

Queen Anne Soccer Club

Age Group: U6/U7 Equipment: Bibs/Balls/Cones/Markers

Week 1
Theme: Dribbling

Key: X = Player
o = Marker
20 = yards
——▶ = pass
-----▶ = movement

Warm-Up: Players Name Game 10-15mins

Aim: Players move around the grid with the ball at their feet, when a call is made the players must produce the stretch that is related to the call.

Setup: Make a grid 20x20 using markers, have all the kids with balls dribbling inside the grid.

Calls: *David Beckham:* Pick up ball above head and bring down towards foot and pretend to kick. Do with both feet then carry on dribbling

Kasey Keller: Pick up ball above head and begin to skip around the grid.

Ronaldinho: Stop ball and stand over it with legs apart and jump facing different directions.

John Terry: Pick up ball above head and pretend to jump and head the ball

Tips: Don't have the kids running round in circles, make them run in different directions.
Have players call the name of the player back to you.

Basic Dribbling: Relays 10-15mins

10
XXo -----▶ oXX

Aim: Players learn to dribble in straight lines and relays.

Technique: Ball close to feet
Head up

Progression: Time Limits / Races

Dribbling Game: Bulldogs 10-15mins

20
o o o o o
X -----▶
X XD
X
X -----▶
o o o o o

Aim: Players dribble ball to opposite end of the grid without being tagged by the defender (XD), if caught they become a defender (XD).

Technique: Ball Close to feet
Head up

Accelerate away from the defender

Progression: Have defender tackle to dribblers.

SCRIMMAGE: 10 -15 mins

Queen Anne Soccer Club

Age Group: U6/U7 Equipment: Bibs/Balls/Cones/Markers

Week 2

Theme: *Passing*

Key: X = Player

o = Marker

20 = yards

————▶ = pass

-----▶ = movement

Warm-Up: Ten Steps To Heaven 10-15mins

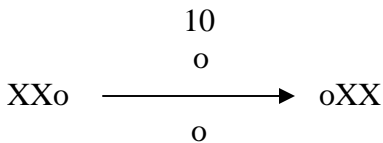
Aim: Players move around the grid with the ball at their feet, when a call is made the players must produce the skill that is related to the call.

Setup: Make a grid 20x20 using markers have all the kids with balls dribbling inside the grid.

Calls: *Number 1:* Go for a run (jog around the grid), *2:* Sole of the shoe (toe-taps), *3:* Stop with the knee, *4:* On the floor (lie down), *5:* Staying alive (toe taps whilst doing the bee gees/ Saturday night fever dance and singing).

Tips: Don't have the kids running round in circles; make them run in different directions. Have players call the number and instruction back to you.

Basic Passing: Pass and Control Relays 10-15mins



Aim: Players pass the ball between the markers and join the back of their line.

Technique: Use inside of foot (greatest surface area) and a locked ankle

Pass the ball using enough power to reach their partner but not to much that they cant control it.

Accurate passes between the markers

On your toes to receive the pass

Use inside of foot to control the ball

Communication

Progression: Time limits/ races

Increase distance of pass

Have players follow the pass

Use opposite foot

Reduce size of goals by bringing markers closer together

Passing Game: Gate Passing 10-15mins

Setup: 30x30 square with markers, with small gates within the grid (similar size to what the players have been passing through).

Aim: Players must dribble around the square to the gates and make as many passes as possible.

Technique: Same as the passing drill

Progression: Make gates smaller

Use weaker foot

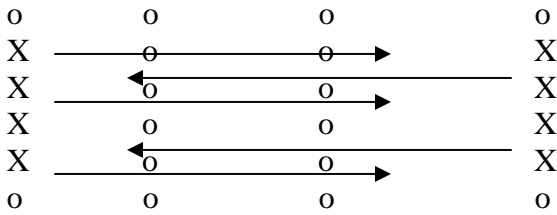
Players must make two passes through the gate

Once three passes have been made players must split and find new partners

Queen Anne Soccer Club

Age Group: U6/U7 **Equipment:** Bibs/Balls/Cones/Markers

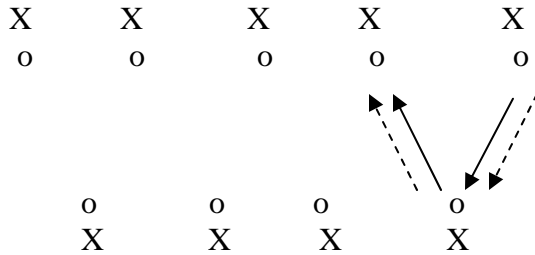
Passing Game: Clean your room 10-15mins



Aim: Two equal teams, one in each half. Players only allowed in their half not in the gap in the middle. Players must pass their balls into their opponents half and return the other teams passed balls. When the coach calls freeze the team with the least number of balls is the winner

Technique: Locked ankle and move towards the ball

Passing: Zig-Zag Passing 10-15mins



Aim: Pass and follow up the grid in a Zig-Zag once the ball has reached the end person they must return back to the start.

