

Fr. Casey's Bord na nÓg

Fr. Casey's Bord na nÓg U6 Coaching Plan 2021



U6 Training

Session 1

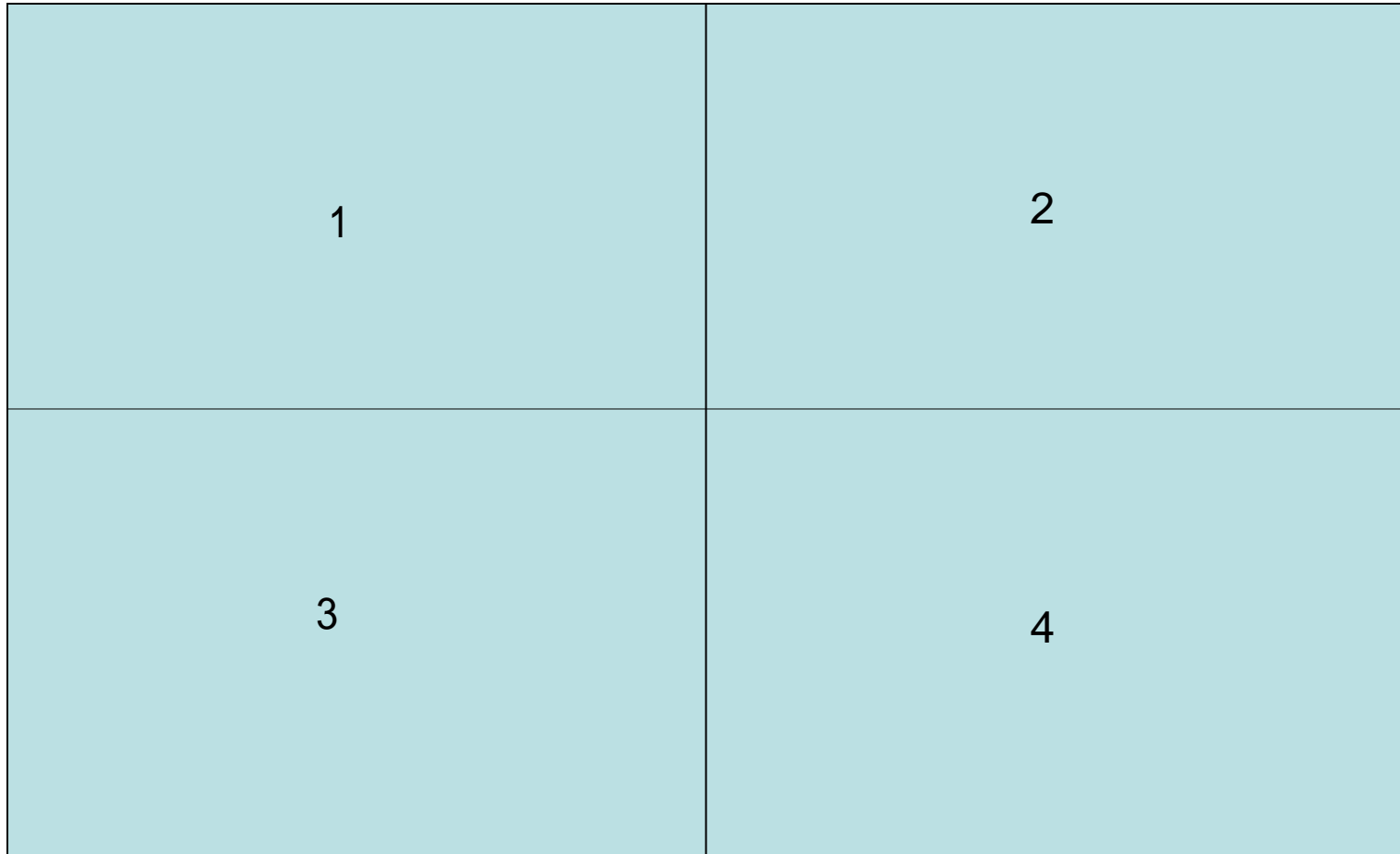
Session Layout

- 10 mins – warm up common
- 40 mins – stations
- 30 mins – matches
- 80 mins total

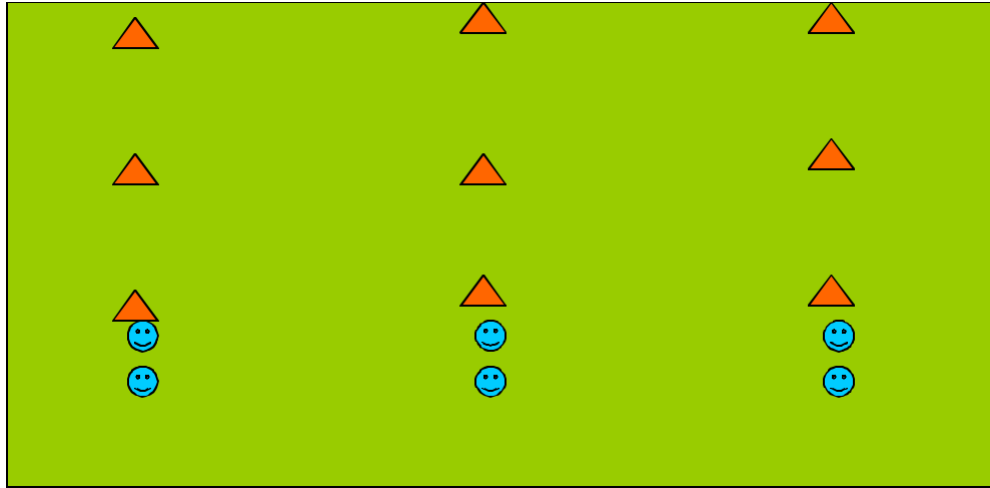
Organisation

- 50 kids/8 coaches approx
- 4 groups with 2 mentors per group
- Common warm up for all
- 4 stations to rotate

Pitch Layout



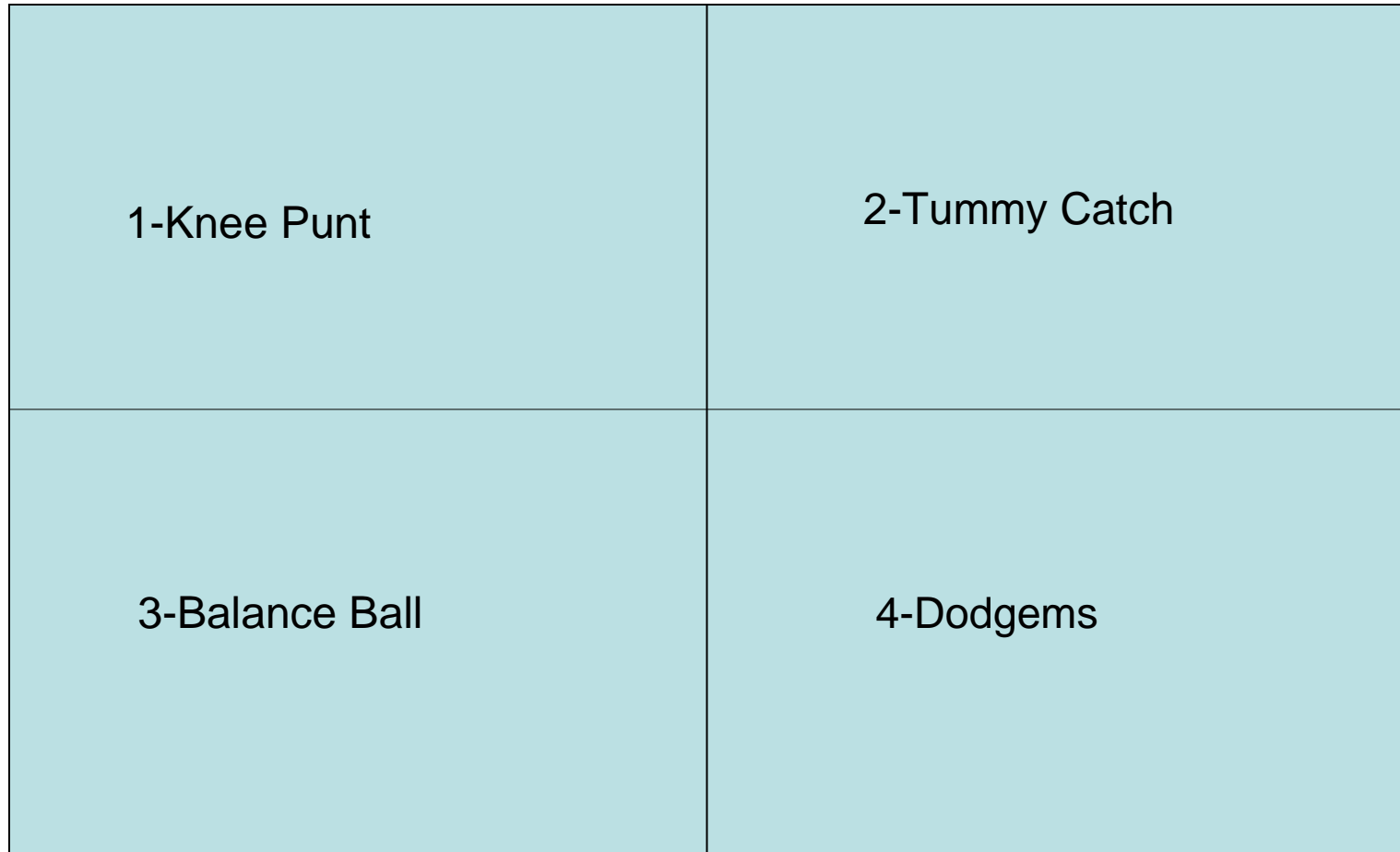
Agility Relay



Relay activities warm up.

EG: out around first cone and back – forwards, backwards, sideways, with or without ball. Include in relays with ball thrown, rolled, bounced, placed, kicked to next person. During relay child may have to bounce, pick up, roll and collect, throw and catch, kick and gather, solo football. Other activities include high knee lifts, heel flicks, imaginary jump and catch, fall and roll.

Pitch Layout



1-Knee Punt

Basic practice – one ball per person/between two.

Pre-punt kick practice for children who may struggle with punt kick on dominant or non dominant foot.

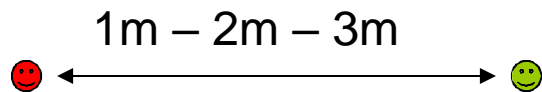
Coaching Tips

- Knee punt – drop ball to knee to strike.
- Aim – face target.
- Ball dropped and struck with knee – beware of child throwing up to knee – just let ball drop.
- Eyes on ball at all times.
- On dropping ball raise knee simultaneously.
- As with punt kick try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.

This is an excellent way to introduce the non dominant punt-kick particularly for younger children.

2-Tummy Catch

Basic practice – one ball between two throwing to each other.

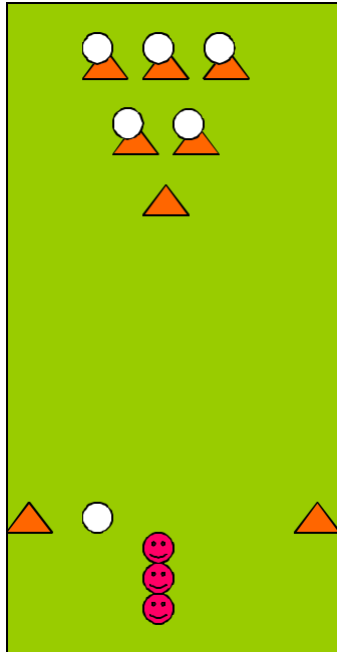


Begin at 1m apart and increase after 2mins to 2m and so on.

Coaching Tips

- Tummy catch – gather and cradle the ball to tummy.
- Aim – face target.
- Ball thrown underhand to standing partner. Aim for persons chest/jersey.
- Eyes on ball at all times.
- Catcher has eyes open and hands out ready to receive ball.
- On impact gather ball to tummy/chest with elbows “wrapping” ball tight to chest.
- Increase distance of throw to advance.
- Competition – how many throws and catches in a minute. Challenge the children.

3 – Balance Ball



Set up cones as here for a number of groups. Teams must take all balls from home base to cones and balance them.

First team to do so is the winner.

Allow children to go one at a time for their team.

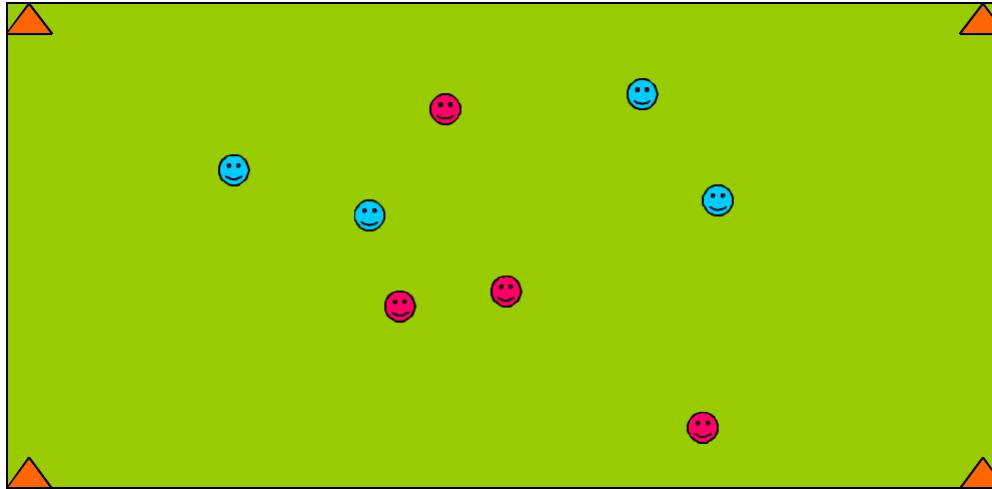
Reverse competition to see who can get balls back the quickest.

Introduce obstacles – players must solo, bounce, dribble ball as they travel.

Introduce a tackler from another group who can slow the balancer down but can not go into the cone zone.

Competition between groups – timed & beat the record.

4-Dodgems



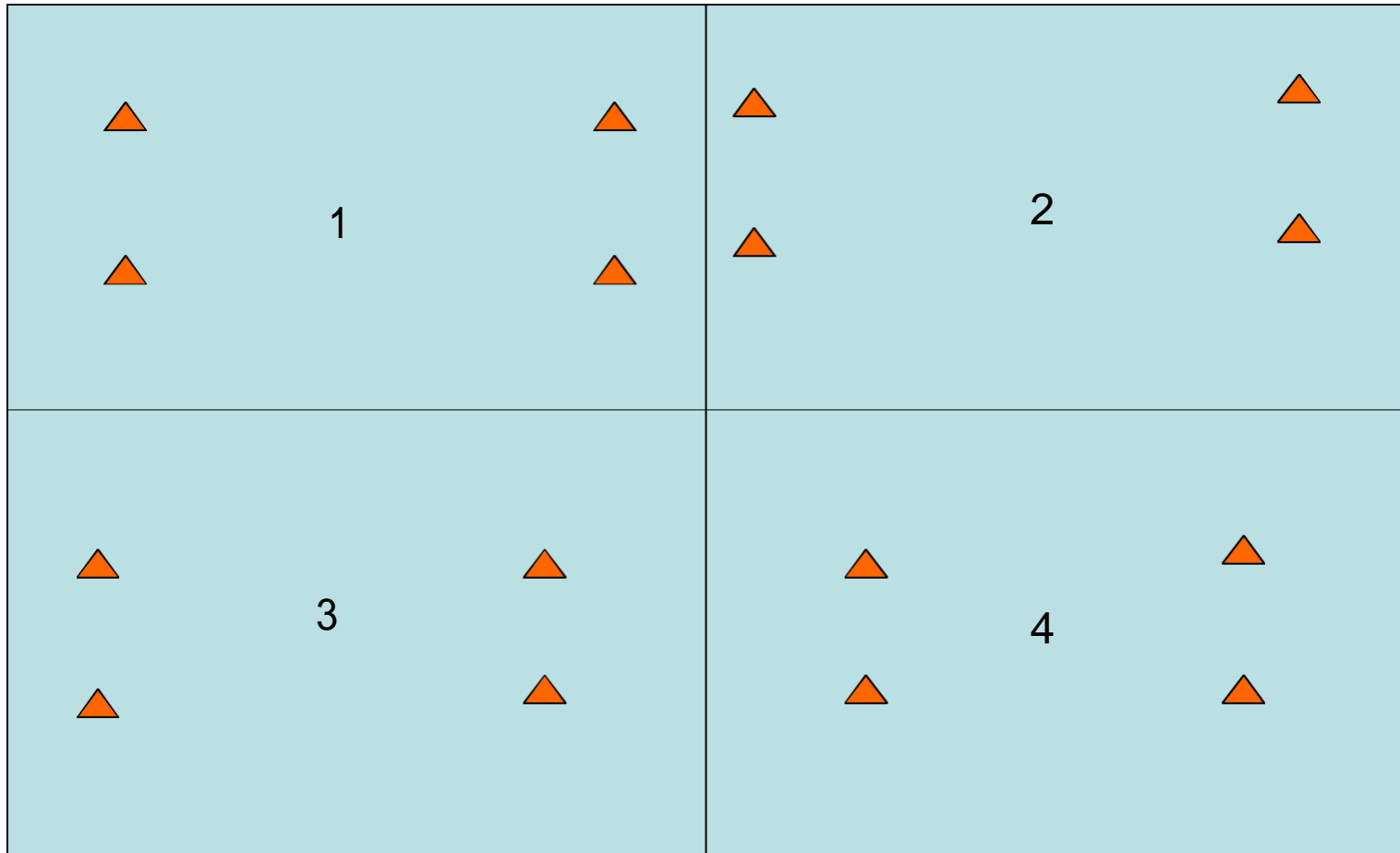
Using domes/cones as steering wheels children must avoid each other while listening to instructions of the coach.

