

U6 Coaching Goals

- Dribbling with both feet
- Throw Ins
- Shooting
- Passing
- Spread Out (Beginning of field positions)

U6 Drills & Practice Ideas

Dribbling

1. Killers: Start at the goal line, run to the half-line and then back to the goal line. Turn the ball and run to the opposite goal line. This helps to get the kids into shape for running the field and they work on their dribbling skills.

Throw Ins

See U5 page for tips

Shooting

1. Scrimmages: Having the kids play each other is one of the best ways to incorporate all aspects of the game. This is how I like to end my practices.

Passing

1. Gate Passing: Before you start set out cones in pairs about 2 feet apart. These are your gates. Randomly position them all over the field. Players work in groups of two, they have to try to get through all of the gates by passing the ball to one another. You can have someone be "it" that is trying to take their ball away, or you can run this as a race and see who can get through the gates the quickest.

Spread Out (Beginning of field positions)

1. At this age this is just the constant reminder to spread out. Don't just stand by your friends, don't take the ball away from your own teammate, and getting in front of the other team when they have the ball.