

NORTHSHORE YOUTH SOCCER ASSOCIATION **NORTHSHORE**



U6

COACHES BOOKLET



Welcome U6 Coaches,

Thank you for volunteering to be a part of this fun, important, and foundational program. The goal is to give beginning players an introduction to basic soccer skills and initiate a solid understanding of the rules of the game all while having a good time and developing a love for the sport. This program is designed to expose these new, young players to the world of soccer.

This program is run by volunteers, but the support of our paid staff makes it one of the most successful programs in the area. Below is a brief description of what will take place during the fall season for these U6 teams.

Once players are registered, they will be placed on teams with a roster of 4 to 6 players. All U6 teams will meet once a week for eight weeks. Each session will be for one-hour, which will include 25 minutes of practice and a 25-minute game. Two teams will share one 30x20-yard field. Weekly sessions will be provided to the parent coach before the start of the U6 Program. Youth Directors will be on-site to observe parent coaches during practices and will provide support and feedback when needed. During the 25-minute practice, the parent coach will run their team through the provided practice session. Following practice, the two teams sharing the field will play a small game. The game will be divided into two, equal 10-minute halves with a five-minute break in between (25 total minutes). A volunteer parent referee from each team will officiate one-half of the game.

Northshore Youth Soccer Association encourages all adults to make sure that playing soccer is a positive and enjoyable experience for these young players. This program is non-competitive, and the score of any games will not be kept. All coaches and parents need to be positive and encouraging influences in each player's participation.

If you have any questions about the U6 Program, please feel free to contact me.

Michael Duncan
Northshore Youth Soccer Association
Director of Coach and Player Development
michael@northshoresoccer.org



WASHINGTON YOUTH SOCCER PARENT/GUARDIAN CONSENT AND PLAYER MEDICAL RELEASE FORM



Player's Name: _____ Date of Birth: _____ Date of Last Tetanus Booster: _____

Address: _____ City: _____ State: _____ Zip: _____

EMERGENCY INFORMATION

Parent/Guardian Name: _____ Home Phone: _____ Work Phone: _____

Parent/Guardian Name: _____ Home Phone: _____ Work Phone: _____

In an emergency, when Parent/Guardian cannot be reached, please contact:

Name: _____ Home Phone: _____ Work Phone: _____

Name: _____ Home Phone: _____ Work Phone: _____

(If necessary please use additional sheet and attach to form)

Have you ever been rendered unconscious or suffered a concussion? Yes / No How many times? _____ When? _____

Have you ever suffered a back injury? Yes / No If yes when? _____

Have you ever been diagnosed, by a Doctor, with any serious medical conditions or any condition that may impact your ability to participate in athletic competitions? Yes / No If yes what and when? _____

Allergies: _____

Player's Physician: _____ Home Phone: _____ Work Phone: _____

Medical and/or Hospital Insurance Company: _____ Phone: _____

Policy Holder: _____ Policy #: _____ Group #: _____

WASHINGTON YOUTH SOCCER PARENT/GUARDIAN CONSENT AND MEDICAL RELEASE

Recognizing the possibility of injury or illness, and in consideration for the Washington Youth Soccer and members of Washington Youth Soccer accepting my son/daughter as a player in the soccer programs and activities of Washington Youth Soccer and its members (the "Programs"), I consent to my son/daughter participating in the Programs. Further, I release, discharge, and otherwise indemnify Washington Youth Soccer, its member organizations and sponsors, their employees, associated personnel, and volunteers, including the owner of fields and facilities utilized for the Programs, against any claim by or on behalf of my player son/daughter as a result of my son's/daughter's participation in the Programs and/or being transported to or from the Programs, which transportation I authorize.

My player son/daughter has received a physical examination by a physician and has been found physically capable of participating in the Programs. I have provided written notice, which was submitted in conjunction with this release and attached hereto, setting forth any specific issue, condition, or ailment, in addition to what is specified above, that my child has or that may impact my child's participation in the Programs. I give my consent to have an athletic trainer and/or doctor of medicine or dentistry provide my son/daughter with medical assistance and/or treatment and agree to be responsible financially for the reasonable cost of each assistance and/or treatment.

Signature of Parent/Guardian

Date



U6 Player Objectives

1. Dribbling

- Ball Mastery - using all surfaces of both feet (inside, outside, and sole).
- Use simple moves and fakes to deceive an opponent.
- Changing direction and pace.
- Speed Dribbling (touches on the ball with the pinky toe at a sprint).

