


Blackhawk Area Soccer Association
P.O. Box 1602 - Chippewa
Beaver Falls, Pa 15010

Basic Requirements for U6 Children

Rules

- 1) One touch: Same Player who kicks off / Throws In may not retouch the ball until it is touched by another player on either team
- 2) Handling: Players may not touch the ball while in play
- 3) Goal Kick / Corner Kick : Players should learn the difference between them. Goal kick is when the ball passes over the end line (goal line) last touched by an attacker, Corner kick is when ball crosses end line last touch by a defender.

Skills

- 1) Proper Throw in
- 2) Dribble with all parts of the foot (not just the inside)
- 3) Push pass

Positions (terminology)

Offense

Defense

CHARACTERISTICS OF U6 CHILDREN

Short attention span.

Most are individually oriented (Me, My, Mine).

Constantly in motion.

Psychologically easily bruised.

Little or no concern for team activities.

Physical and psychological development for boys and girls quite similar.

Eye/hand or eye/foot coordination most primitive.

Love to run and jump.

Prefer large soft balls and nerf balls.

catching skills not developed.

Can balance on good foot.

No sense of pace. (Go flat out).

U6 CURRICULUM

Coaching Emphasis-Individual Play and Fun: Coaches of U5 and U6 children should ensure that their players enjoy their soccer experience and are eager to come back. In addition, they should help the children to be ball oriented (i.e. active in moving towards the ball at all times, etc.) and assist them to become competent playing 1v1. **NO LINES, NO LAPS and NO LECTURES.**

Game Format: 3v3 (3 field players). **NO GOALKEEPERS.**

Roster Size: Maximum of 6 (or the NASC will specify according to player availability).

Soccer Knowledge: Not using hands (during the game), in & out of play, direction of attack.

Team positions: *NONE* Shape can be addressed, i.e., "Magic triangle". The kids can be set up in a triangle to start the game and at other natural breaks in the game (Kick-offs, goal-kicks, etc.). During the game, children must be allowed to run around freely.

*****UNDER NO CIRCUMSTANCES, SHOULD CHILDREN BE MADE TO STAND IN POSITION, STAND ON A LINE, TO STAND BACK OR STAY IN A CERTAIN AREA, ETC. *****

Technical Emphasis: The following techniques should be covered indirectly through the use of developmentally appropriate **GAMES and FOOT SKILLS:**

1. Running with the ball.
2. Changing direction while running with the ball.
3. Kicking the ball (with multiple surfaces).

Tactical Emphasis: Players should be aware of the direction they are attacking. In addition, coaches should develop players to be ball-oriented (i.e. always moving towards the ball, always wanting to be involved in the action, etc.).

Practice/Game Schedule: Two days per week 45-min. to 1-hr. First day practice.

Recommended Activities: One player-one ball activities (Tag games with/without the ball, target kicking games, maze races [no dribbling around cones set-up in a straight line!!!], etc). 1v1 games and small-sided scrimmages.

Player Equipment: Size 3 ball, athletic shoes, appropriate clothing, shin guards and high socks over the shin guards.

U6 MODIFIED RULES

The field: 25 x 20 yards (approx.) recommended 4-5 yards (approx.) arc in front of goal.

The goal: 6 feet wide by 4 feet high (approx.) Cones or flags can be used if goals with nets are unavailable.

The ball: Size 3 is recommended.

Players: Number on the field at one time: 3. Each player shall play a minimum of 50% of the total playing time.). **THERE ARE NO GOALKEEPERS**

The kick-off: One team will be designated to kick-off at the start of the game. Kick-off is intended to insure possession and can go forward or backward to a teammate. The ball is not kicked "football style" to the other team. Opponent must be three (3) yards from the center mark while kick-off is in progress.

Duration of Game:

- A. The game shall be divided into four (4) equal, eight (8) minute quarters.
- B. There shall be a two (2) minute break between quarters one and two another two (2) minute break between quarters three and four.
- C. There shall be a half-time break of five (5) minutes.

Ball out of play: When the ball goes completely out of the boundary lines, a player from the opposite team should place the ball at a point near where it went out of play and dribble it or kick it back into play. Opposing players must be five yards away. Once the ball has been reentered, it can be touched by anyone.

