



U6/U7 – Session 1

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Body Part Dribble:

All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) and the players then touch their ball with that part of the body.

Coach: Vary the body parts, number of body parts they call out and rate at which they call them out.



Red Light/Green Light:

All players are dribbling freely in a 25x35 yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.

Coach: Control the frequency of light changes.

Variation 2: Add other light colors and actions (i.e.: “purple light” = hop back and forth over the ball, “orange light” = run around the ball, “black light” = dance, and “blue light” = hide behind the ball.)



Get “Outta” There:

The coach sets up a 25x35 yard grid with two small goals on each end line. The players are divided into two teams and positioned at either side of the coach. The coach has all the soccer balls and is in charge of serving the balls into the grid. The players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.

Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service.



Scrimmage:

In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4); no goal keepers. If the ball goes out of bounds, they can dribble or pass in. Coach should substitute all extra players every 3-5 minutes. *Remember – when your team has the ball, they are all on offense and when you team doesn’t have the ball, they are on all on defense.*