Progression: Have two or three at the start and start them off at different intervals.

Technique: Get players to be on toes ready for the ball and focus on where the next ball is coming from

SCRIMMAGE: 10 -15 mins

Queen Anne Soccer Club

Age Group: U6/U7 **Equipment:** Bibs/Balls/Cones/Markers

Week 3

Theme: *Shooting*

Key: X = Player

o = Marker

20 = yards

→ = pass

----> = movement

Warm-Up: Traffic Lights 10-15mins

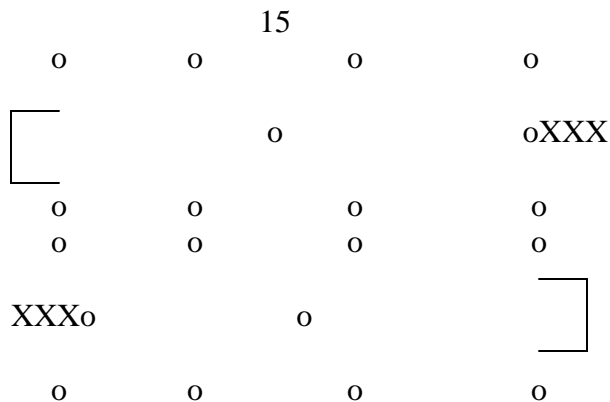
Aim: Players move around the grid with the ball at their feet, markers are held up.

Setup: Make a grid 20x20 using markers have all the kids with balls dribbling inside the grid.

Cones: *Red* – Stop, *Yellow* – Slow down and turn, *Green* – Accelerate into space

Tips: Get kids to look up, make sure that they understand to slow down before turning and stopping.

Basic Shooting: Shooting Alley 10-15mins



Aim: Players dribble ball to the marker and shoot towards goal collect their ball then join the next line. Start with no goalies!

Technique: Standing foot next to the ball

Shoot with the laces (laces for aces)

Head and knee over the ball

Shoot at the corners

Kick through the centre of the ball

The Mickey Mouse technique: Stand on Mickey’s ear and kick him in the nose as not to hurt him.

Progression: Add goalies

Shoot with opposite foot

Place cones in the corners to get kids to shoot into the corners

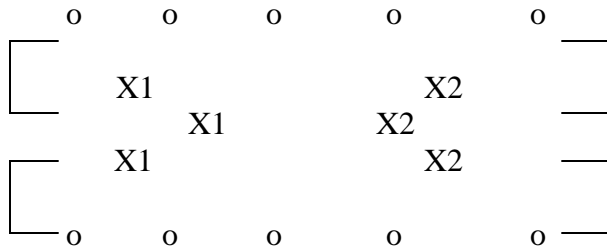
Scoring system with corners worth more than the middle of the goal

Tip: Can get kids to place ball on the marker to start with so they don’t hit the ground.

Queen Anne Soccer Club

Age Group: U6/U7 **Equipment:** Bibs/Balls/Cones/Markers

Shooting Game: Two goal shooting 10-15mins



Aim: Teams have two goals to score in and have to score as many goals as possible

No goalies!

Technique: Standing foot next to the ball

Shoot with the laces (laces for aces)

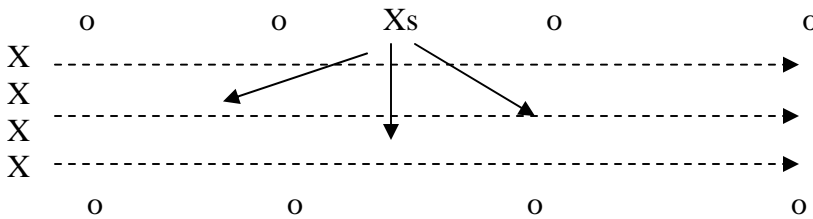
Head and knee over the ball

Shoot at the corners

Kick through the centre of the ball

Progression: Give extra points for shooting with weaker foot

Shooting Game: Austin Powers 10-15mins

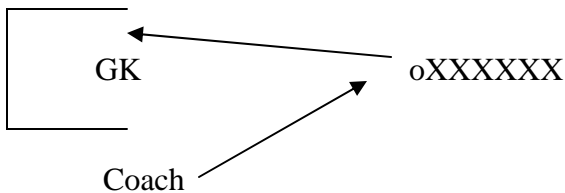


Aim: Running players must get from one side to the other without being hit by the ball from the side player(s). Once hit the running player becomes a side player (Xs).