Practice Schedule: One "45 minutes" practice per week

Equipment: Players should wear athletic type shoes. Soccer shoes are not necessary but are OK. Players must wear shin guards and must be covered by a pair of high socks. Shorts are recommended. Clothing should not be restrictive. Every player should have a soccer ball or have access to one at practices and games.

DRIBBLING

Dribbling: Guide the ball with both feet, use all surfaces of the foot, upper body is bent slightly over the ball, keep the ball in close when in a crowd, using light touches, push it further out in front when given more space. player pushes the ball does not kick it.

- 1) Dribble in place juggling the ball between the feet left to right (Tic Toc-Just as you would juggle a basketball with the hands left to right) always encourage keeping their heads up.
- 2) Dribble from one end of the field and back or around the field alternating the inside of both feet and keeping the ball one step away.
- 3) Dribble from one end of the field and back or around the field alternating the outside of both feet and keeping the ball one step away.
- 4) Set up a dozen of cones three to five yards apart in a straight line have the players dribble in and out, up and back.
- 5) Set up a dozen of cones three to five yards apart staggered, have the players dribble in and out, up and back.

- 6) Set up cones three to five yards apart in a circle have the players dribble in and out and have the players exit the circle dribbling towards the goal for a shot.
- 7) use your imagination for any other type of dribbling exercise.

U6 Related Dribbling Games

Low Flying Airplane: Activity: every player is dribbling a soccer ball in one half of the field. When the coach yells, "it's a low flying airplane.....Hit the dirt!" each player must drop to the ground and get back up to their feet and begin dribbling again. You can keep this activity going for a while by introducing new challenges when they fall to the ground such as:

- Perform a log roll while on the ground
- Do 1 sit-up while on the ground
- Do 3 push-ups while on the ground
- Get another player's ball when you get up.

Explode: Every kid has a ball. You get them all around you dribbling their balls as close as they can get. Make sure they begin their dribbling using the inside of both feet (no toe balls at the first practice! take them keep control of the ball.....always within one step.....and do not let them run into one another or dribble their ball into one another or another player. Keep telling them to get their heads up and see the open spaces. Yell "Explode!" at which point they run away (dribbling their balls) as fast as they can. first, one to get to a boundary or cone "wins".

Simon Says: just like the common children's game, the coach gives instructions like "Simon says dribble with your left foot" or "Simon says switch balls with someone." The players only follow the instruction if they begin with "Simon says....." Anyone following instructions that do not start with "Simon says....." are knocked out. But the knocked out players should be doing something with the ball, not just watching the game continue. Continue the game until one player is left.

Follow the Leader: Pick a leader and have him/her dribble anywhere on the field, encouraging him/her to make lots of turns, changing speed, etc. all other players have to follow the leader and do whatever that player does. Switch leaders often.

Death Square or Knock Out: Everyone dribbles around trying to keep his or her own ball and kick out everyone else's ball. If a player's ball is kicked out, he must retrieve it, and then juggle the ball between his/her feet at least 15 times before getting back in. A player gets a point for every ball he kicks out (so if you spend time outside juggling the ball, you have less time to win points).

Stop & Go Dribbling: Each player must dribble in a restricted space without bumping into anyone.

Freeze Tag: three players without the ball chase and tag other players that are dribbling the ball, if they are tagged they are to stop and hold the ball above their heads with legs spread apart. They cannot start dribbling again until other players dribbling the ball pass between their legs. Switch players every three minutes.

Crab Soccer: In a designated space 10 x 10 or 15 x 15 yards have two players sitting down with their hands behind them trying to kick the ball away from the opponent while they are dribbling through. Switch players every three minutes.

Red Light/Green light: Players move freely around the area with their balls. When the coach says "green light," players dribble the balls with their feet. when he says "red light," players must stop the balls and stand still. When he says "green light" again, the players begin to dribble their balls again. Have fun with their imaginations: have the players make "brake" sounds when the coach says "red light" and have them make loud "motor" sounds when the coach says "green light."

