



# KIDS SOCCER 6-A-SIDE

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Print & Go Practice Plans and Drills

- introductory skills & having fun
- an essential guide for all kids soccer coaches



SAMPLE

## TABLE OF CONTENTS

Acknowledgement	4
Introduction	5
Our Philosophy	5
Practice Design	6
Usage Recommendations	6
Practices Summary Matrix	7
Print & Go Practices	8
· # 1 Dribbling, Relay running	9
· # 2 Ball Control, Co-ordination, Shooting	10
· # 3 Passing, 1 v 1	11
· # 4 Dribbling, Passing, Agility	12
· # 5 Dribbling, Headers, Shooting	13
· # 6 Heads Up Dribbling, Shooting	14
· # 7 Shooting, Dribbling, Reaction, Throw-Ins	15
· # 8 Agility, Passing, Dribbling, Defending	16
· # 9 Dribbling, Obstacle Runs, Passing	17
· #10 Co-ordination, Dribbling	18
Warm-Up Exercises	19
· # 1 Ball Transport	20
· # 2 Co-ordination relay	21
· # 3 Relay Race	22
· # 4 Jumping Relay	23
· # 5 Developing Ball Feeling	24
· # 6 Ball Control, Dribbling	25
· # 7 Reaction Tag Game	26
· # 8 Stop the Runners	27
· # 9 Obstacle Run	28
· #10 Obstacle Circuit	29
Ball Handling Drills	30
· # 1 Dribble between Squares	31
· # 2 Ball Receiving and Control	32
· # 3 Pass and dribble	33
· # 4 Dribble with change of target	34
· # 5 Headers and Goalkeepers	35
· # 6 Heads Up dribbling	36
· # 7 Reaction dribble to square	37
· # 8 Kick-Pick Up-Throw	38
· # 9 Circle Dribble	39
· #10 Chase a Friend	40



This is a **sample book**.

At Coach's Advantage, we know our products speak for themselves.

So we have given you the tools to run **one full practice**.

This sample includes:

- | Practice
- | Warm Up
- | Technical Skill
- | Fitness Drill
- | Tactical Drill
- | Scrimmage

## TABLE OF CONTENTS

Co-ordination Drills and Exercises	41
· # 1 Relay Game # 1	42
· # 2 Throw-Move-Catch	43
· # 3 Catch Game # 1	44
· # 4 Catch Game # 2	45
· # 5 Catch Game # 3	46
· # 6 Catch Game # 4	47
· # 7 Throw Ins	48
· # 8 Protect the Castle	49
· # 9 Obstacle relay	50
· #10 Bunny Hop	51
Motivational Skill Development	52
· # 1 Dribble through Goals	53
· # 2 Shooting # 1	54
· # 3 Pass through small Goal	55
· # 4 Pass and follow through leg	56
· # 5 Shooting # 2	57
· # 6 Dribble through Pirates	58
· # 7 Shooting # 3	59
· # 8 Passing # 2	60
· # 9 Passing # 3	61
· #10 Dribble Race	62
Small Sided Games	63
· # 1 4 v 4, no GK	64
· # 2 5 v 5 with GK	65
· # 3 1 v 1 with GK	66
· # 4 2 v 2, no GK	67
· # 5 2 v 2 with GK	68
· # 6 1 v 1 with GK, score either side	69
· # 7 2 v 2 with GK, one goal	70
· # 8 4 v 4 with GK	71
· # 9 4 v 4 with GK, three goals	72
· #10 6 v 6 with GK	73



# KIDS SOCCER PRACTICE # 1

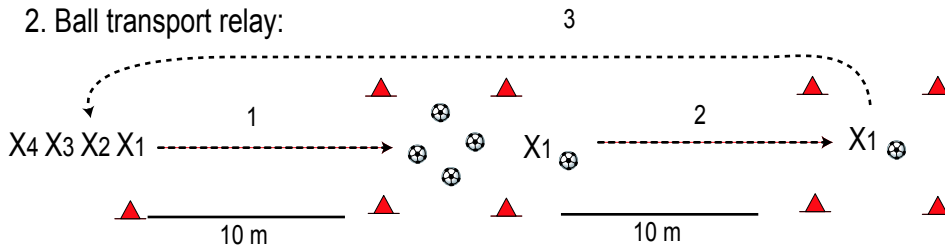
**Practice Focus: Dribbling, Relay Running**