2. Shielding

- Body position - Body between the ball and opponent.
- Strength on the ball.
- Turning away from pressure - Using the inside, outside and sole of both feet.

3. Passing and Receiving

- Proper technique using the inside of both feet.
- Redirecting the ball away from pressure and into space.

4. Shooting

- Proper striking technique using the inside of both feet.
- Striking a moving ball.



“FAKE OF THE DAY”

Pull Back

Start with the ball out in front of you. Put the bottom of your foot on top of the ball and pull the ball back allowing it to go behind you. Turn towards the ball and take a second touch with the outside of the same foot that you pulled the ball back with. Explode for 3 yards to finish the move. Make sure to practice with both feet.

<https://vimeo.com/8459791>

Puskas (The “V”)

Start with the ball out in front of you. Pull the ball back alongside your standing leg then take a touch with the outside of the same foot and explode for 3 yards to finish the move. Make sure to practice with both feet.

https://youtu.be/C4Q182W9ILI?si=WjWsYFt_tlvbYCRn

Stanley Matthews

Start with the ball out in front of you. Pull the ball twice with the inside of the foot then push it away with the outside of the same foot. Explode for 3 yards to finish. Make sure to practice with both feet.

<https://youtu.be/a1L5J-ijILQ>

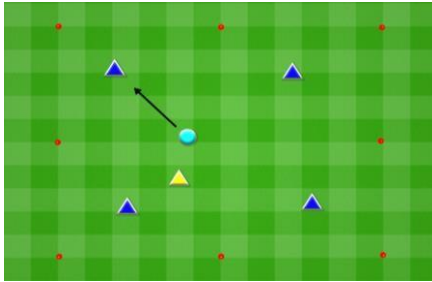
Scissors

Start with the ball out in front of you. Take your right leg and go clockwise around the front of the ball. After going halfway around the ball, step down with that right leg and then take a touch with the outside of your left foot. Explode for 3 yards to finish the move. Make sure to practice going in both directions.

<https://vimeo.com/8373512>



DRIBBLING TO KEEP POSSESSION



Sunshine & Freeze

(15 by 15-yard area)

Pick a player off your team to be the **Freeze** (in blue) and another player to be the **Sunshine** (in yellow). **Freeze** will try to tag all the rest of the players running around inside the grid. Once a player is tagged, they are frozen and cannot move until **Sunshine** comes along and tags them. Once a player is unfrozen, they can again run away from the **Freeze**.



Dribbling on the Island

(15 by 15-yard area)

Have the player perform the different technical skills while dribbling around on the island.

"Dribble" - Moving the ball around the island by using different surfaces of both feet.

"Freeze" - Stop the ball with the bottom of the foot.

"Hat Dances" - With a foot on top of the ball, simply switch feet.

"Switch" - Freeze your ball and then find someone else's ball to dribble.

"Tic-Toc's" - Tapping the ball back and forth with the inside of both feet.

"Fake of the Day" - **Pull Back** (Demonstrate the move and have them practice it.)

"Simon Say's" - Coach calls out one of the above skills while dribbling.

(e.g.) - **"Simon says do 8 Hat Dances."** **"Simon says Dribble."**



Bear Attack

(15 by 15-yard area)

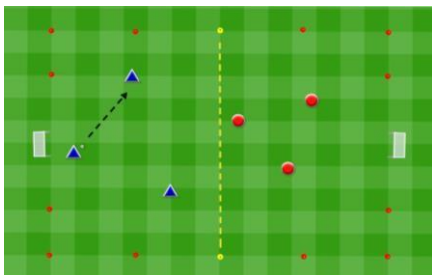
The coach is the **Bear** and puts pressure on the players dribbling around on the island. If a player and/or ball goes off the island, the player must do 8 **"Hat Dances"** before coming back on the island.

1 Point to every player that does a **Pull Back** away from the bear.

Variant - Introduce a **Bear Cub** (player) in place of the coach. Once the **Bear Cub** wins the ball, they keep it, and the player who lost it becomes the new **Bear Cub**.