Body Part Dribbling: The players dribble freely in a specified area. when the coach says "NOW," the players must stop the balls with any part of their body. Keep it going. After the players try it a few times, yell out a specific body part. Each player must try to stop the ball with that specific body part. Keep it going.

Sharks & Minnows: In a designated space 10 x 15 yards, the minnows line up along one 15-yard line the other line. The sharks stand inside the grid facing the minnows. When the coach says, "swim," the minnows try to dribble the balls past the sharks to the other side of the grid. If a shark steals a ball from a minnow or kicks it out of the grid, the minnow becomes a shark. The minnows that get to the opposite side get to swim again. Continue until all players become sharks. (variation) if a shark steals a ball and can dribble it over any line of the grid, the shark becomes a minnow and the minnow becomes a shark.

Driving School: This is a great game & teaches many basic skills. Easy set-up & everyone has a ball. Teaches: Control dribbling, using bottom of foot to stop, pullbacks, using outside of right foot & left foot. Set-up: Use disk cones to outline a 20-yard x 20-yard "field". (Smaller or larger, depending on age & numbers of players, but not too small or they will collide. Better for this game to be on the larger size at first).

The Game: "This is Driving School & I'm your Instructor. I'm going to teach you how to drive but you must listen carefully & do exactly what I say." Each player has a ball & must stay inside the cones. Coach uses a ball to demonstrate what each of the instructions means:

- "Go" - Start dribbling ("Keep the ball near your feet & look up while you dribble so you don't run into someone").
- "Stop" - Put foot on top of ball to stop it.
- "Slow" - Dribble slow "Speed Up" - Dribble faster but keep looking up & don't "wreck".

- "Turn right" - Use the outside of the right foot to push the ball to the right & then dribble in that direction. (This teaches them to stop & turn the ball using the outside of the foot). Be sure they know which is the right foot.
- "Turn left" - Use the outside of the left foot to push the ball to the left & then dribble in that direction. (If U-6 get confused about which is right & left, it's okay. Don't stop the game).
- "Pull back & go the other way" - Use the bottom of foot to pull the ball back (i.e., flick it backward) & then turn around & go the other way.

Tell them to be careful & not have a "wreck". As they dribble they must look up to see where they are going. If they intentionally have a wreck or have too many wrecks, they may have to go to Jail (i.e., make them go outside the cones & dribble a lap around the outside of the cone field to practice dribbling; tell them to look up while they dribble this lap & go slow & keep the ball close to their feet).

Time: Do this for 2 minutes & then evaluate & give any driving "tips" needed. Then continue the class for 2 or 3 more minutes & then stop, give "tips" & encouragement (tell them they are really improving & they can all become great drivers), & then another round of 2 - 5 minutes. At The End: Tell everyone they did great & if they keep coming to class they will become a good driver.

Comments: Whether children continue to play soccer will have a lot to do with whether it is fun at early ages. Practice Games are designed to be fun, to teach important skills and concepts, and to keep players active.

Hit the Coach: Dribbling, kicking & teaches the Coach how to be funny. A simple, fun game. Each player has a ball.

The Game: Players stand shoulder-to-shoulder facing Coach who is about 5 steps away. On "Go", the Coach runs slowly away while players dribble to chase him & try to hit him with the ball by shooting at him. They get 1 point each time they hit him. Recruit parents to help & split into 2 games or even 3, so it is less crowded, stay in a small area & have fun with this game .

PASSING

Inside of the Foot Pass: The planted foot is next to the ball pointing toward the target, kicking foot is raised, toe up strikes middle of ball, ankle is locked, contact area is between ball of foot and the heel on the inside of the foot.

Outside of Foot Pass: Angle approach to direction of the pass, toe down, ankle locked, and foot angled slightly in, contact surface is the outside of the laces, upper body is leaning slightly over the planted foot.

1) Make two lines; have players face each other approximately 10 to 15 yards apart and pass the ball back and forth using both feet, (note encourage the players to use the left foot 50% of the time more than the right foot during these exercises). Every time three to five minutes or so make the players move approximately five yards closer and keep on passing. The players should stop the ball before passing. Keep on doing the exercise until they are approximately five yards away from each other this time make them do a one - touch pass, this helps their coordination and keeps them on their toes.

