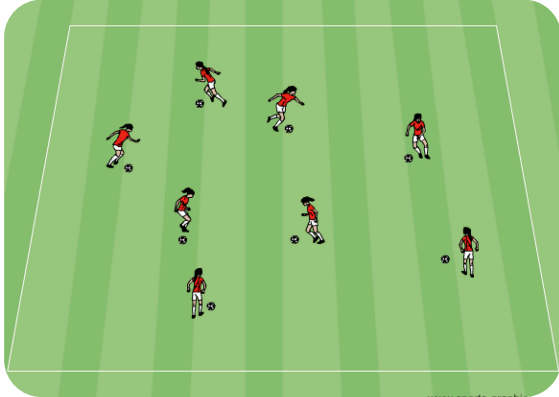
“Super green” – They move around fast (speed)

“Reverse” - They make do pull back (drag back)

“Hard Turn” - They perform a J Cut (Cut Back)

“Cross-roads” - they perform a scissors

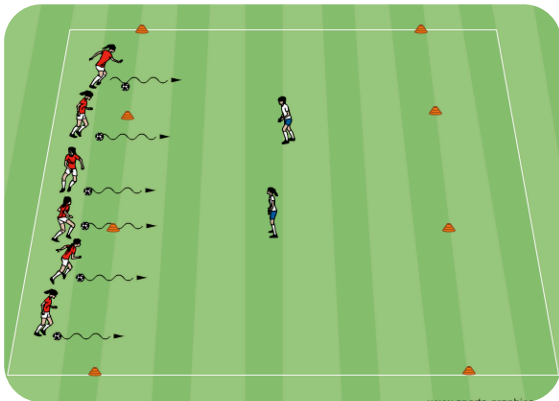
Review all 3 moves



## SMALL-SIDED ACTIVITY

### Sharks and Minnows

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## SMALL-SIDED ACTIVITY

### Pirate's treasure

Mark out two areas at opposite ends of the field these are the ships.

Split the team into two groups of pirates and assign them to a ship.

Place all the balls in the middle of the field (the balls are the treasure)

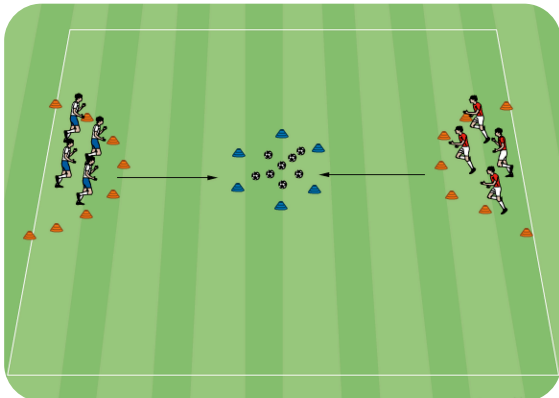
You say go then the pirates have to go and get the treasure and dribble back to their boat. They can also go to the other boat and steal treasure (they are pirates)

Time the game say 2minutes. Winner is the pirates that have the most balls.

Setup and play again.

Make the coaches the captains of the ships to make sure no pushing or using hands etc....

Make some pirate noises and get involved. The kids love it!

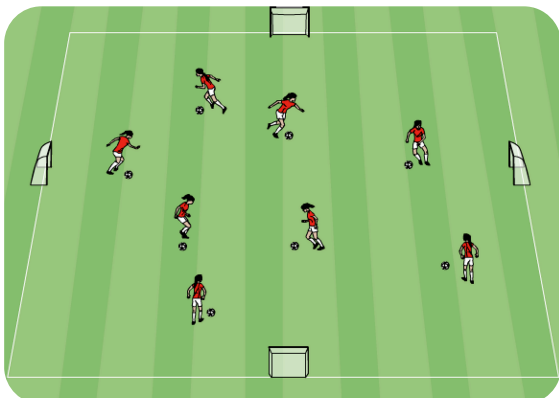


## GAME

Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



# Week 7 - 5 & 6 year olds

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## TECHNICAL WARM-UP

### Red light, Green light

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Coach shouts out:

“Green light” - Players move around the grid randomly.