- 1st gear = move forward
- 2nd gear = move backwards
- 3rd gear = move sideways

Variation – make space smaller.

Take care on safety and no hard bumping.

Games - Pitch Layout



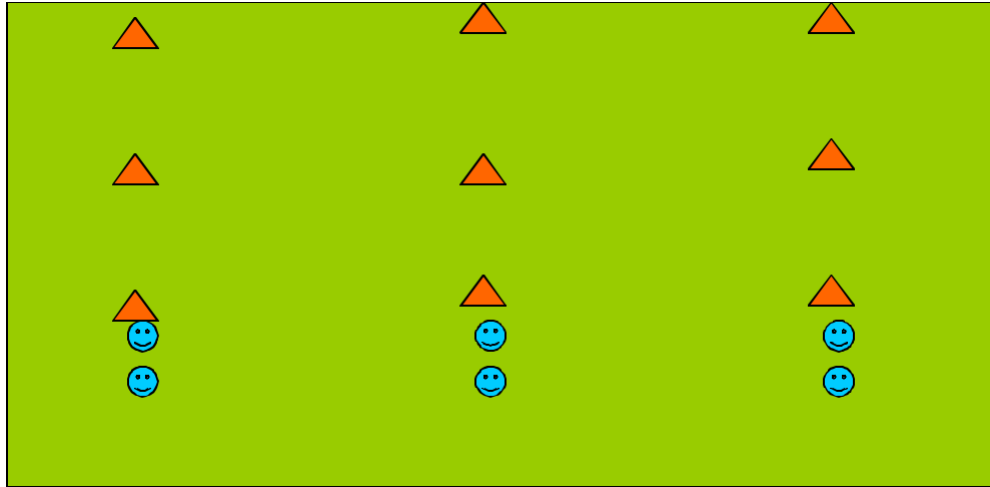
Matches

- 50 kids; 8 teams
 - 4 pitches
 - 1 referee/1 mentor per pitch
 - 10 min matches
-
- Try and focus on the skills of the week.
 - Make sure non dominant foot/hand/side is used during matches. Award bonus points for scores with non dominant side.

U6 Training

Session 2

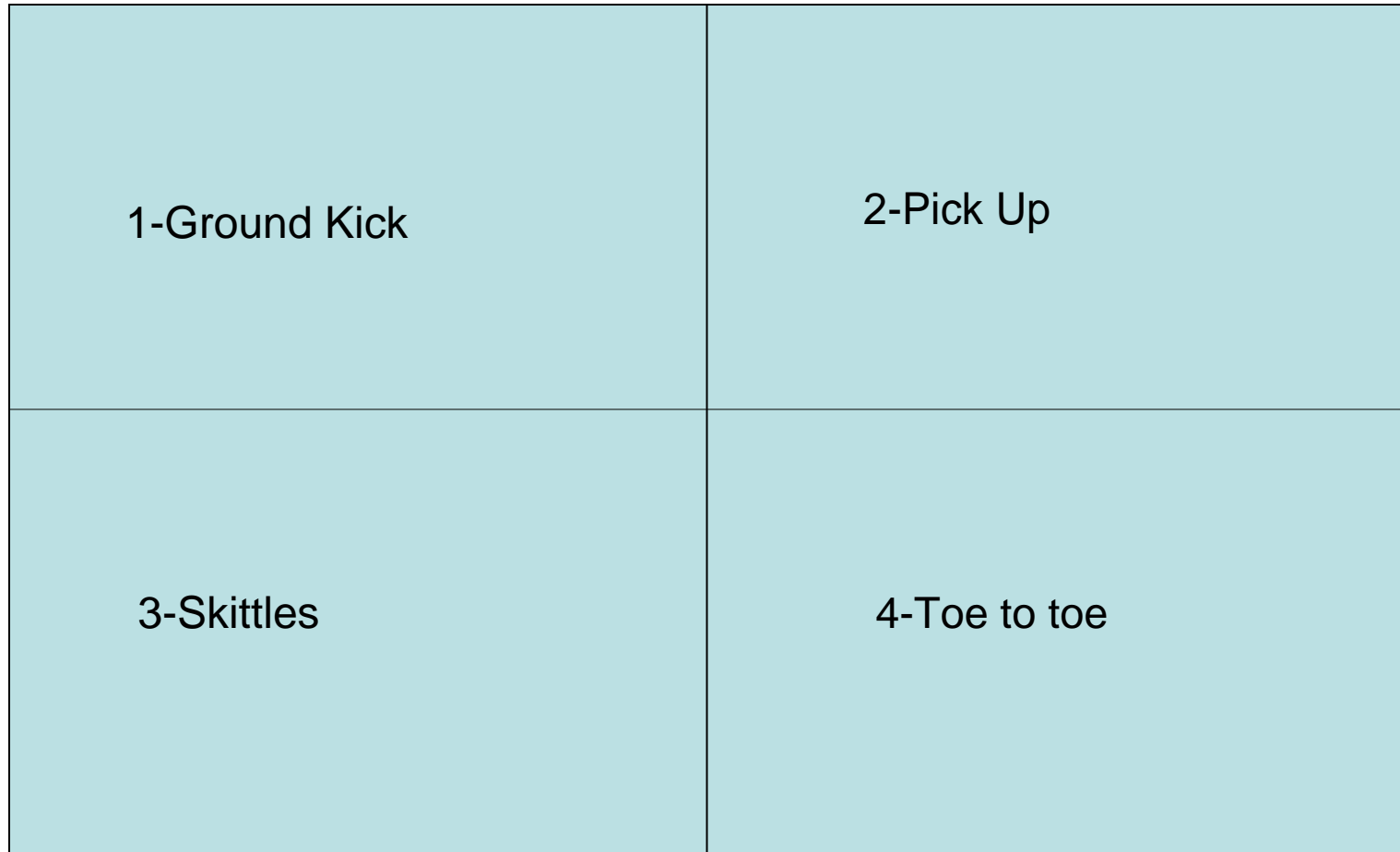
Warm Up - Animal Relay



Relay activities warm up.

- Relay each team has an animal name and must make the actions and sounds of the animal on running out and back around the cone.
- Eg.....monkeys, elephants, cats, dogs, pigs, wolves, bears.
- Do in single file or as group.
- Points for best actions/noise.
- Change animals/groups to see can one group do it better than another.
- Also vary the way in which the children move – forwards, backwards etc...

Pitch Layout



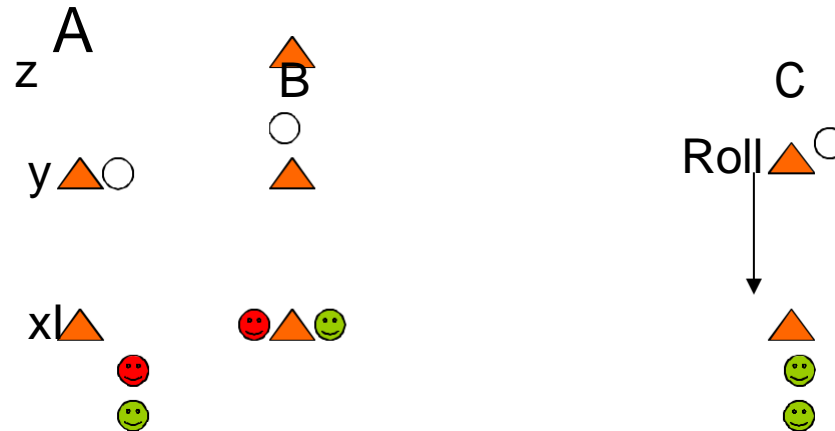
1-Ground Kick

- Ground kick – ball between two players.
- Practice the correct ground kick technique using either foot.

1. Step back and look at target.
2. Step non kicking foot to side of ball.
3. Move in and watch the back of the ball.
4. Use inside of foot to kick back of ball.
5. Stop the ball with bottom or sides of feet.

- Variation – “partner 2 touch” – allow one touch to stop the ball and one to kick back to partner.
- Variation 2 – “partner 1 touch” – child is allowed only one touch to pass ball.
- PRACTICE EQUALLY ON EACH FOOT

2-Pick Up



1. Relay race carrying ball only.
2. Introduce the pick up (clean scoop) as in "A" above. Ball is picked up at cone y carried around cone z and replaced at cone y. Bounce can be introduced when in possession of football.
3. Advance by introducing token opposition. Red player has 2m headstart over green player. Green player can not make contact with red player. Introduce competition where as in B above players race for pick up.
4. Ball rolling towards player – C above – player picks stationary ball at cone y, goes around cone z and rolls back to next player at cone y. Player must pick ball up before it stops rolling.
5. Ball rolling away from player – player begins with ball in hand, rolls ball out in front of themselves and must scoop ball up before it stops. Continues around cone z and rolls ball back to next player.

3-Skittles

1. Set out cones as below.
2. Organise teams.
3. Place a retriever to fix knocked cones and send ball back to line. Remember to replace retriever.
4. Players ground kick to try and knock as many cones as possible.

Variations

- Two minutes to knock as many cones as possible.
- First team to knock all cones.
- Alternate foot.

😊 Retriever



4-Toe to toe

- Children in pairs
- Aim of game is to touch your partners toes with your toes
- No stamping
- Stay in a particular area, no running
- No stamping
- Progress by allowing each child have a ball and players get a point for dispossessing or standing toe 2 toe

U6 Training

Session 3

Warm Up - Caterpillar

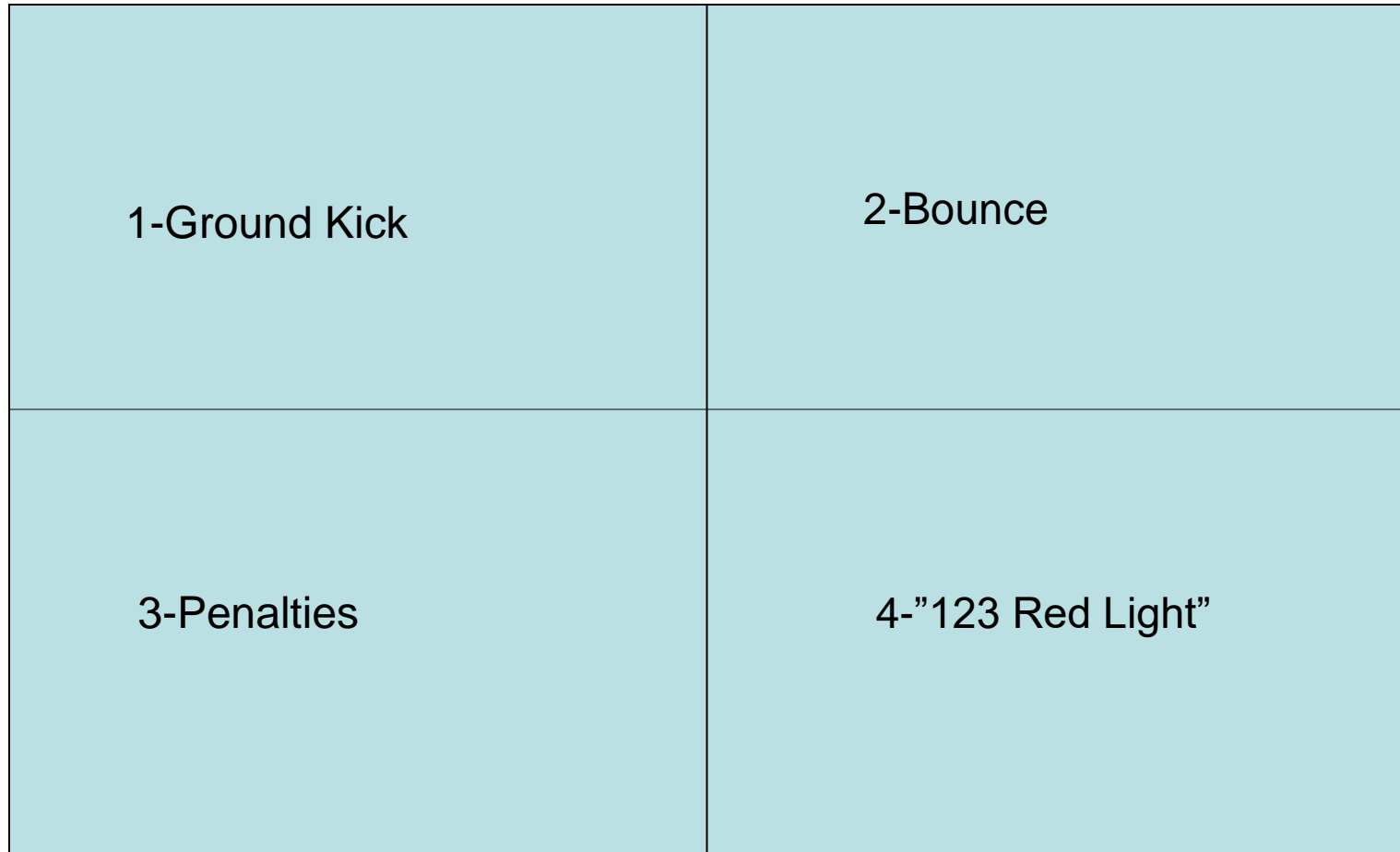


1. Set up cones above.
2. Arrange teams to line up in single file.
3. Player one on each team gets the ball and team passes ball under all teams legs.
4. Player at end of each line brings ball to front of each line the caterpillar commences.
5. The first caterpillar to make it over the line is the winner.

Variations

- Add second ball.
- Pass ball over their heads.
- Pass ball around the body.