Coaching Points

- *Keep the ball close to the feet.*
- *Find open space to dribble in. (Heads Up)!!!*
- *Change of pace (get away fast).*
- *Shield the ball (keep your body between the ball and the "bear").*



3 vs. 3 Game (25-minute game)

30 by 20-yard area with goals on each end and a build-out line at the halfway mark.

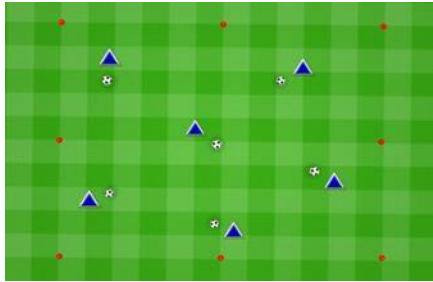
Play the game with goal kicks, corner kicks, and throw-ins.

Coaching Points

- *Use all the space available by spreading out.*
- *Encourage players to dribble and take their opponents on.*
- *Ask players not to individually lose possession of the ball.*



DRIBBLING TO KEEP POSSESSION



Dribbling on the Island

(15 by 15-yard area)

Have the player perform the different technical skills while dribbling around on the island.

"Dribble" - Moving the ball around the island by using different surfaces of both feet.

"Freeze" - Stop the ball with the bottom of the foot.

"Tic-Toc's" - Tapping the ball back and forth with the inside of both feet.

"Switch" - Freeze your ball and then find someone else's ball to dribble.

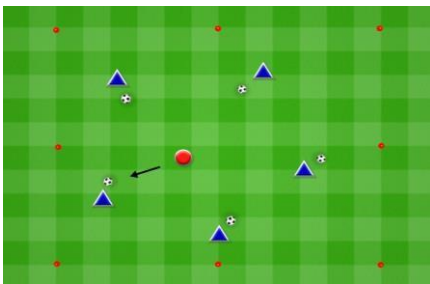
"Hat Dances" (Backwards) - With a foot on top of the ball, pull back, step back, then switch feet.

"Inside, Outside" - Inside then outside of just the right foot, then switch feet.

"Fake of the Day" - **Puskas** (Demonstrate the move and have them practice it.)

"Simon Say's" - Coach calls out one of the above skills while dribbling.

(e.g.) - **"Simon says do 8 Inside, Outside and then switch feet."** **"Simon says dribble."**



Sharks and Minnows

(15 by 15-yard playing area)

Have all the players with balls inside the playing area. On the coaches command the players are looking to knock each others ball out without loosing their own. If a player loses their ball outside the playing area, then they become a **Shark** and tries to kick the remaining players ball out.



The Blob

(15 by 15-yard playing area)

All players have a ball except for two that link arms. The two players that are linked are the **Blob**. These two players will move around in the playing area trying to kick balls out of the area. If a player's ball is kicked out of the playing area, they become a part of the **Blob**. If the **Blob** grows to 4 then they break back down into pairs. The last two players with balls become the new **Blob** for the next game.

Coaching Points

- *Keep the ball close to the feet when dribbling*
- *Find open space to dribble in (Heads Up)!!!*
- *Change of Pace (Quickly get away)*



3 vs. 3 Game (25-minute game)

30 by 20-yard area with goals on each end and a build-out line at the halfway mark.

Play the game with goal kicks, corner kicks, and throw-ins.

Coaching Points

- *Use all the space available by spreading out.*
- *Encourage players to dribble and take their opponents on.*
- *Ask players not to individually loose possession of the ball.*



DRIBBLING TO PENETRATE



Red Light, Green Light

(15 by 20-yard area).

All players need to be at one end of the field each with a ball, the coach on the opposite end. The players are the drivers, and the balls are their cars. The coach is the police officer controlling the traffic. When the coach calls **"Green Light"**, all players must dribble their ball towards the coach. When the coach calls **"Red Light"**, all players must **"Freeze"** their ball as fast as they can. If the ball is still moving 2 or 3 seconds after **"Red Light"** is called out, 4 **"Hat Dances"** (**Backwards**) must be done by that player. Once each player reaches the coach, the coach can give each player a high five for their reward.



Dribbling on the Island

(15 by 15-yard area)

Have the player perform the different technical skills while dribbling around on the island.

"Simon Say's" - Coach calls out a certain skill. (e.g.) - **"Simon says do 8 Tic Toc's."**

"Dribble" - Moving the ball around the island by using different surfaces of both feet.

"Hat Dances" (**Forward**) - With a foot on top of the ball, push the ball forward then switch feet.