2) Make two lines; one player passes the ball to the other player. The other player will run towards the ball and tries to shoot it towards the goal. The players shooting the ball should line up approximately 15 to 20 yards away and centered on the goal. Rotate the two lines so everyone gets a chance to shoot. Make players practice using both feet.

U6 Related Passing Games

Monkey in the Middle: The players make a circle with one player (the monkey) in the center. The players try to pass the ball around and the monkey tries to intercept it. When the monkey gets the ball he joins the circle and whoever made the "fatal" pass becomes the monkey. Increasing the number of monkeys and/or balls that are used can modify this game.

Battle Field: Any number of players can be used. All players line up on one end line and try to run to the other end without being hit with a ball kicked by a coach. Those who are hit join the firing squad. The game ends when everyone has been hit.

The Name of the Game: Four or more players needed. Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. This is a great at the beginning of the season, so they learn everyone's' names. If the players are doing well and you have enough players, add additional balls.

Hit the Line: Players line up side by side along one of the 15-yard lines facing the other 15-yard line. Call out the name of a player; that player tries to kick his or her ball so that it touches the opposite line or gets as close to the line as possible. After everyone has kicked his or her ball, they repeat the activity from the opposite line. (Variations) put cones or flags on the opposite line, about 5 steps apart. Now the players can try to pass their ball between the cones or flags. This is just like scoring a goal.

Boss of the Balls: Mark up a field 20y by 25y or adjust accordingly. Play 3 v. 3. Serve balls onto the field one at a time from the touchline. Each time a ball goes out of play or a goal is scored a new ball is served. The coach is "Boss of the Balls!" Play is continuous until all the balls are used. When you run out of balls, ask each player to retrieve a ball and dribble it back to you. Play is resumed. With eight players you can play 3 v. 3 plus two players as your helpers. They can retrieve balls until it is their turn to rotate into the game.

Ball Tag: Everyone has a ball and dribbles in a confined area. The player who is "it" must pass his/her ball so that it hits another player's ball. The player whose ball was hit then becomes "it".

RECEIVING

Outside of Foot Trap:

- 1) Point the toe down and roll the foot over so that the outer edge is pointing toward the ground, bending the knee, and pulling the foot towards the opposite side of the body. Experiment so that you can turn the front of the foot into as flat a surface as possible to receive the ball.
- 2) Turn slightly away from the ball, so that the knee of your receiving leg can point towards the incoming path of the ball.
- 3) Make contact with the ball, catching the ball so that the middle of the foot is vertically centered on the ball and the foot basically wraps around the ball (with the toes at the lower edge and the heel at the upper opposite edge of the ball).
- 4) As the ball meets the foot, relax the knee so that the lower leg can swing freely inward ("give"), which allows you to take speed off the ball and allows the ankle to aid in trapping the ball as your leg "gives" backward.

Wedge Trap:

- 1) Plant foot is turned slightly outward, with knee bent.
- 2) Receiving leg is bent and foot is turned sharply outward with heel dropped down, so that lower leg/foot makes an "L" shape.
- 3) Lift receiving foot off of the ground about 4-5 inches, so that contact with the incoming ball is made just below the top of the ball.
- 4) Relax the foot/leg as the ball makes contact, so that the ball is cushioned to a stop.

U6 Related Receiving Games

Teaching the Wedge Trap: Set up a line of small grids, about 2 yards square. Divide players into pairs. Put one player on one side of the grid, with 2 balls. Put the other player on the opposite side of the grid. The player who has the balls will gently roll a ball towards the opposing player, who traps the ball with a wedge trap. Once the ball is stopped, he passes the ball back to the roller (don't worry about passing technique at this stage - you will work on passing later). Have the receiver do 10 wedge traps, and then swap turns with the roller.