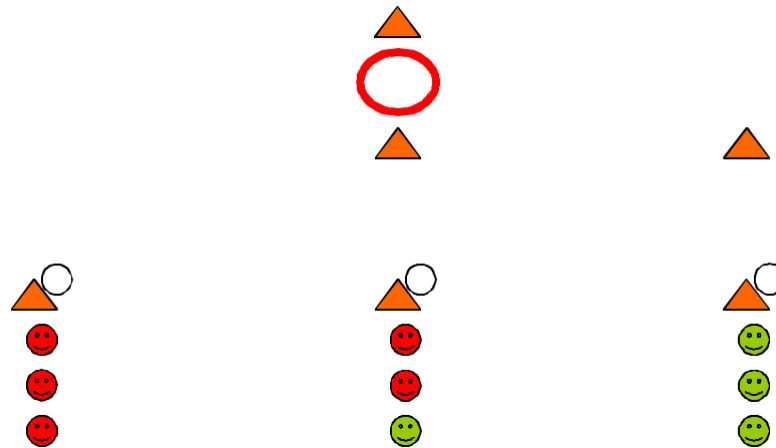
Pitch Layout



1-Ground Kick

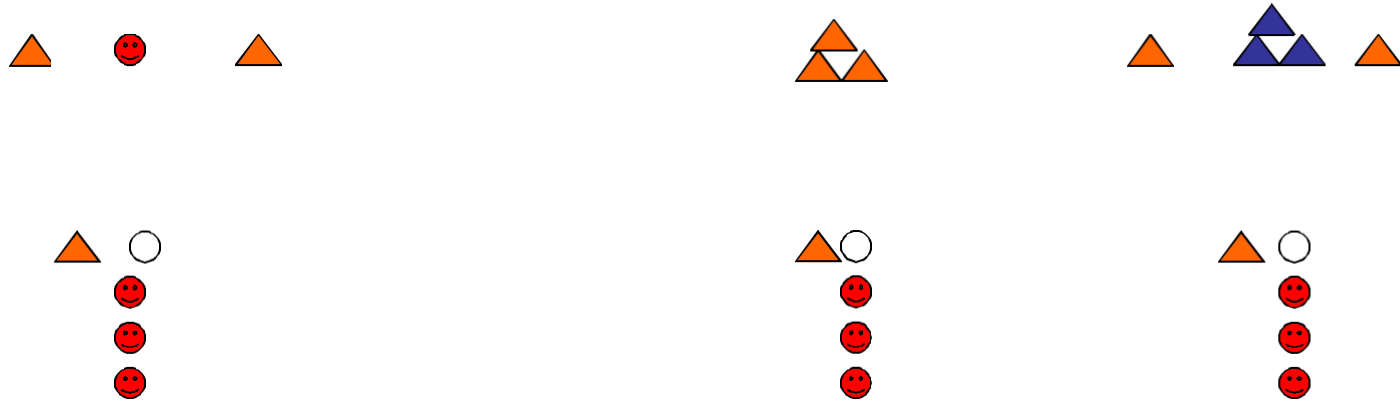
- Ground kick – ball between two players.
 - Practice the correct ground kick technique using either foot.
1. Step back and look at target.
 2. Step non kicking foot to side of ball.
 3. Move in and watch the back of the ball.
 4. Use inside of foot to kick back of ball.
 5. Stop the ball with bottom or sides of feet.
- Variation – “partner 2 touch” – allow one touch to stop the ball and one to kick back to partner.
 - Variation 2 – “partner 1 touch” – child is allowed only one touch to pass ball.
 - PRACTICE EQUALLY ON EACH FOOT
- Above as last week – introduce a mini goals for partners to aim kicking the ball thru (either stakes or two cones). One player stands either side and kicks. Advance with cone knock game.

2- Two Handed Bounce



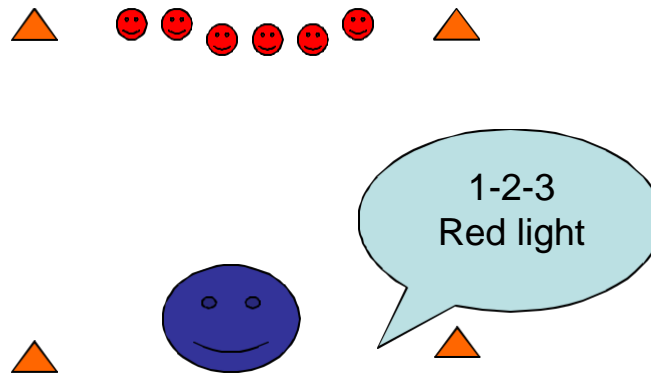
1. Relay race carrying ball only.
2. Introduce the bounce, walking to start off.
3. Carry ball in two hands.
4. With two hands on top of ball in shape of a W push the ball towards the ground.
5. As ball comes back up catch with two hands underneath the ball and wrap into chest.
6. Practice with partner – 2m apart – bounce to self and throw to partner.
7. As above line up into relays again.
8. Begin with walk bouncing once in between each cone.
9. Advance slowly to jog.
10. Focus on two handed bounce alone.
11. Introduce a hoop into which the child must bounce the ball.

3-Penalties



- Three mini stations above to practice the ground kick from station 1.
- LEFT – straight forward penalties for competent children.(10pts)
- MIDDLE – Cone knock, ground kick to knock cones.(7pts)
- RIGHT – Ground kick to knock cones or score a goal.(5pts/3pts)
- Award points for diff stations and keep your score – beat your record.
- Double points for non dominant foot score, maybe one point for attempt with non dominant foot.
- Encourage kicking off both feet equally.

4- “123 Red Light”



- Children line up along a line.
- Coach calls out “1/2/3 or Red Light”.
- Class move forward on call.
- 1=1 step
- Class must stop on signal – red light - which could be after 1 or 2 or 3
- Look for a quick reaction to signal
- Kids must be balanced when stopping

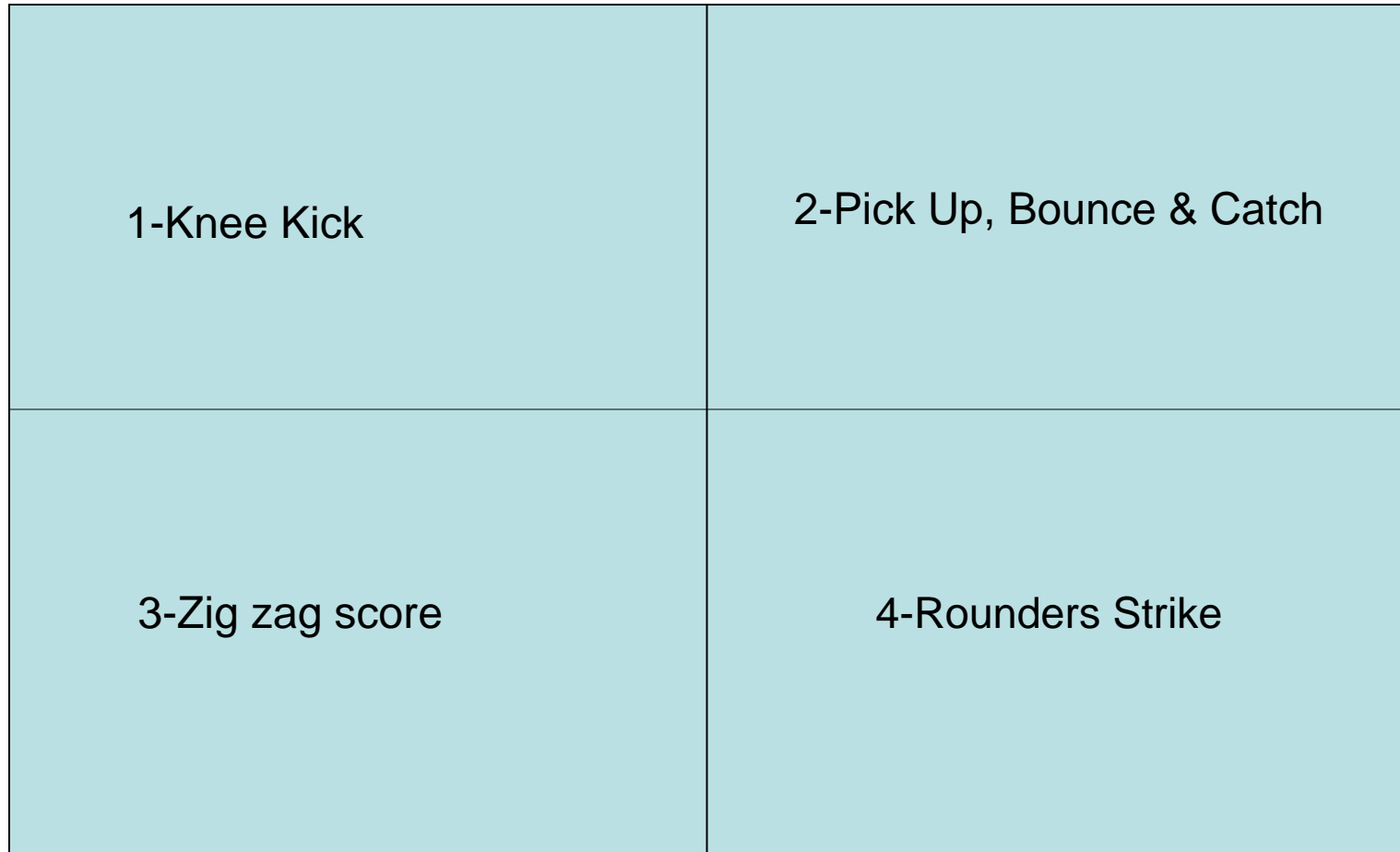
U6 Training

Session 4

Warm Up-Bridges & Rivers

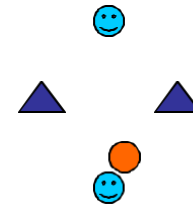
- Group get into pairs.
- Children number each other 1 or 2 in each pair.
- 1s are bridges, 2s are rivers.
- For one minute the number 1s must make bridges with their bodies for the rivers to “flow” under.
- See how many they can do in a minute.
- Bridge must move to a new position each time a river flows under.
- Swap roles after a minute.

Pitch Layout



1-Knee Punt

- Basic practice as last week see below.
- Introduce coned goals where pairs have to knee the ball through.
- Try punt kick for a few mins at the end of this station



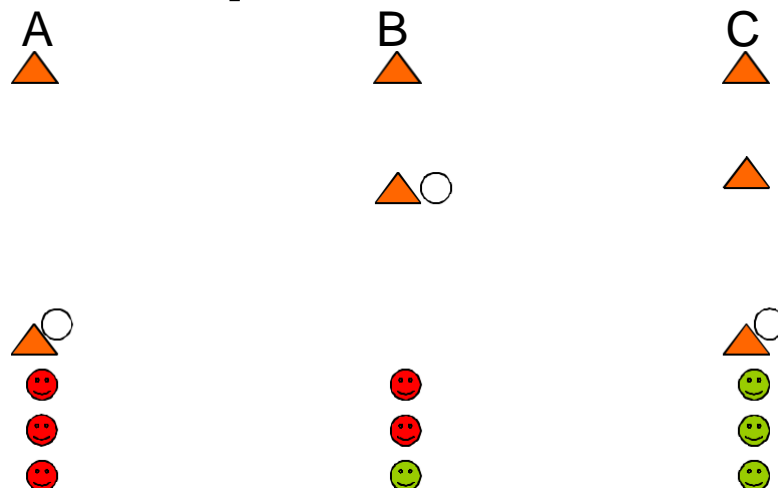
Basic practice – one ball per person/between two.

Pre-punt kick practice for children who may struggle with punt kick on dominant or non dominant foot.

Coaching Tips

- Knee punt – drop ball to knee to strike.
- Aim – face target.
- Ball dropped and struck with knee – beware of child throwing up to knee – just let ball drop.
- Eyes on ball at all times.
- On dropping ball raise knee simultaneously.
- As with punt kick try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.
- This is an excellent way to introduce the non dominant punt-kick particularly for younger children.

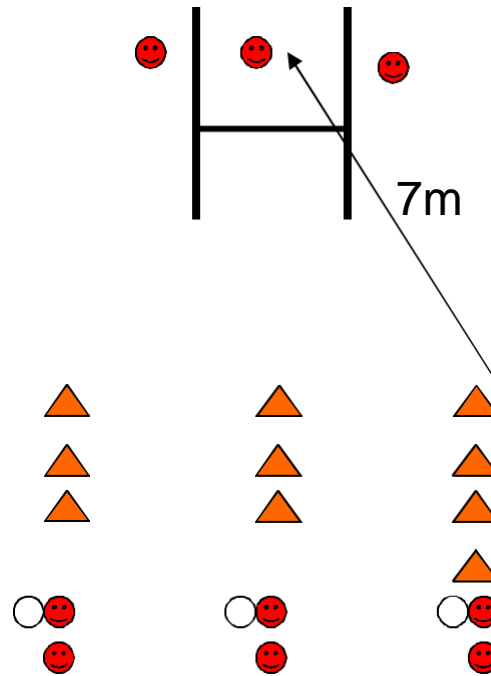
2-Pick Up, Bounce, Catch



1. Relay race carrying ball only as in A above. Around cone, run back to next person and handover/handpass/roll back.
2. Relay as in B above. Ball starts placed at middle cone. Ball must be picked up, run around end cone and place back at middle cone. Touch next person to go.
3. Relay as in C above. Bounce once in between each set of cones and run back to next person.

As before vary each run slightly – there are endless activities to do!

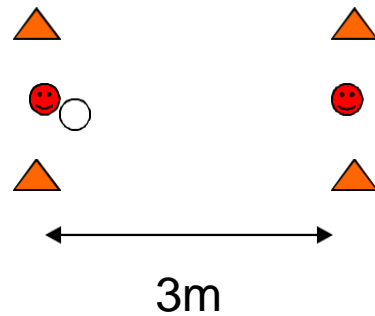
3-Zig Zag Score



- Shooting practice after a zig-zag run.
- Anyone without a ball in behind goals, when you get a ball join the line.
- Players concentrate on running in and out around the cones holding the ball in two hands at all times.
- Make sure players are practicing shooting with both feet – kick can be whatever the child wants. Variations

Bounce through cones. Introduce a pick up after zig-zag run. Introduce pass to The zig-zagger when they come through the cones.

4-Beat the goalie



Players work in pairs as above with a goal each.

Aim is to roll the ball into the opponents goal.

Begin 3m apart and increase depending on competency.

Tip

Look for the space to roll the ball into.

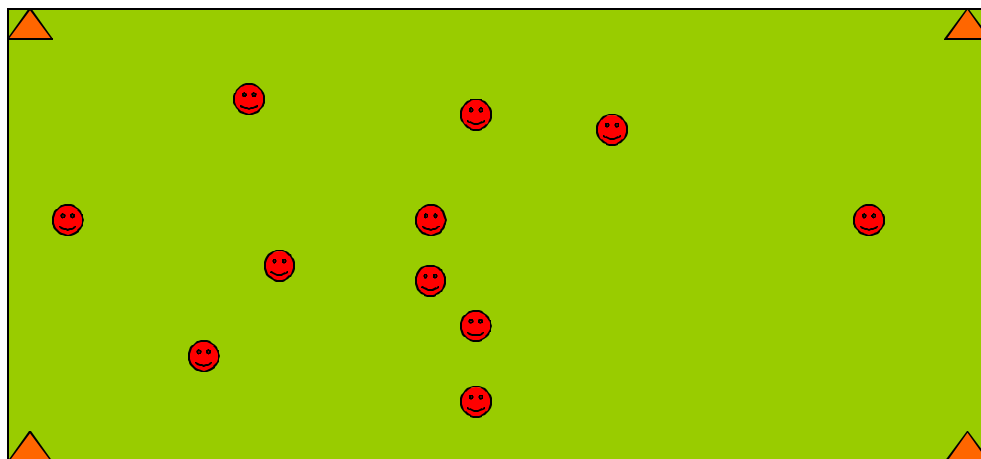
Advance

Ground kick, knee kick or punt kick into goal instead of roll.