"Switch" - Freeze your ball and then find someone else's ball to dribble.

"Tic-Toc's" (**Forward**) - Tapping the ball with the inside of both feet while moving forward.

"Inside, Outside" - Inside then outside of just the right foot, then switch feet.

"Fake of the Day" - **Stanley Matthews** (Demonstrate the move and have them practice it.)



Tiger Ball

(15 by 15-yard area)

Each player starts with a ball except for the **Tiger** who wears a colored vest. The **Tiger** starts in his cage (on the side of the playing area). When the coach says **"Go"**, the **Tiger** tries to win another player's ball by picking it up. If successful, the tiger gives the ball back to the other player, who rolls it to the coach and becomes another **Tiger**. The last player to still have their ball is the new **Tiger** for the next round.

Note - Make sure that the Tiger only tries to pick up a ball that has gotten away from the player dribbling it.

Coaching Points

- *Keep the ball close to the feet when dribbling.*
- *Change Direction!!! Find space to dribble in.*
- *Change Pace!!! Look to get away from the tiger.*



3 vs. 3 Game (25-minute game)

30 by 20-yard area with goals on each end and a build-out line at the halfway mark.

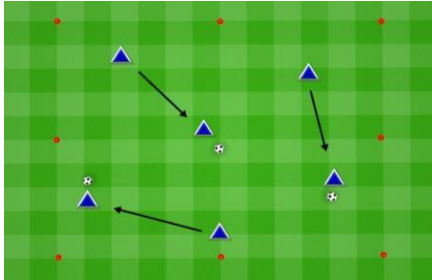
Play the game with goal kicks, corner kicks, and throw-ins.

Coaching Points

- *Use all the space available by spreading out.*
- *Encourage players to dribble and take their opponents on.*
- *Ask players not to individually lose possession of the ball.*



DRIBBLING TO PENETRATE



Tag (15 by 15-yard area)

Half the players have a ball and are the attacking dribblers. The other half are holding a practice bib and are the defenders. The objective is for the dribbling players to keep possession of their ball and avoid being tagged. If a defender can touch one of the attacking dribblers, then they switch roles.

Coaching Points

- *Keep the ball close to the feet when dribbling.*
- *Change direction! Find space to dribble in.*
- *Change Pace! Look to get behind the player.*
- *Don't lose possession of the ball (Shield it).*



Dribbling on the Island

(15 by 15-yard area)

Have the player perform the different technical skills while dribbling around on the island.

"Simon Say's" - Coach calls out a certain skill. (e.g.) - **"Simon says do 8 Tic Toc's (Forward)."**

"Dribble" - Moving the ball around the island by using different surfaces of both feet.

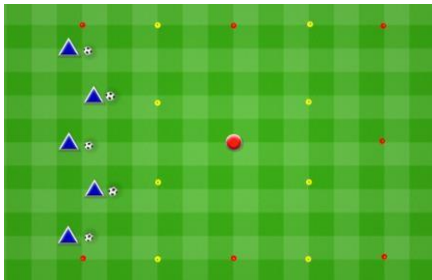
"Hat Dances" (Backwards) - With a foot on top of the ball, push the ball forward then switch feet.

"Switch" - Freeze your ball and then find someone else's ball to dribble.

"Tic-Toc's" (Forward) - Tapping the ball with the inside of both feet while moving forward.

"Inside, Outside" - Inside then outside of just the right foot for 8 touches, then switch feet.

"Fake of the Day" - **Scissors** (Demonstrate the move and have them practice it.)



The Alligator Game

(20 by 15-yard area with a 5-yard zone running across the playing area).

All players need to be at one end of the field each with a ball, the coach is the **Alligator** in the river. The **Alligator** can only live in the river and cannot go on the island. The coach says **"Go"** and all the players must dribble their ball through the river and get safely to the other end of the island without the **Alligator** kicking their ball off the side of the island. If a player's ball is kicked off the island, they now become an **Alligator** and helps the coach in the river. The last player to become an **Alligator** is now the new **Alligator** for the next game.



3 vs. 3 Game (25-minute game)

30 by 20-yard area with goals on each end and a build-out line at the halfway mark.