“Red light” - They stop the ball and put their foot on top (brake)

“Yellow light” – They move around slowly

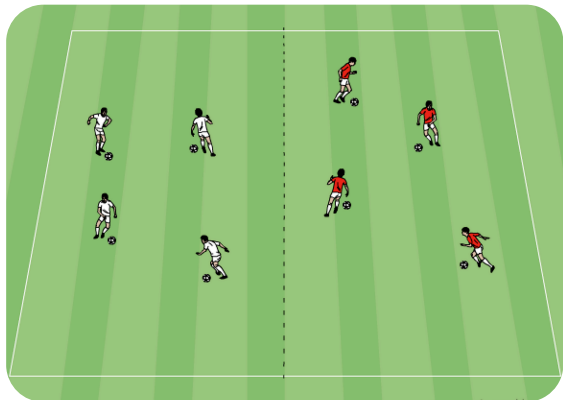
“Super green” – They move around fast (speed)

“Reverse” - They make do pull back (drag back)

“Hard Turn” - They perform a J Cut (Cut Back)

“Cross-roads” - they perform a scissors

Review all 3 moves



## SMALL-SIDED ACTIVITY

### Pirate's treasure

Mark out two areas at opposite ends of the field these are the ships.

Split the team into two groups of pirates and assign them to a ship.

Place all the balls in the middle of the field (the balls are the treasure)

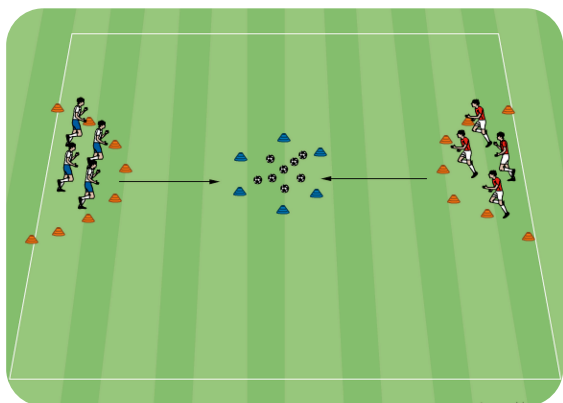
You say go then the pirates have to go and get the treasure and dribble back to their boat. They can also go to the other boat and steal treasure (they are pirates)

Time the game say 2minutes. Winner is the pirates that have the most balls.

Setup and play again.

Make the coaches the captains of the ships to make sure no pushing or using hands etc....

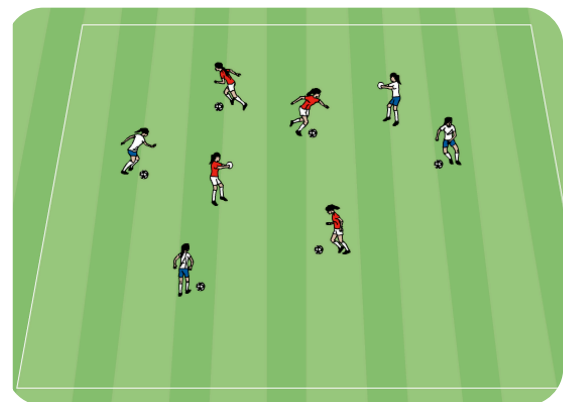
Make some pirate noises and get involved. The kids love it!



## SMALL-SIDED ACTIVITY

### Stuck in the Mud

Players are split into two groups everyone has a ball. The object is it to stick the other team in the mud. How you stick a player in the mud is you hit their ball with yours or hit them below the knee. Once the player is stuck they must pick up their ball and stand with their legs open. They can be unstuck by a member of their team passing the ball through their legs; they then join back in the game.