U6 Training

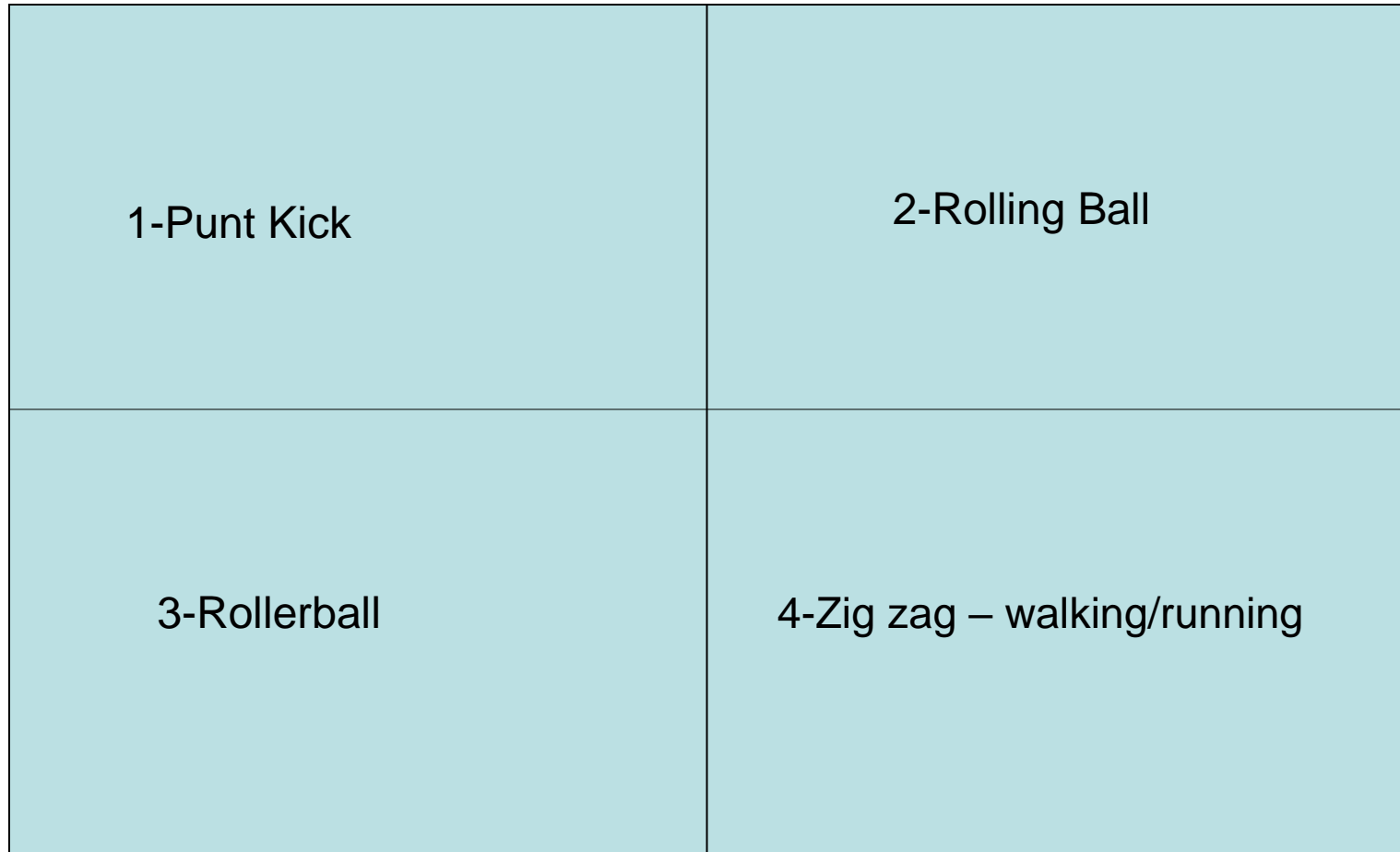
Session 5

Back to Back



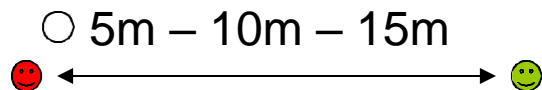
1. Simple pulse raiser warm up – give children activity to do in area and on the whistle they must go back to back.
2. Activities: touch ground with left/right/both hands, catch an imaginary football, hop on one foot, fly like aeroplanes, solo a football, handpass a ball around, run backwards, hit the deck, walk, change pace, change direction, shoulder an opponent, practice blocking, pick up ball, bounce etc....
3. Remember practice all skills on BOTH SIDES of the body.
4. Do not disqualify last children out as this leaves them out of the warm up.

Pitch Layout



1-Punt Kick

Basic practice – one ball between two punt kicking to each other.

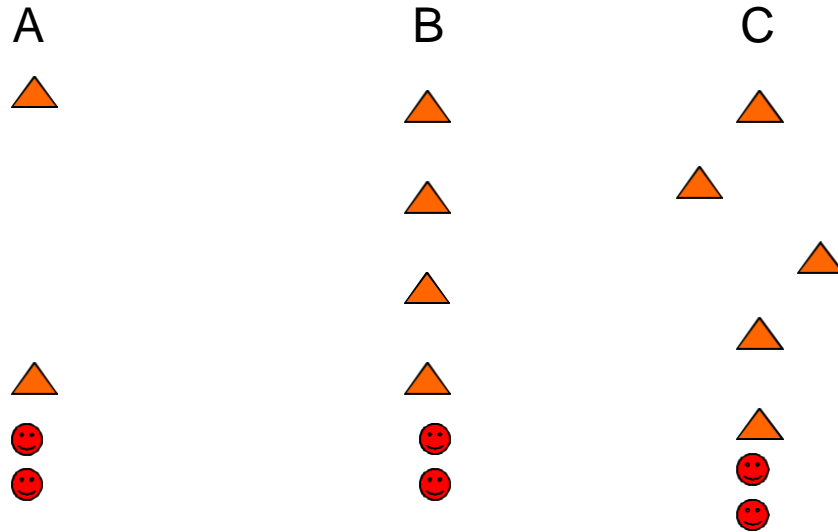


Begin at 5m apart and increase after 2mins to 10 and so on. Allow for equal time on each foot.

Coaching Tips

- Punt kick – straight on kick.
- Aim – face target.
- Ball dropped to foot – beware child throwing up to kick.
- Eyes on ball at all times.
- Knee bent, toe pointed out like ballerina.
- Contact on laces part of boot. Follow through.
- Try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.

2-Rolling ball



A – using fingertips player rolls ball around cone and back to start. Player can use inside and outside of hand.

B – as in A only player must hand dribble the ball in between all cones and back to start.

C – vary with a slalom run.

Variations

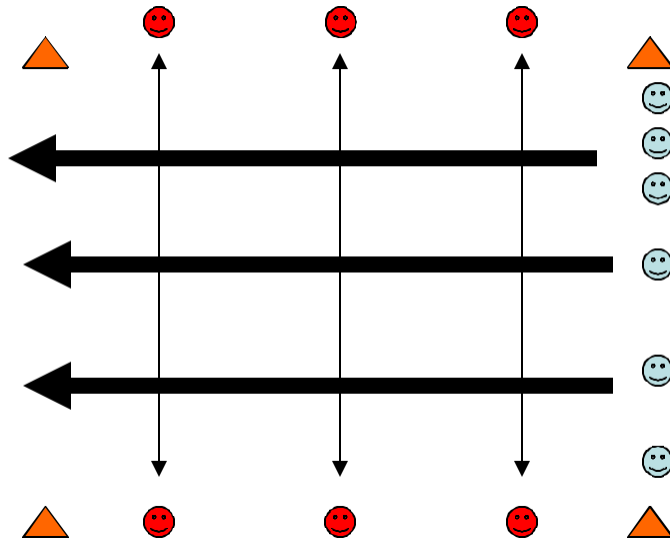
Use one hand only (other behind back).

Do it while walking/moving backwards.

Use instep of foot.

Relay races of above.

3-Rollerball



Lay out playing area as above.

Half of red team at either end with a football.

Blue team all line up one side of rectangle.

Red team roll the ball over and back to each other.

Blue team must run over and back through the grid and avoid being hit by the rolling ball.

Children who are hit sit out.

Reverse roles

Roll ball only – no throwing or kicking. Encourage teamwork to knock players out.

4-Zig zag walking/running

Cones/poles set out in staggered fashion.

Pupils make their way around outside of each pole.

Relay race can be conducted with other groups with "high five" the signal for the next person to go.

Encourage short steps into cones to accelerate away.

When cone is on right try and put weight on right foot to step off and accelerate (vice versa).

The larger the cones you can get the better.

Poles are even better because the child must go around the pole.



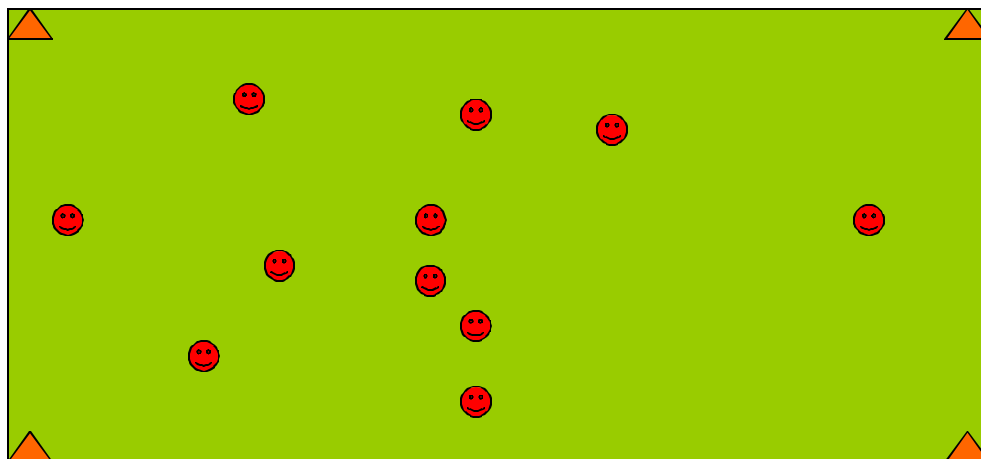
START

FINISH

U6 Training

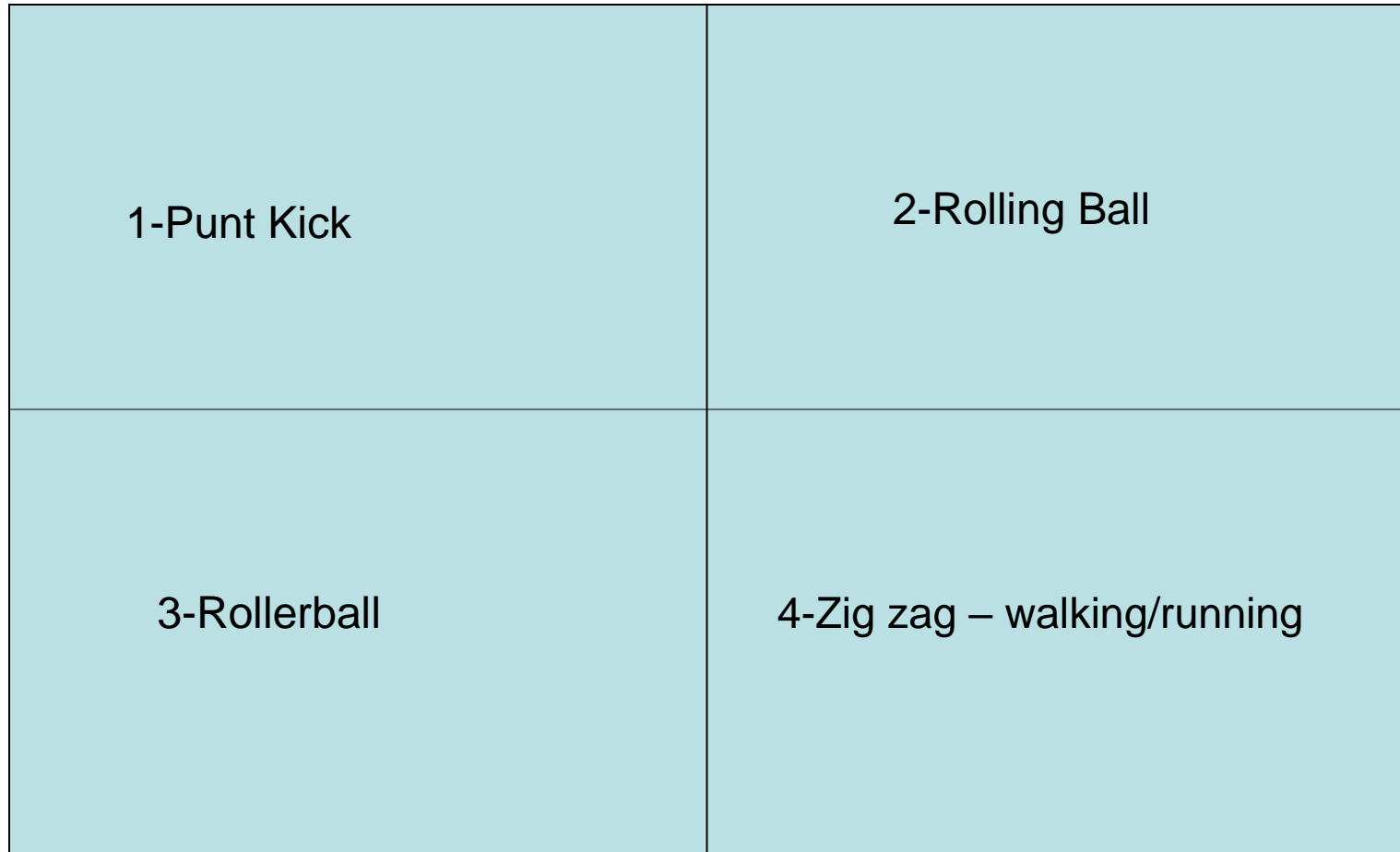
Session 5

Back to Back



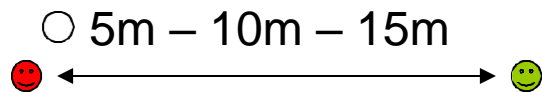
1. Simple pulse raiser warm up – give children activity to do in area and on the whistle they must go back to back.
2. Activities: touch ground with left/right/both hands, catch an imaginary football, hop on one foot, fly like aeroplanes, solo a football, handpass a ball around, run backwards, hit the deck, walk, change pace, change direction, shoulder an opponent, practice blocking, pick up ball, bounce etc....
3. Remember practice all skills on BOTH SIDES of the body.
4. Do not disqualify last children out as this leaves them out of the warm up.

Pitch Layout



1-Punt Kick

Basic practice – one ball between two punt kicking to each other.

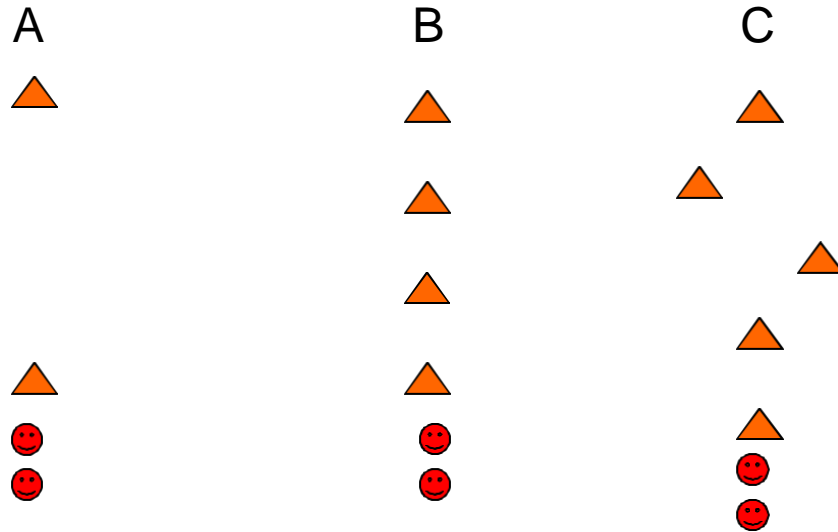


Begin at 5m apart and increase after 2mins to 10 and so on. Allow for equal time on each foot.

Coaching Tips

- Punt kick – straight on kick.
- Aim – face target.
- Ball dropped to foot – beware child throwing up to kick.
- Eyes on ball at all times.
- Knee bent, toe pointed out like ballerina.
- Contact on laces part of boot. Follow through.
- Try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.

2-Rolling ball



A – using fingertips player rolls ball around cone and back to start. Player can use inside and outside of hand.

B – as in A only player must hand dribble the ball in between all cones and back to start.

C – vary with a slalom run.