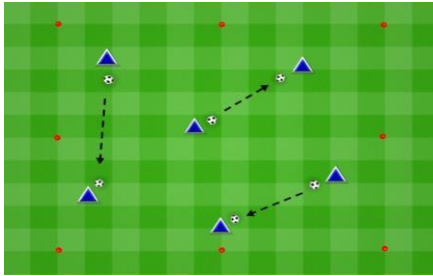
Play the game with goal kicks, corner kicks, and throw-ins.

Coaching Points

- *Use all the space available by spreading out.*
- *Encourage players to dribble and take their opponents on.*
- *Ask players not to individually loose possession of the ball.*



INTRODUCTION TO PASSING



Marbles

(15 by 15-yard area)

Players dribbling around in the playing area try and pass their own ball and hit other player's ball for a point. If a player's ball goes outside the area, they must do 8 "Tic-Toc's" before re-entering the playing area. Play for 45 seconds, then ask the players how many points did they get. Make sure during the next round that the players use their nondominant foot when passing.

Coaching Points

- *Keep the ball under control while looking to score a point.*
- *Encourage players to use the inside or outside of the foot when passing.*



Tunnel Tag

(15 by 15-yard area)

Have all the players with balls except for two dribbling around on the Island. The player without the ball is **It** and must try to tag (freeze) all the other players dribbling. If a player is tagged, he or she must pick their ball up and spread their legs apart. Players that are not frozen must try and pass the ball between the frozen players legs to get them unfrozen.

Coaching Points

- *Keep the ball close to the feet when dribbling*
- *Find open space to dribble in (Heads Up)!!!*
- *Change Direction, Change of Pace*
- *Make sure to use the inside or outside of the foot when unfreezing a frozen player.*



Clean up your Room

(15 by 20-yard area with a dividing line down the middle).

Split the team into two groups. Have one group on each side of the dividing line, that is their **Room**. Each team tries to keep its own half free of balls by passing them into the other team's **Room**. Balls must be passed on the ground and players may not cross the centerline. The coach can interrupt the game periodically and all players must freeze. The team with fewer balls in their **Room** scores a point. Repeat several times.

Note – Have parents help retrieve the balls that getaway.

Coaching Points

- *Make sure passes are with the inside of the foot.*
- *Ask players to take a positive touch forward before passing.*
- *Encourage players to put pace on the ball and to be accurate with their passes*



3 vs. 3 Game (25-minute game)

30 by 20-yard area with goals on each end and a build-out line at the halfway mark.

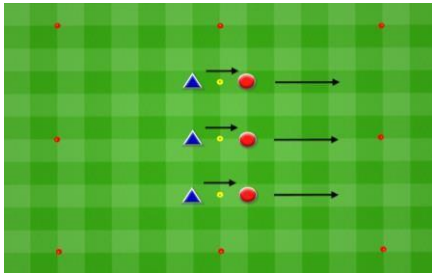
Play the game with goal kicks, corner kicks, and throw-ins.

Coaching Points

- *Use all the space available by spreading out.*
- *Still encourage players to dribble when they have space in front of them.*
- *Players off the ball must move to create passing opportunities for the player with the ball.*



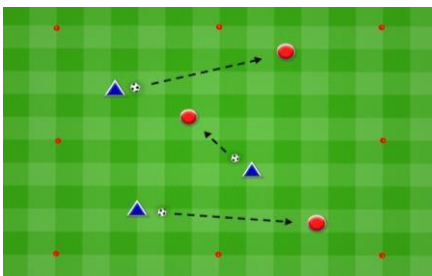
INTRODUCTION TO PASSING



Catch the Rabbit

(15 by 15-yard area).

In pairs, have the players set up at cones in the middle of the playing area. Have them face each other. One player is the “rabbit” and the other is the “hunter”. The rabbit attempts to run back to the line behind them, and the hunter attempts to tag the “rabbit” before they get there. The “rabbit” can start their run at anytime and the “hunter” must react quickly. When they finish, the pairs return to the center cones and switch roles.



Hunters and Rabbits

(15 by 15-yard area)

The rabbit is first played by the coach, who is slowly moving around the island. The hunters dribble their ball and pass to try to hit the rabbit. When the rabbit is hit, he or she must say “Ouch” and that hunter is awarded a point. After the first round, have half the players be hunters and the other half be rabbits. Rabbits can try to avoid being hit by hopping or skipping but not running.

Note – Have the players use their nondominant foot during a round or two.