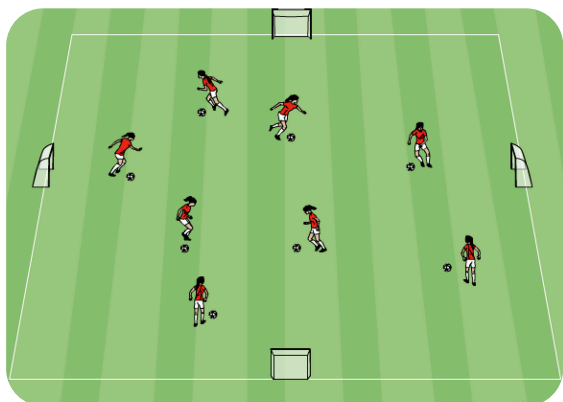


## GAME

Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.





# Week 8 - 5 & 6 year olds

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YOUTH  
SOCCER**

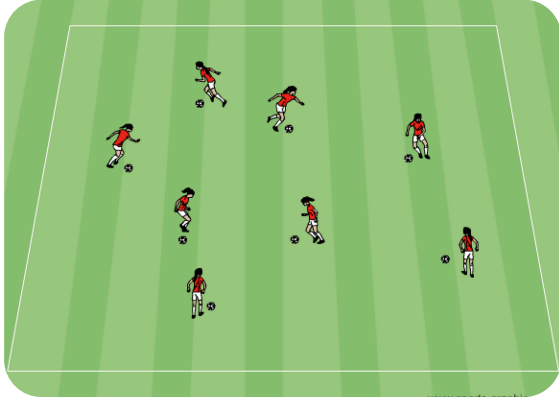


## TECHNICAL WARM-UP

### Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.  
Coach shouts out:  
"Green light" - Players move around the grid randomly.  
"Red light" - They stop the ball and put their foot on top (brake)  
"Yellow light" - They move around slowly  
"Super green" - They move around fast (speed)  
"Reverse" - They make do pull back (drag back)  
"Hard Turn" - They perform a J Cut (Cut Back)  
"Cross-roads" - they perform a scissors

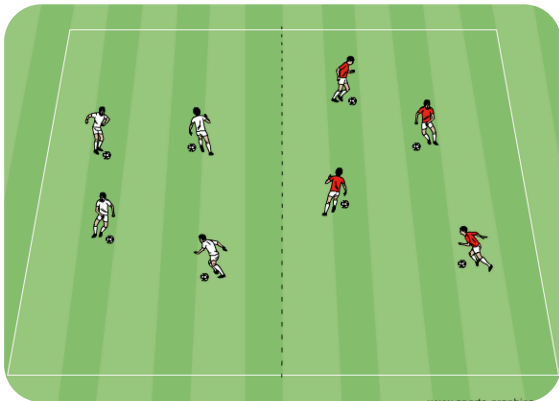
Review all 3 moves



## SMALL-SIDED ACTIVITY

### Free Play

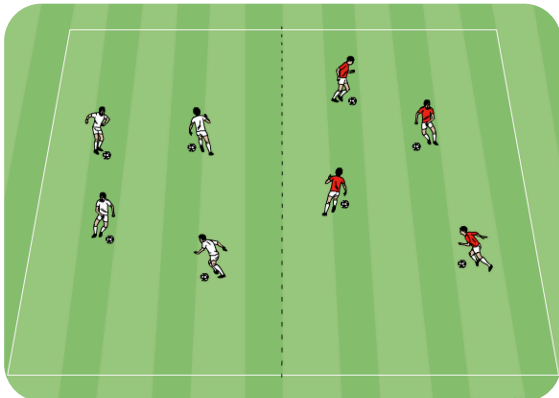
Let the players select the exercise they would like to play



## SMALL-SIDED ACTIVITY

### Free Play

Select an exercise that you think as the coach will engage them, reinforce technical lessons and allow them to have fun!



## GAME

Split into 2 teams-4 goals (1 on each side)  
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.