Variations

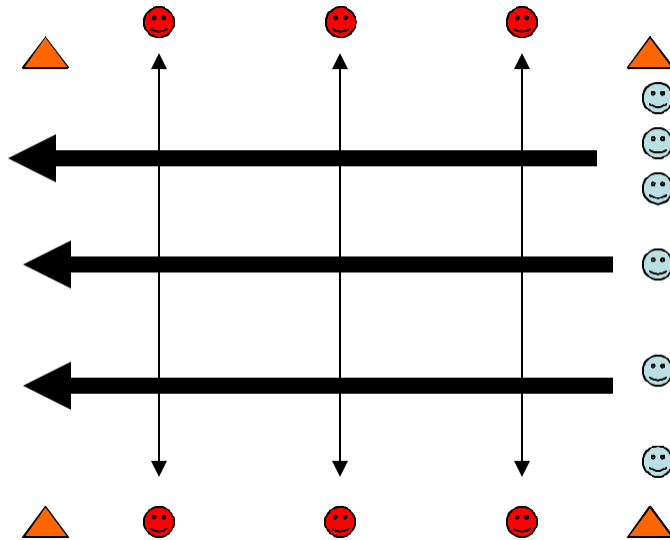
Use one hand only (other behind back).

Do it while walking/moving backwards.

Use instep of foot.

Relay races of above.

3-Rollerball



Lay out playing area as above.

Half of red team at either end with a football.

Blue team all line up one side of rectangle.

Red team roll the ball over and back to each other.

Blue team must run over and back through the grid and avoid being hit by the rolling ball.

Children who are hit sit out.

Reverse roles

Roll ball only – no throwing or kicking. Encourage teamwork to knock players out.

4-Zig zag walking/running

Cones/poles set out in staggered fashion.

Pupils make their way around outside of each pole.

Relay race can be conducted with other groups with "high five" the signal for the next person to go.

Encourage short steps into cones to accelerate away.

When cone is on right try and put weight on right foot to step off and accelerate (vice versa).

The larger the cones you can get the better.

Poles are even better because the child must go around the pole.



START

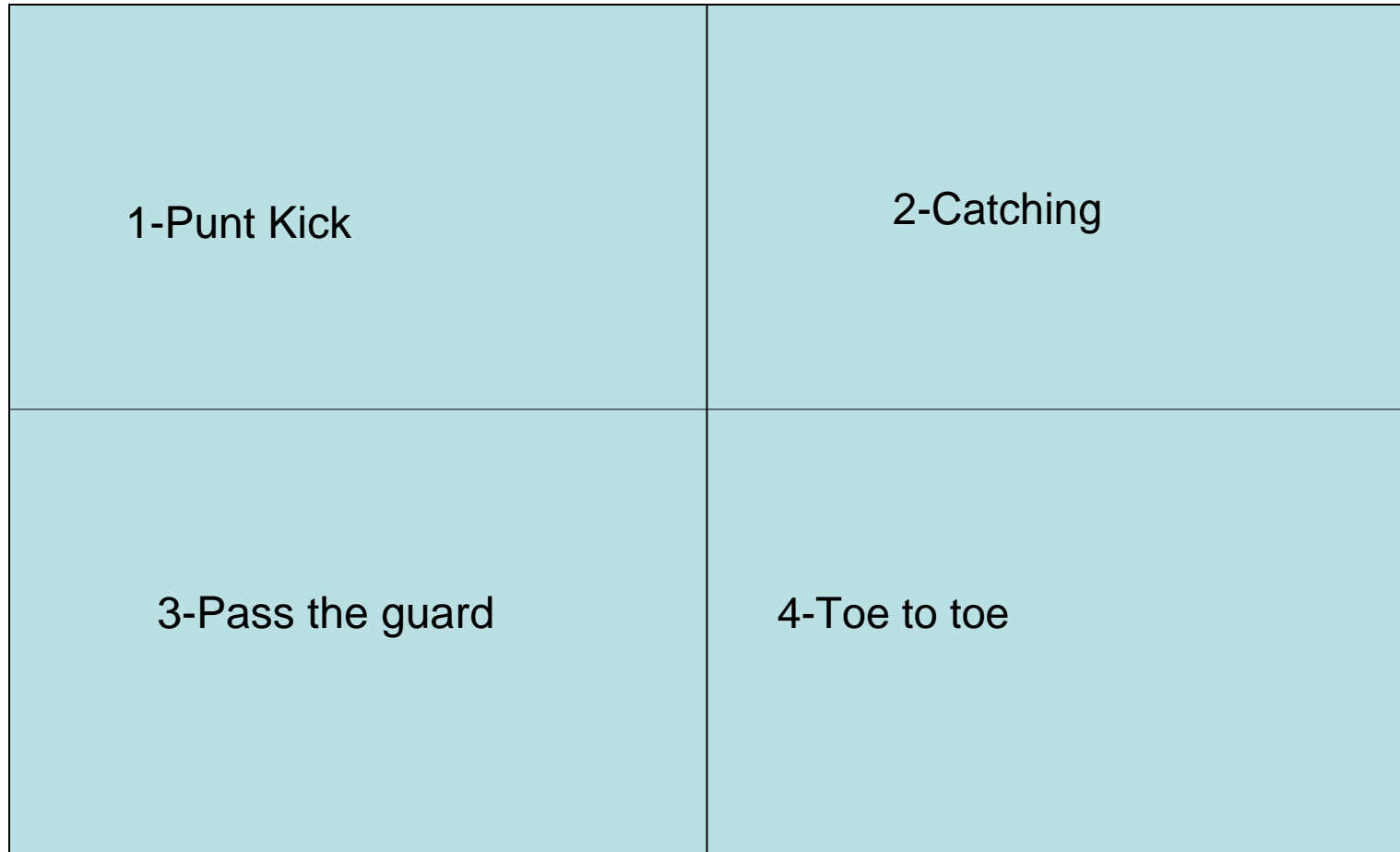
FINISH

U6 Training

Session 6

Warm Up – Shuttle Runs

Pitch Layout



1-Punt Kick



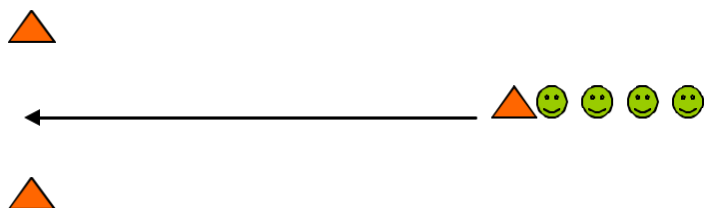
- Punt kick drill
- Green 1 punts to red 1.
- Rotate players after a few minutes.



boot, drop the ball don't throw it up    **3** ✓
Practice off both feet

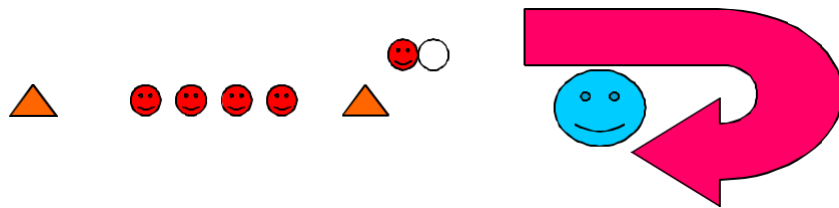
✓ **Remember – head down, toe down, laces part of**

✓ **Challenge players – how many kicks in a row can they keep off the ground**

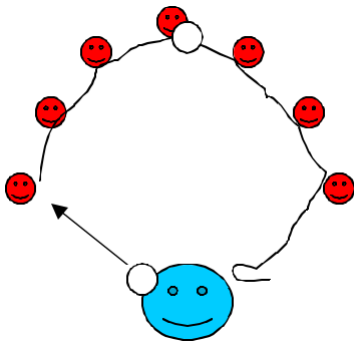


Line teams up and have a punt kicking scoring competition. Aim to kick ball in between cones.

2-Catching

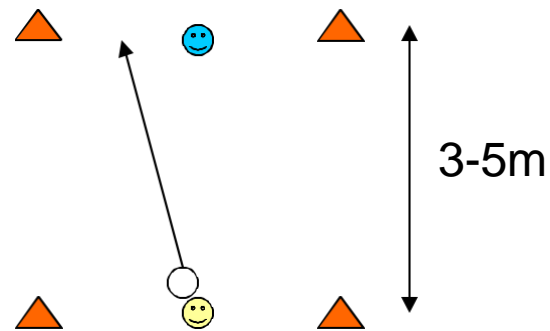


Drill 1 – children line up behind coach. Coach throws ball to player at front. Player catches, runs round coach with ball in hand, gets back to start of line, throws back to coach and returns to the end of the line. Coach varies throw – for low, mid or hi catch.



Drill 2 – players form semi circle around coach. Coach passes ball to first child in line. Child passes ball along the line. When person at end gets it pass back to coach. Coach to introduce max 3 balls to speed along the drill. Blow of whistle = change direction!

3-Beat the goalie



Beat the goalie

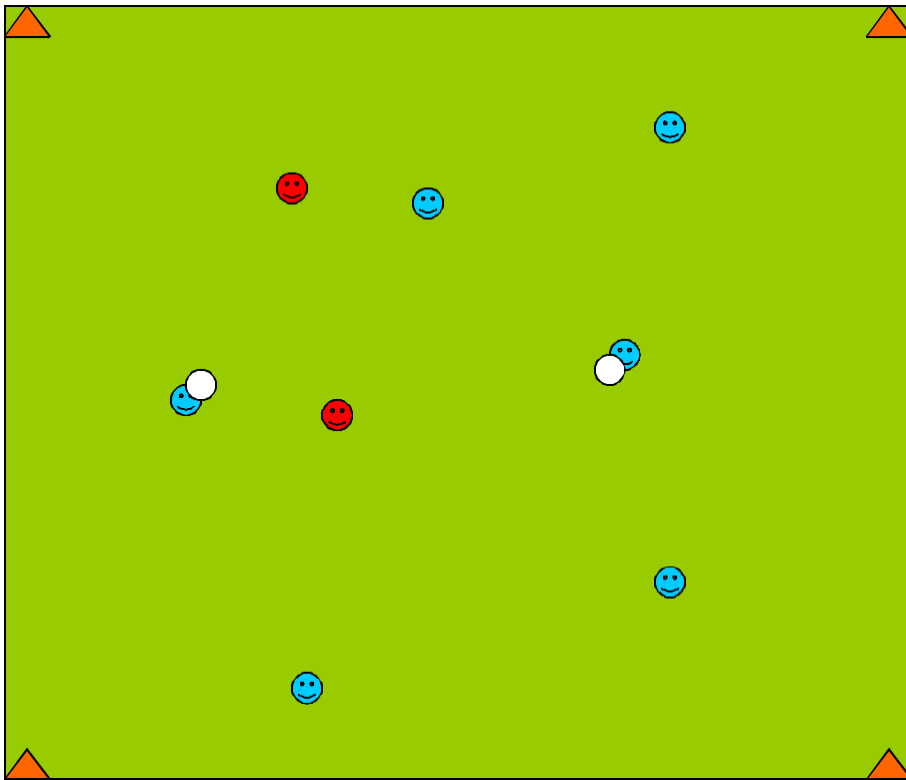
1 v 1

Make a goal for each player.

Aim is to throw/roll/kick ball in between opponents cones. Keep scores.

Try to ensure players are of similar standard. Rotate also every 2mins.

4-Scarecrow tag



Select 2 players as farmers (taggers in red).

They must try and touch other players to tag them.

Once tagged player must stand upright with arms and legs out = scarecrow.

Scarecrows can only be released if one the ball carriers rolls the ball under their legs.

5-Punt Kick



Cone knock with punt kick.



Two players active one to fix cones – THE BUILDER!
Rotate regularly.

Begin with standing punt kick. Head down, toe down,
foot pointing to ground.



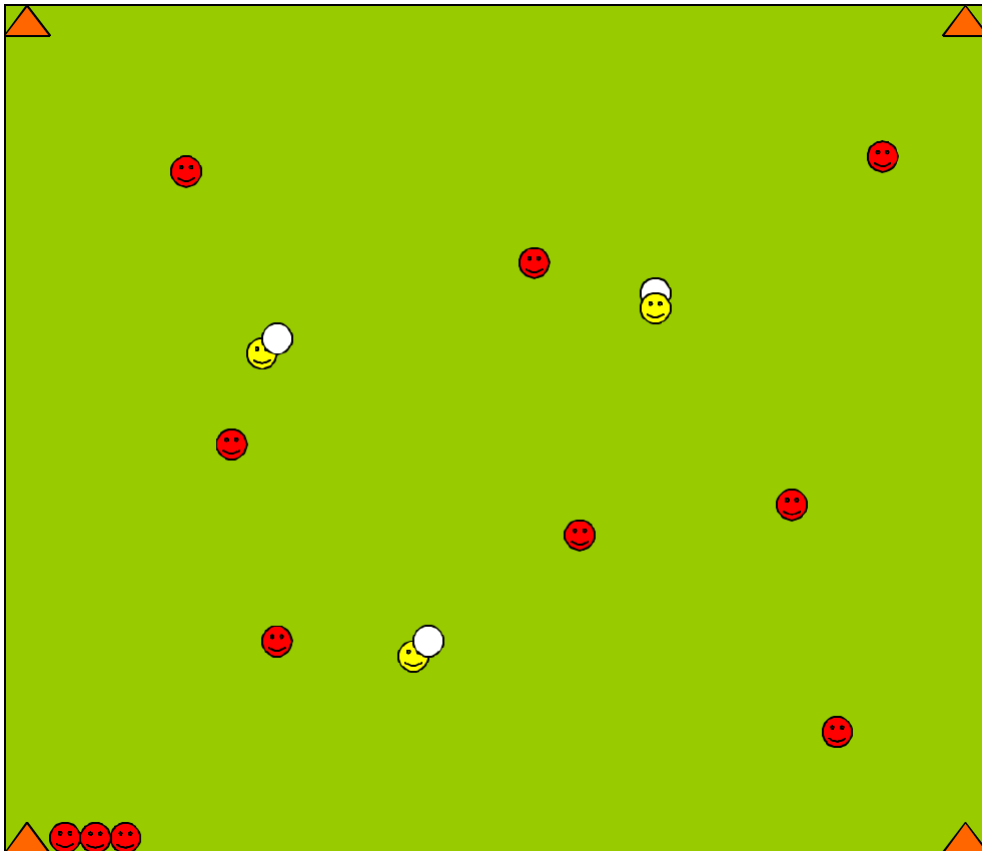
Practice off both feet.

Progress where player must start at cone Y and
walk/slow run to cone X and then punt kick.

U6 Training

Session 7

Warm Up – Tag Ball



Set out square as here 15m*15m.

Nominate 3 taggers each with a football.

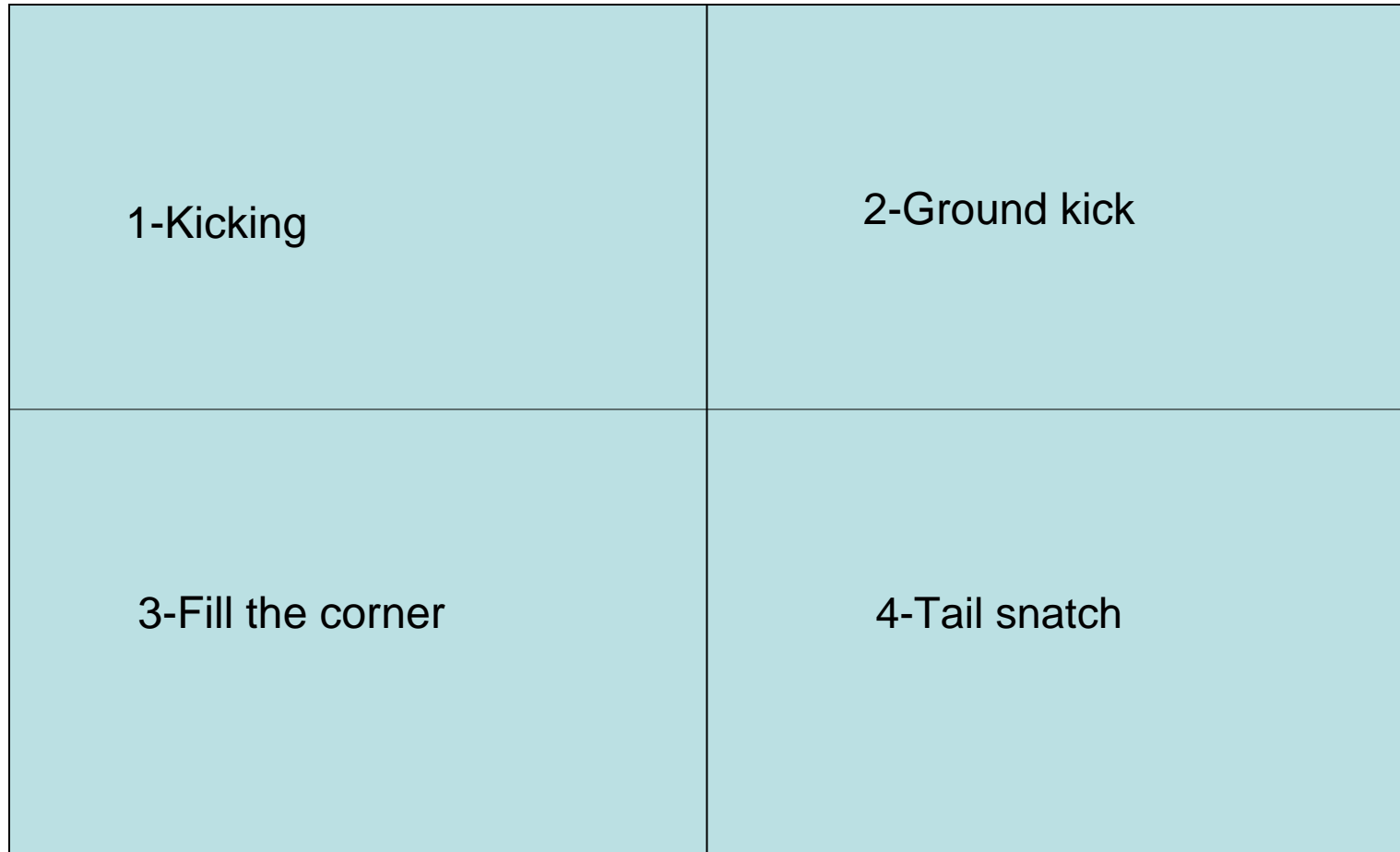
Taggers in 30secs must touch as many players as possible with football.