The players will discover that, if their foot is set at the proper height, the ball will wedge under the foot and will come to a stop. However, most of the time in soccer, you do not want the ball to come to a full stop - because you become a sitting duck for an attacker. So, once the players each have had a turn, do a second round in which the player tries to just catch the ball enough to slow it down and then taps it to the inside (if right-footed, tap to the left) so that he can pass back to the roller with his left foot. Again, don't worry about proper passing technique (although you can use it in your demos). Right now, we are worrying about learning how to catch the ball and lay it up to the inside for a pass by the opposite foot.

Teaching Outside of the Foot Trap: Use the same procedure as before, with a roller at one end of the grid and a receiver at the other. Have the receiver move toward the ball to catch it with the outside of the foot, redirect the ball to the side and then pass it back to the roller. Again, do not worry about passing technique - although it is okay to simply use good technique (kids often will mimic you - even without specific direction). What you want to do is develop the ability to catch the ball with the foot - and then lay it off to the outside for a pass with the same foot.

At your next practice, you will work on passing. However, spend the necessary time to work on receiving first. Receiving technique is the basic foundation for almost all other soccer skills - and it is essential that the players learn to do this task correctly before moving on.

The absolute best way to perfect receiving technique (so that it becomes automatic) is to find a wall and use it as a backstop (like a tennis backstop) and pass/receive repeatedly against the wall. Good players may spend as much as 30 minutes or more each day on basic wall work. Encourage your players to do this while watching TV or talking on the phone. Because the ball stays on the floor, many mothers can be convinced to allow the child to practice indoors - using stairs or the side of a chair or even an interior wall as the backstop. If Mom prefers that a smaller or lighter ball be used, this is fine. Indeed, the Brazilian National Team reportedly used tennis balls in their hotel rooms for precisely this purpose - and the basic technique and development of eye/foot coordination is the same.

SHOOTING

Shooting: Shooting is an important skill, because this is the skill used to score. All players love to score a goal. Teaching the proper shooting technique will help the player to increase his chances of scoring when given the opportunity.

- 1) The kicking leg should be planted beside the ball.
- 2) The non-kicking foot should be planted beside the ball.
- 3) The eyes should be kept on the ball while shooting.
- 4) The kicker should strike the ball with the instep or laces of his kicking foot.
- 5) The kicker should strike the ball forcefully.
- 6) The kicking foot should follow through completely.
- 7) The player should aim for the corners.
- 8) Players should be told to shoot every chance they get. This puts added pressure to the defensive team.

U6 Related Shooting Games

Emphasis on Shooting: Players stand with their backs to the goal and their feet apart. Each player releases his/her ball through his/her feet, then chases it to shoot on goal.

A. With the same situation as above, have the players release the ball over his/her head and shoot on goal before the third bounce

B. Coach holds the ball 15 yards in front of the goal. When coach points or calls a player, that player runs toward the coach. Coach rolls the ball on the ground at the oncoming player's feet. The player must spread his legs to allow the ball to pass, then turn and shoot

C. Place a small (2 yd) goal between two players. Ask them to strike the ball back and forth to each other, through the goal.

D. Add some competition in activity "C" by asking who can score the most goals in 30 seconds. Repeat.

E. Set up games of 2v2 with goals approximately 10 to 15 yards apart. As quickly as a shot is taken or the ball leaves the area, coach provides another ball, and the game continuous.

F. This game is called **SHOOT THEM UP**. The players are sitting and balls are rolled or bounced to them. The player must stand up and shoot on goal.

G. All players are in an area of 20 by 30 yard, and 4 goals are set up on the lines. Divide into two teams, each team scores as many goals as possible in any of the goals. Coach serves all balls one at a time.

THROW-IN

The Throw -In: is executed when the ball has gone out of play crossing over one of the touchlines on either side. The player must throw the ball back into play, by delivering the ball from behind and over the head in one continuous motion. There are several steps to executing a good throw-in.

- 1) The player must use both arms equally.
- 2) Both feet must be kept on the ground when the throw is made. One foot should be slightly in front of the other.
- 3) Players that are more advanced can take a short run, to throw the ball harder.
- 4) The player should hold the ball over his head, leaning backwards at the waist, and quickly swing the ball over his head.
- 5) The player should aim at an unmarked teammate's feet.
- 6) The player should throw the ball down field if all his teammates are covered.