**Time: 1 hr**

## Warm-Up: Ball Transport (10min)

1. Place balls randomly in a 20m x 30m area. Ask kids to run and jump over each ball at least once.

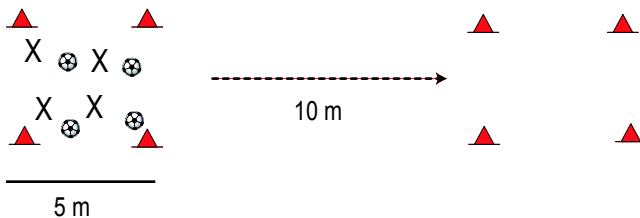
2. Ball transport relay:



1. X1 runs to square and picks up a ball with the hands.
2. X1 carries the ball and drops it into next square.
3. X1 runs back to line, tags X2 who now goes and carries next ball

Team that carries all balls first wins

## Ball Handling: Dribble Between Squares (10min)

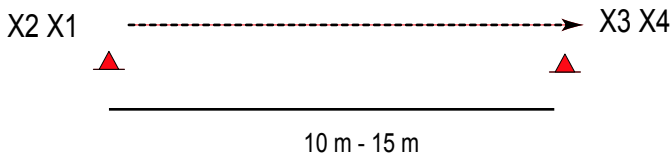


In groups of not more than 4

Dribble ball from one square to the other and back using:

- a. outside right foot
- b. inside right foot
- c. outside left foot
- d. inside left foot

## Co-ordination: Relay Game # 1 (10min)

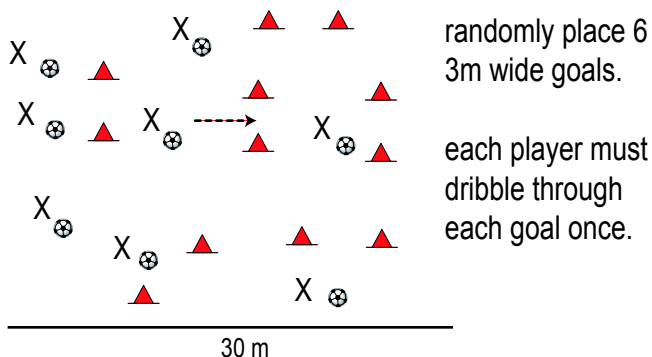


Make as many even groups as you can.

- X1 sprints to X3 and touches X3 hand to send X3 running.  
 X1 goes behind X4.  
 X3 runs towards X2, touches off X2 and takes spot of X2.  
 X2 runs and touches off X4, etc.

Once players are back in their starting position, they stop. Race is over when everyone is back where they started, First team to finish wins.

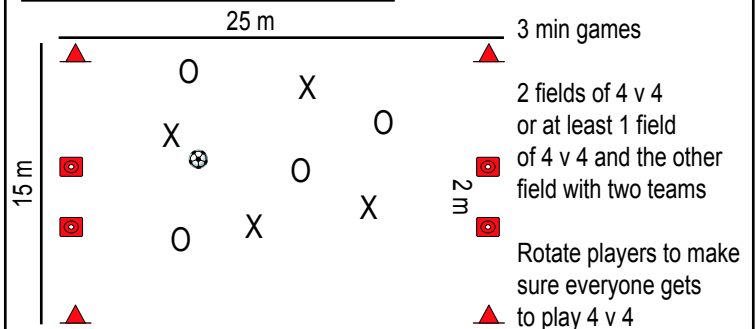
## Motivational Skill: Dribble Through Goals (10min)



randomly place 6 3m wide goals.

each player must dribble through each goal once.

## Game: 4 v 4, no GK (15 min)



3 min games

2 fields of 4 v 4 or at least 1 field of 4 v 4 and the other field with two teams

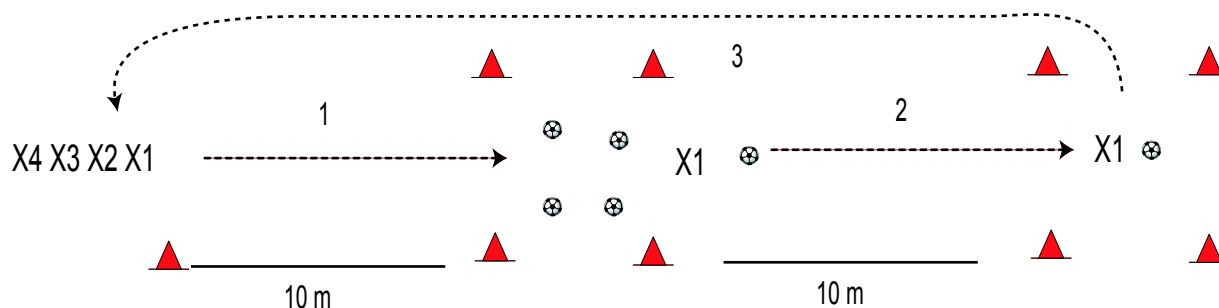
Rotate players to make sure everyone gets to play 4 v 4