Assign an area for those tagged.

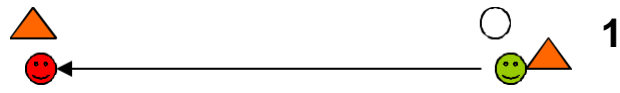
Football can not be thrown at a player to tag – must be touched off them.

Change taggers.

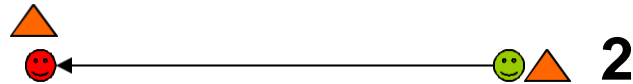
Pitch Layout



1-Punt Kick



- Punt kick drill
- Green 1 punts to red 1.
- Rotate players after a few minutes.

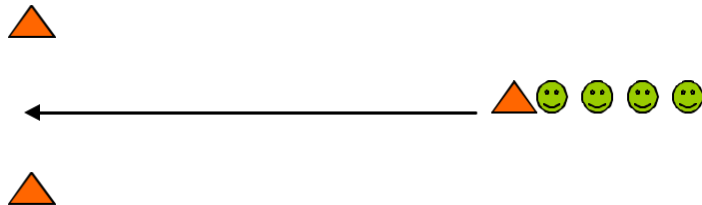


boot, drop the ball don't throw it up    **3** ✓
Practice off both feet



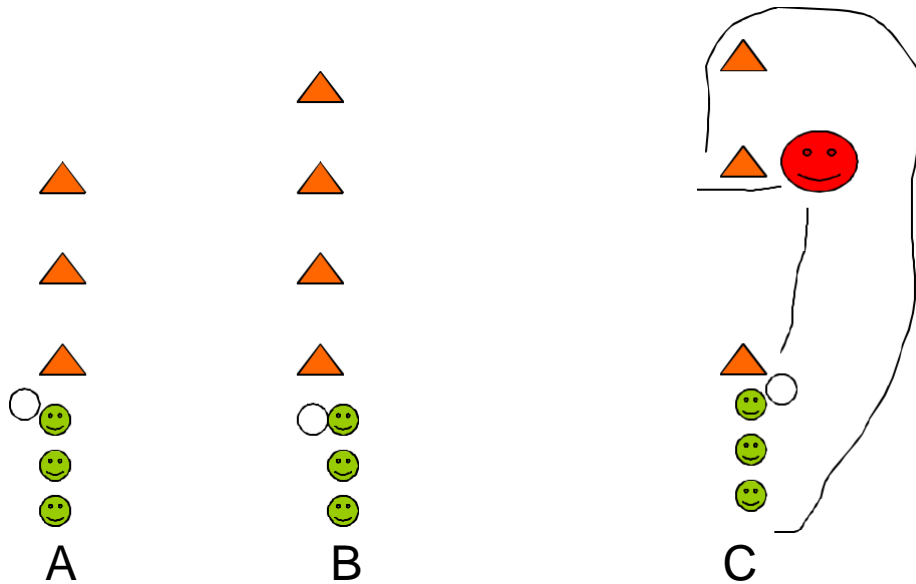
✓ **Remember – head down, toe down, laces part of**

✓ **Challenge players – how many kicks in a row can they keep off the ground**



Line teams up and have a punt kicking scoring competition. Aim to kick ball in between cones.

2-Ground Kick

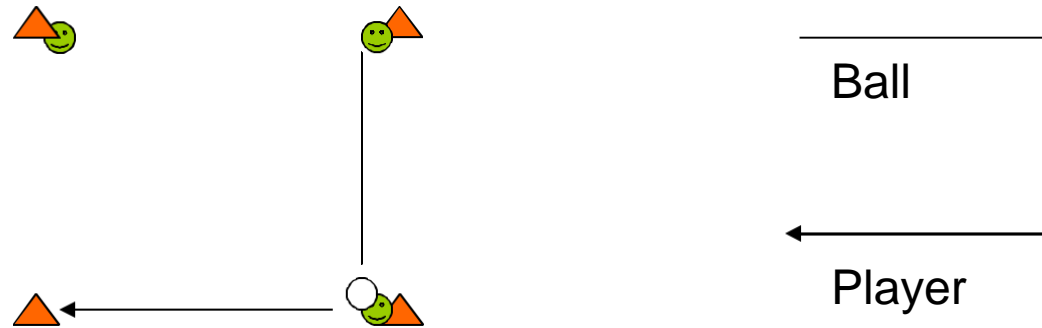


A – child dribbles ball through cones using instep of both right and left foot. Attempt to use right foot then left foot and so on.

B – child dribbles as far as last cone, turns and ground kicks back to next person. On ground kick: place non kicking foot beside ball, eye on ball, kicking leg back and strike with instep of kicking foot, follow through.

C – child ground kicks ball to coach, coach picks up and throws to child to practice catch. Child runs around last cone and back to line.

3-Fill the corner



Groups of 3 working in a small square of 4 cones.

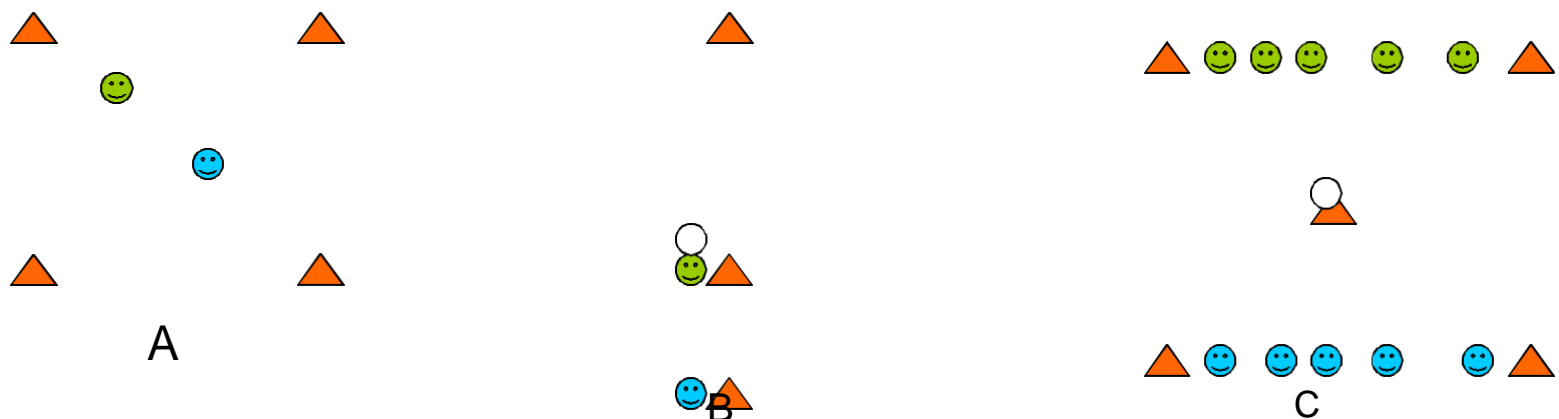
Aim is to pass the ball to another player and move to a empty corner.

Pass can be roll, throw, bounce, ground kick, dribble, knee kick, punt kick etc...

TIPS

- Time the run.
- Know which corner is empty before you pass.
- Decide who to pass to THEN pass.

4-Tail Snatch



All children have a tail (e.g. bib/cloth tucked loosely into shorts)

A – 1 v 1 in small area. One point every time you steal opponents tail.

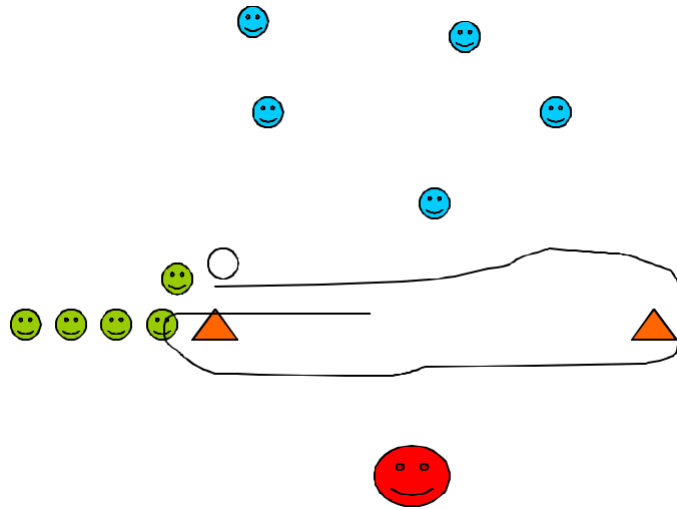
B – green has head-start over blue. On coaches whistle green must try to reach cone while carrying the ball before blue steals his tail.

C – Line out as above. Number each player on each team 1-5. Ball on cone in centre. Coach calls out number e.g. 3. Both number 3s must run to centre of square. Aim of game is get ball back to your home base without having your tag stolen.

If you get ball back and you have your tag – point for your team.

If you get ball back and your tag is stolen – point to other team.

5-Continuous Kick Ball



Green team – one player off green team punt kicks the ball as far as they can. Player then makes as many runs as possible around two marked cones. Green team keep counting score/runs.

Blue team – make 3 passes and kick ball back to coach to stop green team running.

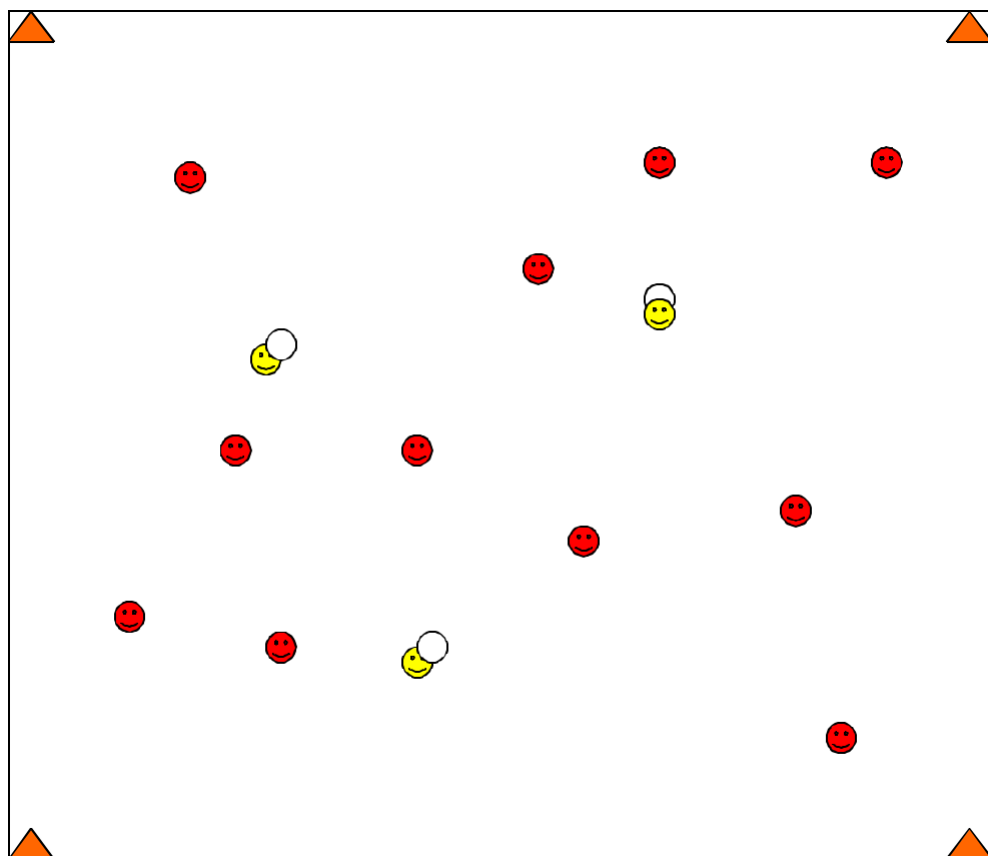
When all players on green team have one kick each change over roles.

Team with most runs is the winner.

U6 Training

Session 8

Warm Up – Stuck in the mud



Set out square as here 15m*15m.

Nominate 3 taggers each with a football.

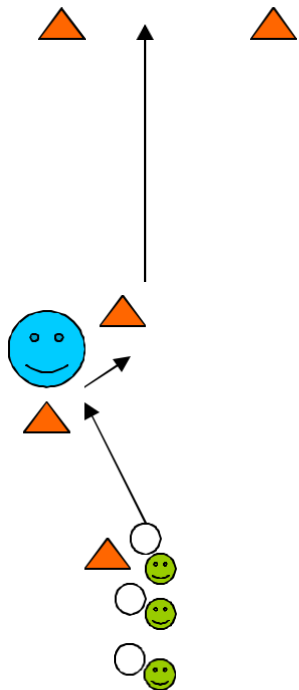
Taggers in 30secs must touch as many players as possible with football.

When a person is tagged they must stand upright with arms and legs spread out wide. To release another player must run under their arms/legs.

Football can not be thrown at a player to tag – must be touched off them.

Change taggers.

1-Punt Kicking



Aim – get players used to kicking on the run.

Players handpass/throw to coach.

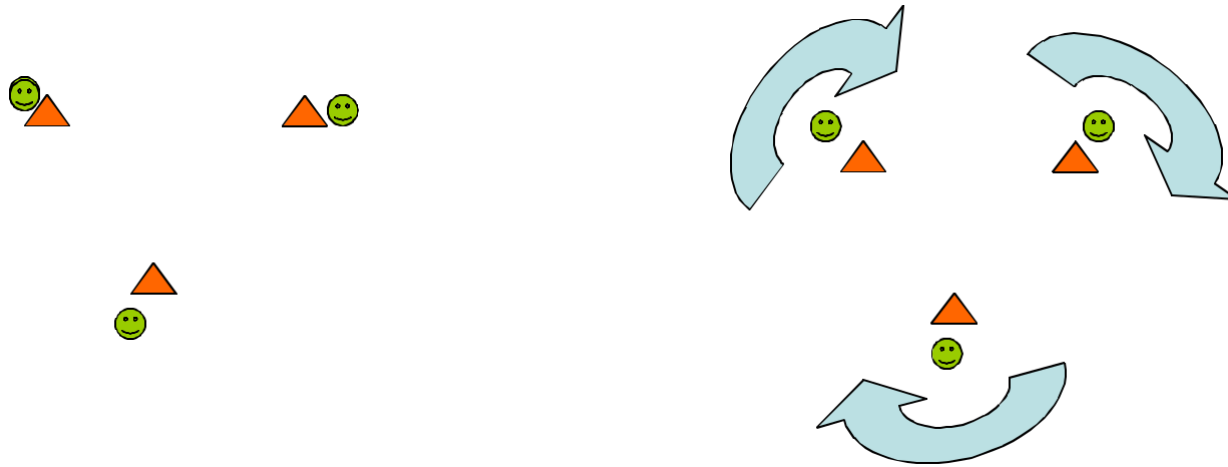
Coach back to player.