PLEASE KEEP THE BALLS BELOW KNEE HEIGHT!

Technique: Judge run of a player and aim the ball at players whilst running

Shooting Game: Lightning 10-15mins



Aim: Players must shoot the ball with one touch. The ball is played to them by the coach.

Rules: First person in line is the GK. If the shooter (X) scores then the GK is eliminated, and the shooter joins the back of the line. If the shooter does not score the shooter becomes the GK and the original GK joins the back of the line.

Queen Anne Soccer Club

Age Group: U6/U7 **Equipment:** Bibs/Balls/Cones/Markers

If the shooter does score and join the back of the line the next person in line becomes the GK and does not have a chance to shoot. Once everyone has been eliminated the last person is the winner.

Technique: Look and think about what is happening, to predict what you might have to do next. Shoot corners and be quick.

SCRIMMAGE: 10 -15 mins

Queen Anne Soccer Club

Age Group: U6/U7 **Equipment:** Bibs/Balls/Cones/Markers

Week 4

Theme: *Control*

Key: X = Player

o = Marker

20 = yards

→ = pass

----> = movement

Warm-Up: Ten Steps To Heaven 10-15mins

Aim: Players move around the grid with the ball at their feet, when a call is made the players must produce the skill that is related to the call.

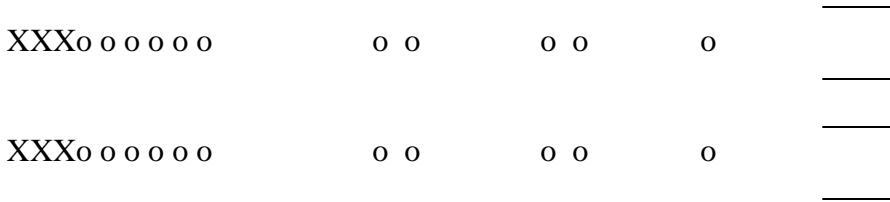
Setup: Make a grid 20x20 using markers have all the kids with balls dribbling inside the grid.

Calls: Continue from week 2.

6 – Do a trick (scissors), 7 – Up in heaven (throw ball up and head it), 8 – Pass to a mate (find a partner and swap balls), 9 – Mine o’ mine (keep ball and kick everyone else’s out of the grid), 10 – Start again!

Tips: Have players call the number and instruction back to you.

Control: Alleys Alley 20-25mins



Aim: Get players to first make their way around the marker cones without a ball to get used to the idea of the alley.

When they have the hang of it players must dribble the ball around the slalom then shoot towards goal.

Technique: Close control around the slalom

Ball close to feet

Head up

Speed up when gap increases

Slow down and stop when reaching the next slalom

Get players to do different skills when reaching the two marker slalom

Skills: Rolling foot over the ball, side to side.

Progression: Make slalom markers closer together

Time limits / races

Give points for completing each section and scoring

SCRIMMAGE: 10 -15 mins

Queen Anne Soccer Club

Age Group: U6/U7 **Equipment:** Bibs/Balls/Cones/Markers

Week 5

Theme: *Dribbling to pass*

Key: X = Player

o = Marker

20 = yards

————▶ = pass

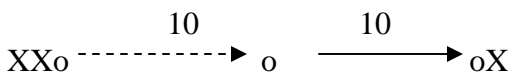
-----▶ = movement

Warm-Up: Lions Den 10-15mins

Setup: 20 x 20 grid, get players into pairs, pairs must find space in the grid and lie face down. Take one pair, one is the lion, one is the meat. The lion needs a pinny.

Aim: The meat must not get caught by the lion. To stop being the meat you can lay next to another pair and the player on the far side (not the middle player) will become the piece of meat. If caught the meat becomes the lion and the lion becomes the meat.

Basic Dribble and Pass: Relays 10-15mins



Aim: Players must dribble to the marker and then make a pass across to the next player, first have players stop the ball before passing.

Technique: Ball close to feet

Head up

Stop the ball with sole of the shoe

Pass with the inside of the foot

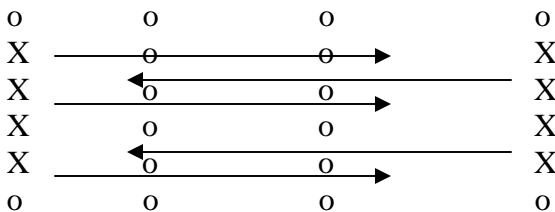
Make passes accurate and with good weight

Progression: Pass with weaker foot

Have players on the outside hold the ball whilst the passer runs round them then collects the ball back from them