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



## Warm-Up # 1: Ball Transport (10min)

1. Place balls randomly in a 20m x 30m area. Ask kids to run and jump over each ball at least once.
2. Ball transport relay:



1. X1 runs to square and picks up a ball with the hands.
2. X1 carries the ball and drops it into next square.
3. X1 runs back to line, tags X2 who now goes and carries next ball

Team that carries all balls first wins

### Coaching Points/Progression

Drill 1:

1. If kids can't jump over ball, ask them to step over it.
2. Stop the exercise after maximum of three minutes.

Drill 2:

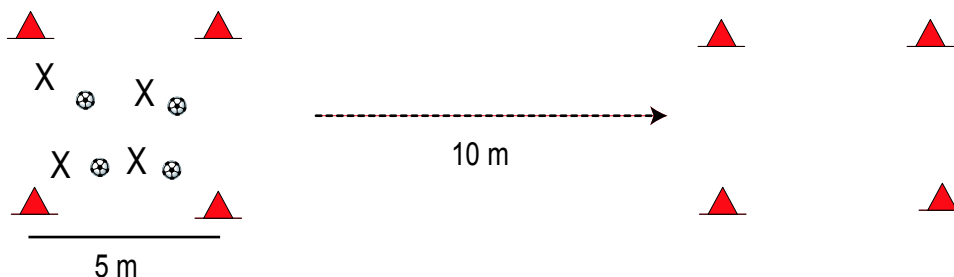
1. Divide team into even groups. If there is a group with fewer players, ensure that the stronger kids are in that group.
2. Make sure number of balls to be carried by each team is same, even if some kids have to run twice
3. Progress the drill to have players dribble ball to next square, especially for 6-8 yr olds.

### Coach's Notes



## Ball Handling # 1: Dribble Between Squares (10min)

In groups of not more than 4



- Dribble ball from one square to the other and back using:
- outside right foot
  - inside right foot
  - outside left foot
  - inside left foot

### Coaching Points/Progression

1. Younger kids (4-6) may have difficulty moving the ball with the various parts of the foot.

In that case, just let them dribble the ball whichever way they can. The important thing is that they get touches on the ball.

2. Older kids (7-8) should be encouraged to use all parts of the foot.

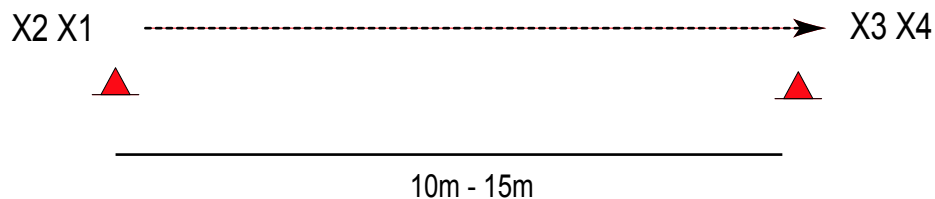
3. Ask the players to keep the ball close to the foot as opposed to kicking it far ahead.

4. If the group is very proficient, challenge them to dribble faster while keeping ball close. You can also challenge them to dribble with their head up (not staring at ball) by asking them to look at the far cones.

### Coach's Notes



## Co-ordination # 1: Relay Game # 1 (10min)



Make as many even groups as you can.

X1 sprints to X3 and touches X3 hand to send X3 running.  
X1 goes behind X4.  
X3 runs towards X2, touches off X2 and takes spot of X2.  
X2 runs and touches off X4, etc.

Once players are back in their starting position,  
they stop. Race is over when everyone is back where they started,  
First team to finish wins.