Player kicks on the run for goal from next cone.

Practice both feet.

Introduce a goalkeeper to save the shots after 5 mins.

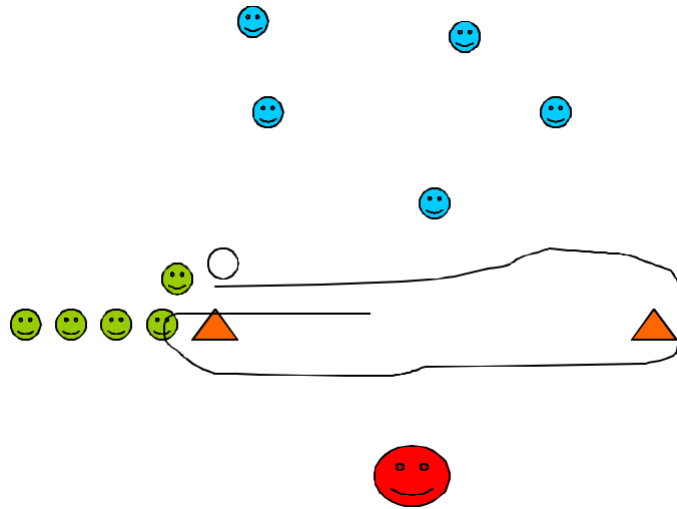
2-Passing



Standing in triangles passing – throwing and catching ball.

Progress to moving clockwise around the triangle and passing at the same time.

3-Continuous Kick Ball



Green team – one player off green team punt kicks the ball as far as they can. Player then makes as many runs as possible around two marked cones. Green team keep counting score/runs.

Blue team – make 3 passes and kick ball back to coach to stop green team running.

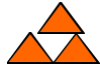
When all players on green team have one kick each change over roles.

Team with most runs is the winner.

4-Frog Race

- Children in pairs
- Aim – who can cross square (10m*10m) in least number of jumps
- Keep head up
- Hands by side, swing arms on take off
- Feet/knees together
- Bend knees & jump out!
- Bend knees on landing also
- After individual practice organise in teams and have a race

5 – Kicking Accuracy



Punt kick to knock cones



P-kick in between poles



P-kick for goal

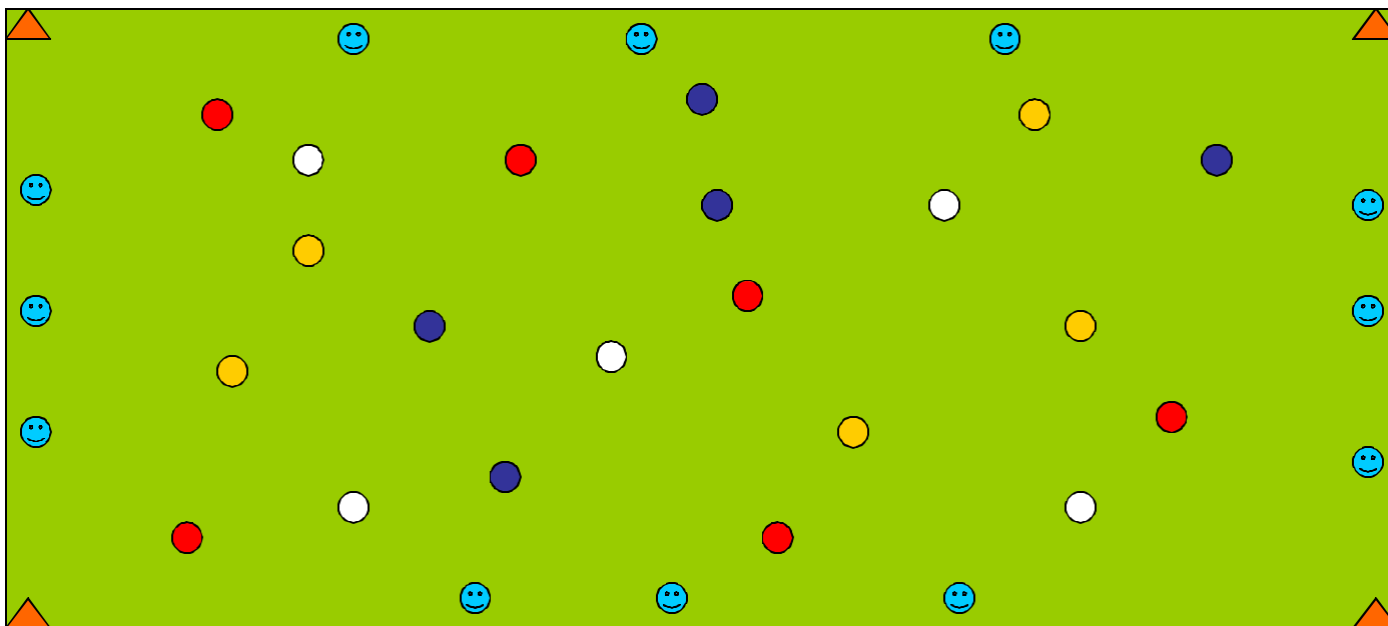
Punt kicking from hand.

2-3 mins on each activity rotation.

U6 Training

Session 9

Warm Up – Through the mines



Cones set out randomly in a rectangle.

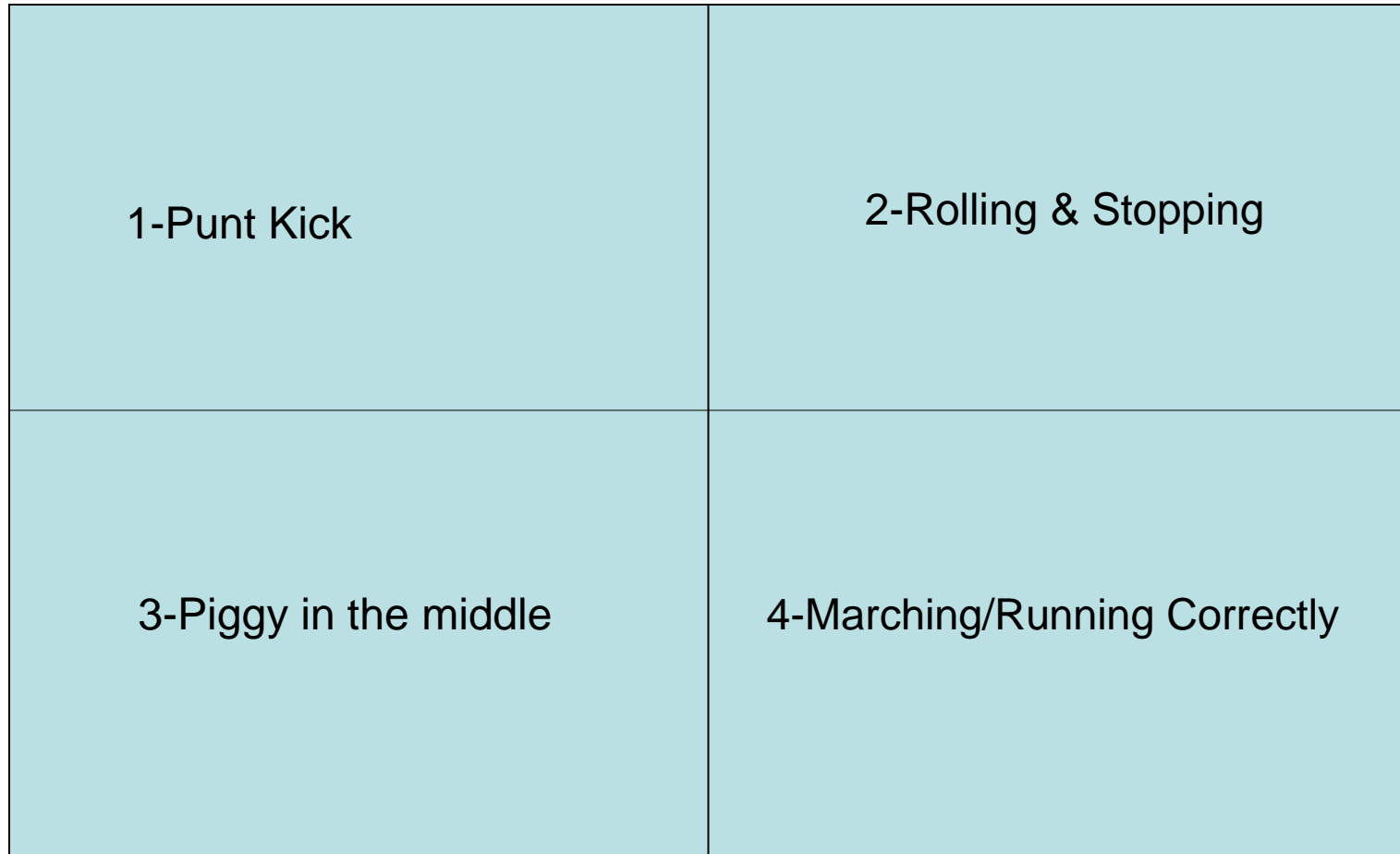
Three children at each side of the rectangle numbered 1,2 & 3.

On coaches call/whistle children must run as fast as possible to other end without touching a mine/cone or anyone else, EG "Number 1s".

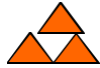
Progress by calling 2 groups at a time and so on.

Listen carefully and avoid other children

Pitch Layout



1 – Kicking Accuracy



Punt kick to knock cones

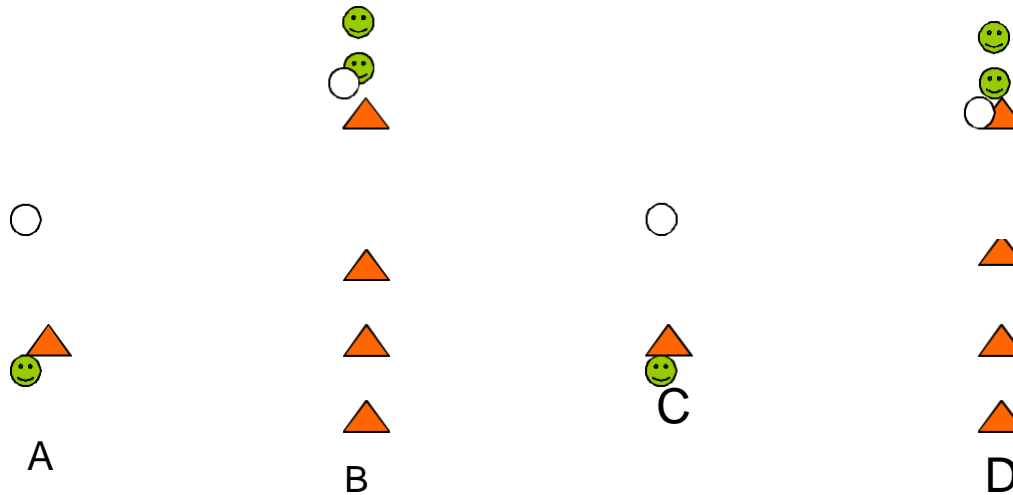
P-kick in between poles

P-kick for goal

Punt kicking from hand.

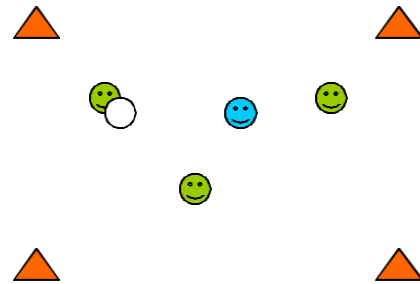
2-3 mins on each activity rotation.

2-Rolling & Stopping



- A – in pairs facing one another throw/roll to each other. Two hands behind ball.
- B – dribble through cones using inside and outsides of hands.
- C – in pairs back to back and take a few steps apart. Rolling the ball under legs to each other.
- D – dribble through cones using inside and outside of feet.

3-Piggy in the middle



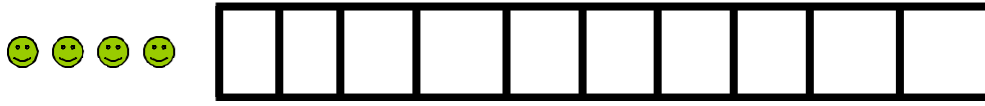
3 v 1 piggy in the middle

One player is piggy – the other 3 players have to pass the ball about and keep ball from piggy.

Change piggy frequently.

Encourage good throwing and catching and moving after you pass not just standing in one spot.

4-Marching/Running Correctly



Ladder walk – children walk through ladder putting two feet in each space. Swing arms and bend your elbows. Left arm moving with right leg (opposites).

Vary to one foot in each space.
Look down ladder, lift knees and feet well as you go.

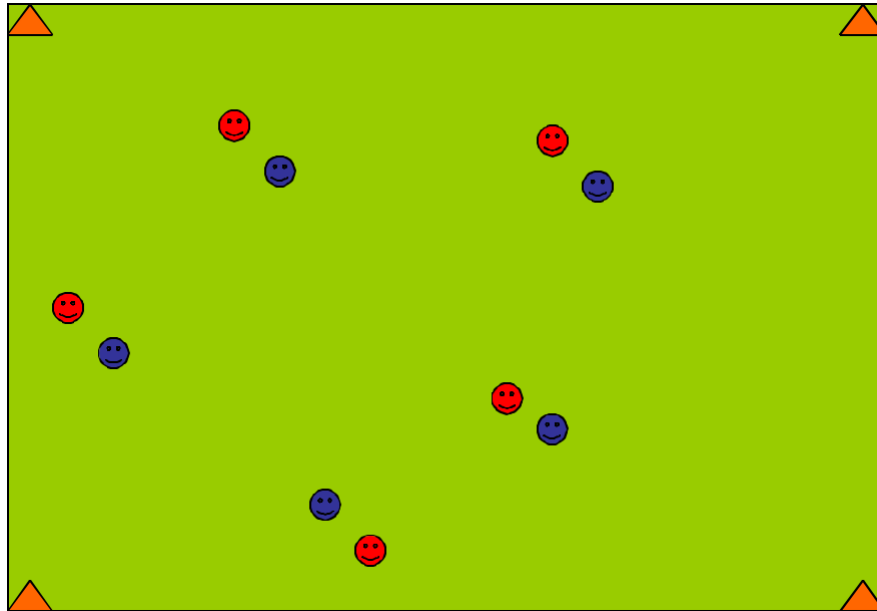
Ladder run – one foot in each space, one foot in every other space, two feet bounding.

Run on balls of your feet – the front of your feet. Continue running when you come out of ladder.