Coaching Points

- Keep the ball under control while looking for a rabbit.
- Encourage players to use the inside of the foot when passing.



Moving Goal

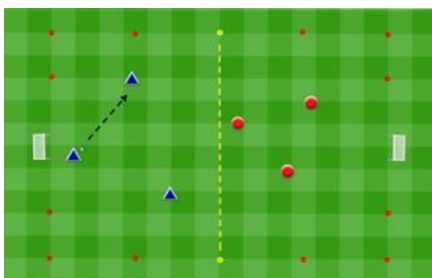
(15 by 15-yard area)

Have all the players with a ball (except for two) dribbling around on the island. The two players without a ball are the moving goal (a practice jersey stretched out between the two of them). After 45 seconds the two players that scored the most points become the next moving goal. Increase the number of goals if needed.

Note – You can ask parents or older siblings to be the goals.

Coaching Points

- Make sure passes are with the inside or outside of the foot.
- Ask players to take a positive touch forward before passing.
- Encourage players to put pace on the ball and be accurate with their passes.



3 vs. 3 Game (25-minute game)

30 by 20-yard area with goals on each end and a build-out line at the halfway mark.

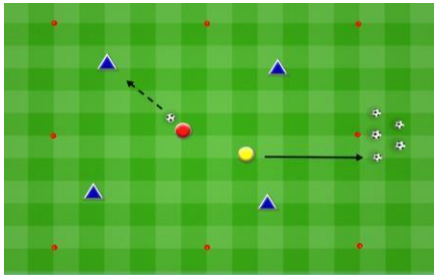
Play the game with goal kicks, corner kicks, and throw-ins.

Coaching Points

- Use all the space available by spreading out.
- Still encourage players to dribble when they have space in front of them.
- Players off the ball must move to create passing opportunities for the player with the ball.



INTRODUCTION TO PASSING

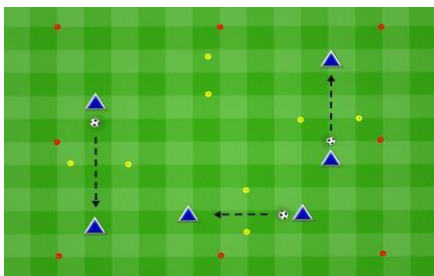


The Minion Game

(15 by 20-yard area).

One player, "Gru" starts with the ball and tries to hit the other players below the knees. When a player gets hit, they will need to get a ball and become a "Minion" joining "Gru" in trying to hit the others. The last player to remain free wins the game and becomes the new "Gru" for the next game.

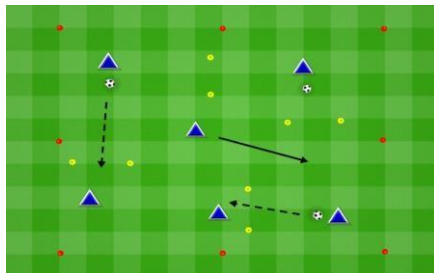
Make sure the passes are being done with the inside of either foot.



Passing for Points

(15 by 20-yard area with four 2-yard goals evenly spaced throughout the area).

Put players in teams of two with one ball. Each team of two will go to one of the goals and face each other on either side. See how many goals each team can score by controlling the ball and then passing it to their partner through the goal. Have the players count how many points are scored in 45 seconds. Stop the players, the players with the ball stand still while the players without balls, find a new partner. Go three rounds and see if the scores improve.



Passing for Points with Movement

(15 by 20-yard area with four 2-yard goals evenly spaced throughout the area).

Put players in teams of two with one ball. Each team of two will go to one set of goals and face each other on either side. See how many goals each team can score by dribbling the ball to a goal and passing it through to their partner on the other side. Have the players count how many points are scored in one minute without scoring in the same goal two times in a row.



3 vs. 3 Game (25-minute game)

30 by 20-yard area with goals on each end and a build-out line at the halfway mark.

Play the game with goal kicks, corner kicks, and throw-ins.

Coaching Points

- *Make sure passes are with the inside or outside of the foot.*
- *Ask players to take a positive touch forward before passing.*
- *Encourage players to put pace on the ball and be accurate with their passes.*

Coaching Points

- *Use all the space available by spreading out.*
- *Still encourage players to dribble when they have space in front of them.*
- *Players off the ball must move to create passing opportunities for the player with the ball.*