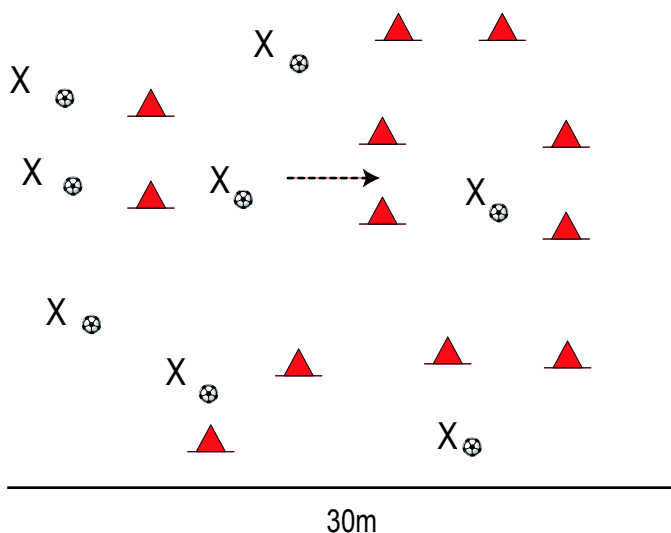
### Coaching Points/Progression

1. Ensure players don't cheat by running too early. They must touch the hand before the run can start. Also keep an eye on the feet and make sure they are in line with the cone until the hand is touched.
2. If you have uneven number of players and cannot make even number groups, then add coaches, parents, siblings to make it work. This will add to the fun for the kids.
3. If one group wins all the time, change up the teams.
4. Use a shorter distance for the younger age group.
5. For older kids, you may ask them to do the relay running backwards.

### Coach's Notes



## Motivational Skill # 1 : Dribble Through Goals (10min)



randomly place 6 - 3m wide goals.

each player must dribble through each goal once.

### Coaching Points/Progression

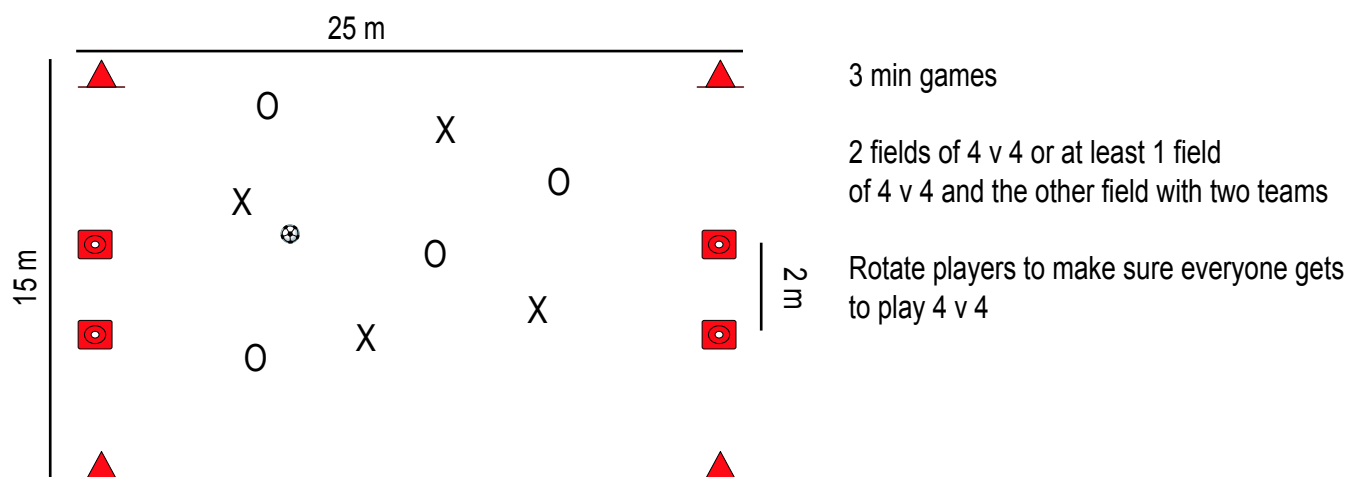
1. For younger kids (4-6) you may want to have more little goals than players to minimize collisions. You may also want to make the grid smaller for the younger groups.
2. If you see lots of collisions between players, ask them to keep their head up while dribbling.
3. Keep an eye on the younger kids to make sure they dribble through different goals, but don't make a big issue if they miss one. The important thing is they keep moving with the ball.
4. For older kids or more skilled groups, progress the drill by asking each player to keep track of which goals they went through and determine who completes all goals first.
5. To help players, you may number the goals with a sign, by writing on the cone or placing a numbered shirt beside it.

### Coach's Notes





## Game # 1 : 4 v 4, no GK (15 min)



### Coaching Points/Progression

1. Reduce the size of the field as necessary for younger kids (4-6) to make sure everyone is close to the ball.
2. For younger kids, don't worry about passing. Just let them play. Encourage everyone to "steal" the ball from the player who has it, but make sure they don't take it from their own team mate. This may be difficult with the younger kids, so please use good judgment. The importance is that they keep active.
3. Older or more advanced teams should be encouraged to pass to team mates and to shoot at goal vs. trying to dribble through it.
4. For older and more skilled groups you can increase the size of the goal to 4 m wide and add a goalkeeper.

### Coach's Notes