Time limits / races

Passing Game: Clean your room 10-15mins



Aim: Two equal teams, one in each half. Players only allowed in their half not in the gap in the middle. Players must pass their balls into their opponents half and return the other teams passed balls. When the coach calls freeze the team with the least number of balls is the winner

Technique: Locked ankle and move towards the ball

SCRIMMAGE: 10-15 mins

Queen Anne Soccer Club

Age Group: U6/U7 Equipment: Bibs/Balls/Cones/Markers

Week 6

Theme: *Passing Accuracy and Shooting*

Key: X = Player

o = Marker

20 = yards

→ = pass

----> = movement

Warm-Up: Stuck in the Mud 10-15mins

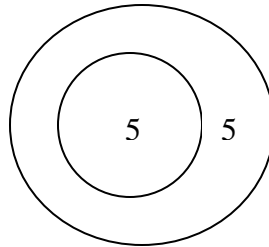
Setup: 20x20 grid, each player has a ball except two who are catchers.

Aim: To dribble the ball around the grid without being tagged, if you are tagged you must stand with the ball in your arms and your legs apart, (stuck in the mud).

To get released another player must play their ball through the legs of someone who is stuck in the mud.

Passing with Accuracy and Weight 10-15mins

Setup: A circle in the middle with a radius of 5 yards, then place another circle around the first circle with a distance of about 5 yards away from the inner circle. For Example:



Aim: Balls must be scattered around the outside of the outer circle, players must get the ball and pass it into the inside circle.

They must not go into any of the circles at any time, and any balls that do not land in the target zone must be played out by the coach.

Technique: Play the pass from where the ball lies, saves time as players will not dribble the ball to get closer to the target zone.

Once you have passed the ball quickly moves to the next free ball.

Pass with inside of foot to improve accuracy and weight of pass

Firing Range: Shooting 10-15mins

Setup: Place two goals either ends of the field put 5 cones in front of each goal. Split the team into two groups of 5. Ask them to get a ball each and place it on the cone.

Aim: To shoot their ball, leave the ball, run down the opposite end, get a new ball and shoot again off the cone. Keep repeating with players shooting and running.

Technique: Eyes on the ball

Foot planted next to the ball

Arms out for balance

Toes down and kick with the laces

Follow through

Take a few steps back from the ball and then run up and plant foot

Aim for the goal

SCRIMMAGE: 10-15 mins

Queen Anne Soccer Club

Age Group: U6/U7 Equipment: Bibs/Balls/Cones/Markers

Week 7

Theme: *Passing and Shooting*

Key: X = Player

o = Marker

20 = yards

→ = pass

-----> = movement

Warm-Up: Hand Ball 10-15mins

Setup: Using the field already setup up, split the players into two teams.

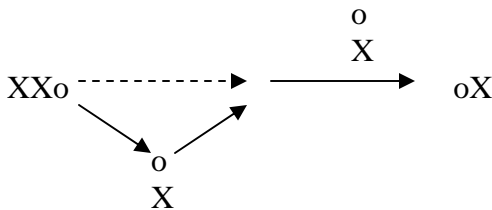
Aim: To keep ball between your team and advance up the field only using your hands.

Rules: You cannot tackle the person with the ball only block/intercept.

The person with the ball cannot move with the ball.

If the ball is dropped the ball is passed over to the other team

Passing Give and Go 10-15mins



Aim: To pass the ball to a stationary player X on the cone, make a run to receive the ball back. Then the next person goes the other way. The two people on the side must remain on the cone they do not move.

Technique: On toes to receive pass

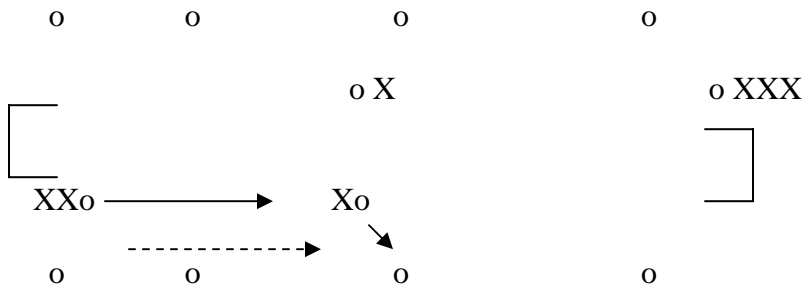
Pass with accuracy

Time run, don't go too fast as ball will go behind you

The stationary passer must pass ball in front of running player

Communicate

Overlap to Shoot 10-15mins



Aim: Players must pass to player X from their line; this can be a coach to begin with.

They will run around the player they passed to and receive the ball back, run to goal and shoot.

Once they have shot they can join the next line

Technique: Pass and move

Run fast

Pass ball in front of runner

Take few touches before shooting preferably one

SCRIMMAGE: 10-15 mins