U6 Training

Session 10

Warm Up – Shadow Running

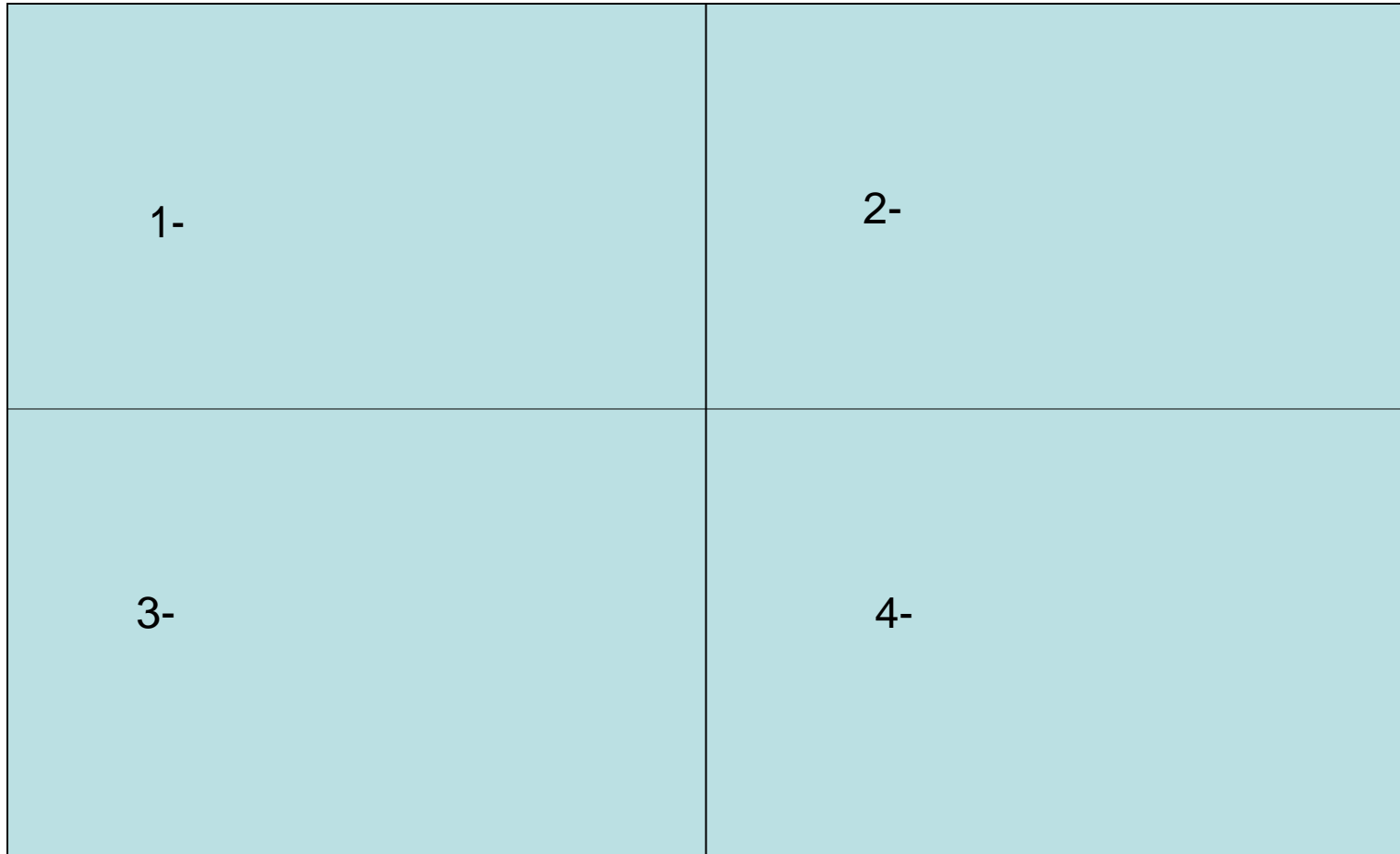


Working in pairs (red & blue above) in 30 second stints.
Red shadows blues run for 30secs.
30secs break after each run.

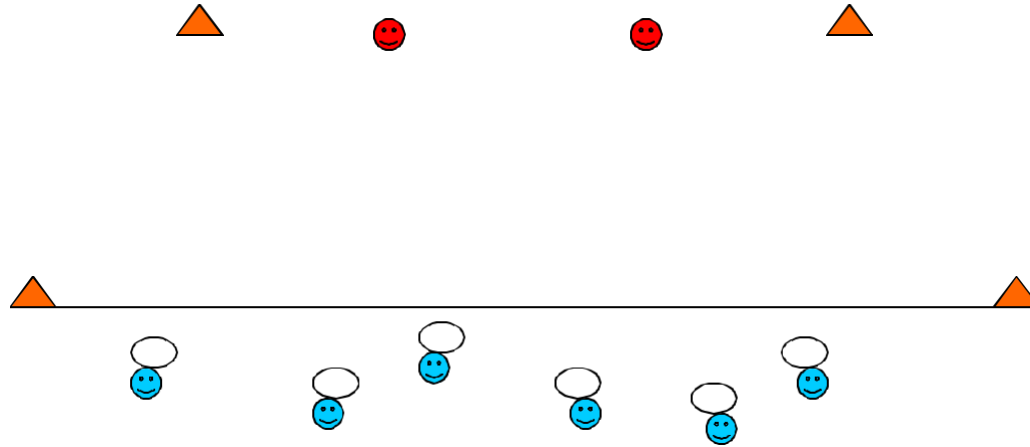
Encourage lead runner to change direction plenty of times, stop, start etc..

Vary by allowing players carry a football in 2 hands at same time.

Pitch Layout



1- Ground Kick



Penalty kicks into large goal with 2 goalies.

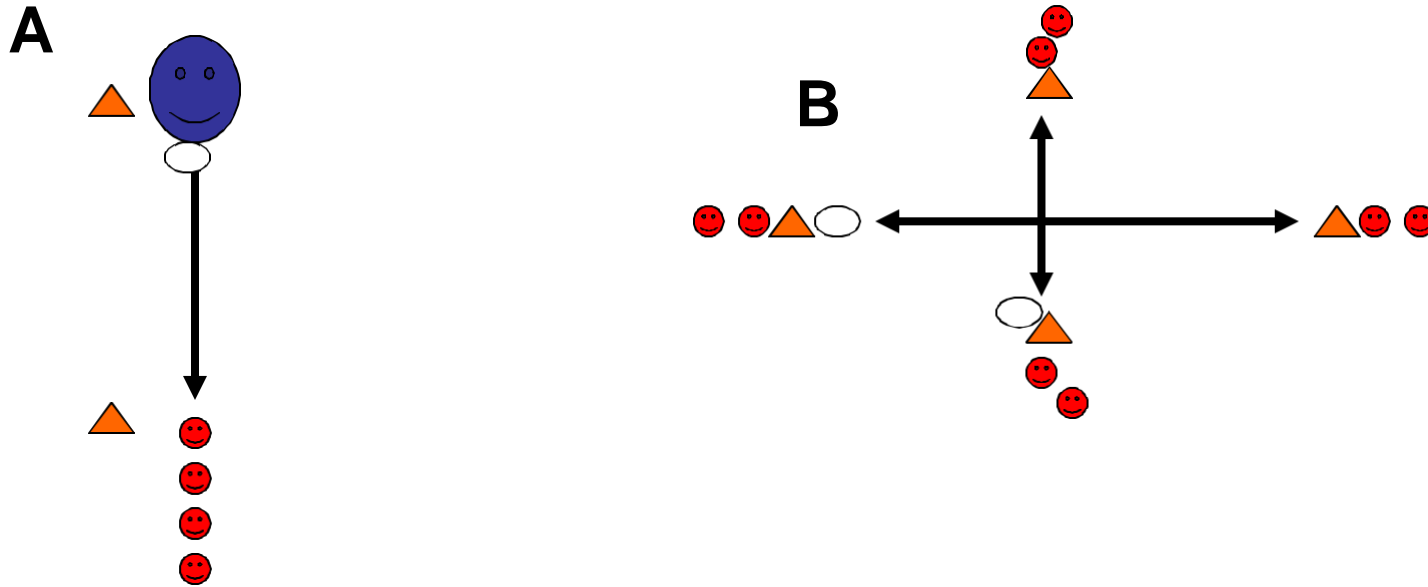
All kids shoot at same time and goalies have to stop as many shots as possible.

Count scores and rotate goalies.

What pair can keep most amount of goals out?

Ground kick to being with, progress to punt kick.

2-Catching & Passing I

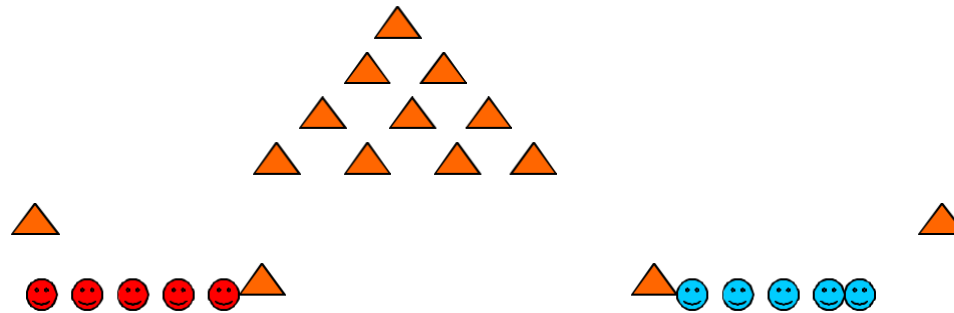


A – simply coach throwing ball to child running towards coach. Sympathetic throw. Child encouraged to have arms out ready to catch eyes on ball and wrap into chest. Throw back to coach and join back of line.

B – Run to group opposite and throw for next person to catch and continue exercise.

Competition – which line can get back to their starting positions the quickest without dropping a ball?

3- Balance ball



10 balls at top of square.

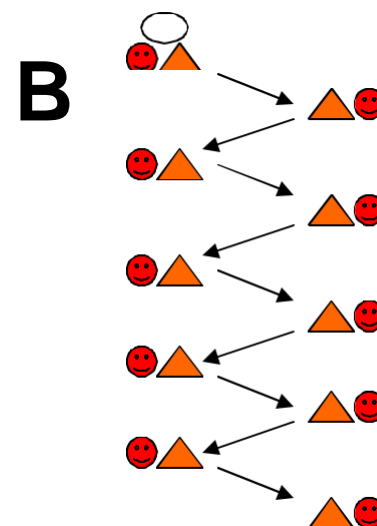
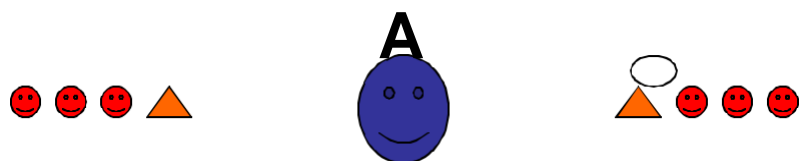
Aim of game is for team to get all 10 balls back to 10 cones in quickest time.

Start off just run back, next introduce a bounce/dribble/solo/handpass.

All teammates work at same time.

Other team then goes.

4-Catching & Passing II



A – coach standing in middle between two groups. Players must run out to centre and pass ball under the coaches legs to the next player. Follow the pass and join the back of the group. Next player scoops ball off ground and continues drill.

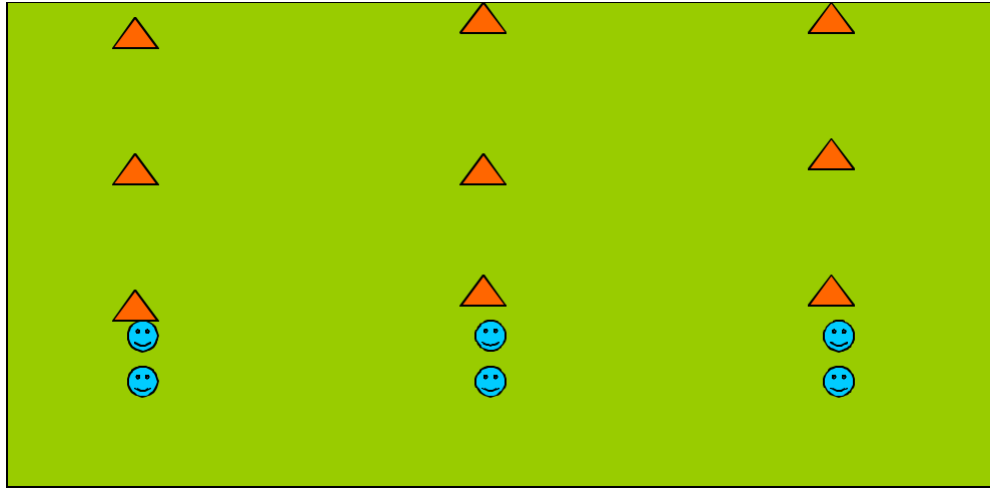
B – diagonal passing (throwing and catching). Begin with one ball introduce another with competence. When ball gets to end pass it back up the chain.

Vary – pass the ball and move to spot that you passed it too. Man at end runs back up to start.

U6 Training

Session 11

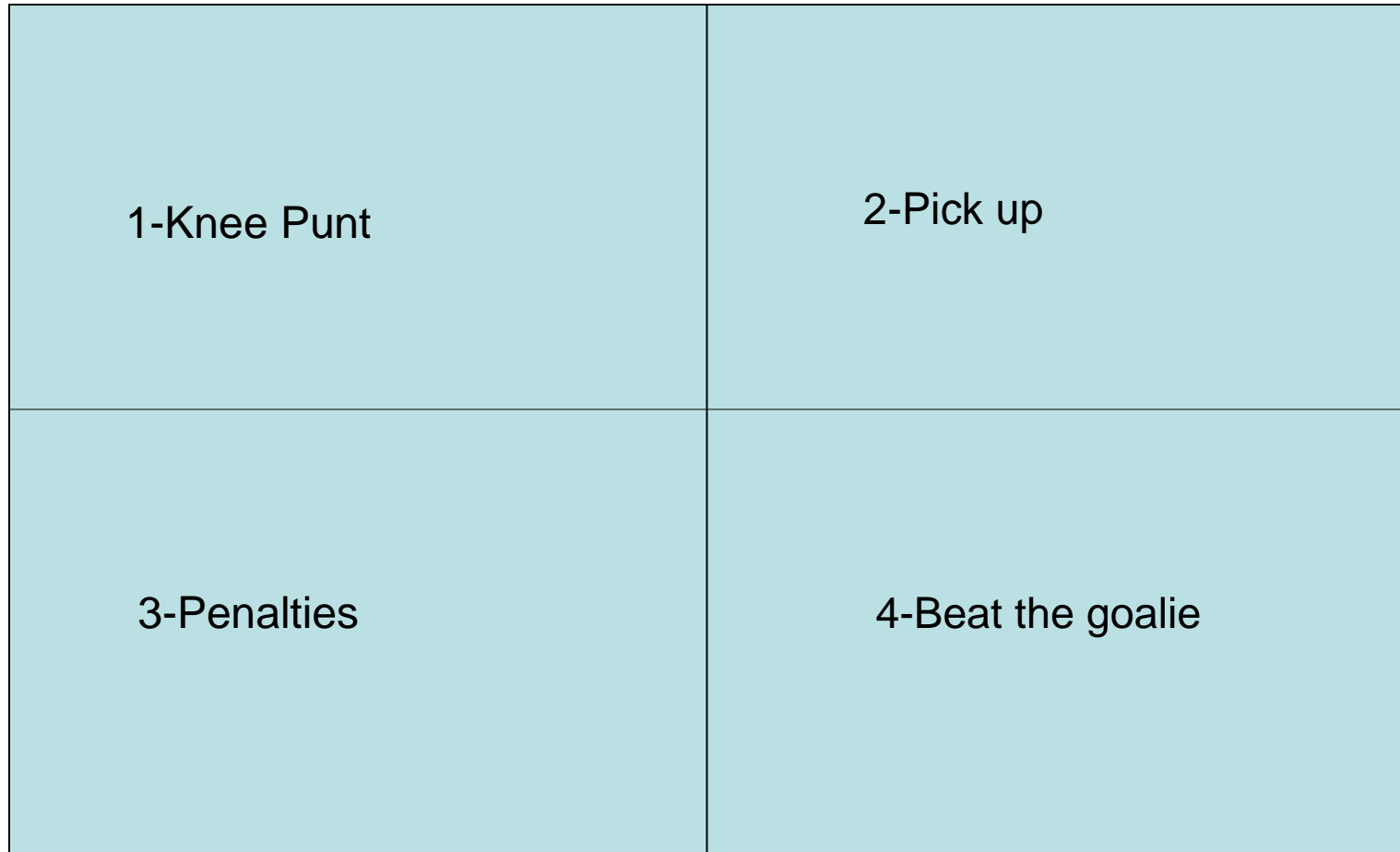
Agility Relay



Relay activities warm up.

EG: out around first cone and back – forwards, backwards, sideways, with or without ball. Include in relays with ball thrown, rolled, bounced, placed, kicked to next person. During relay child may have to bounce, pick up, roll and collect, throw and catch, kick and gather, solo football. Other activities include high knee lifts, heel flicks, imaginary jump and catch, fall and roll.

Pitch Layout



1-Knee Punt

Basic practice – one ball per person/between two.

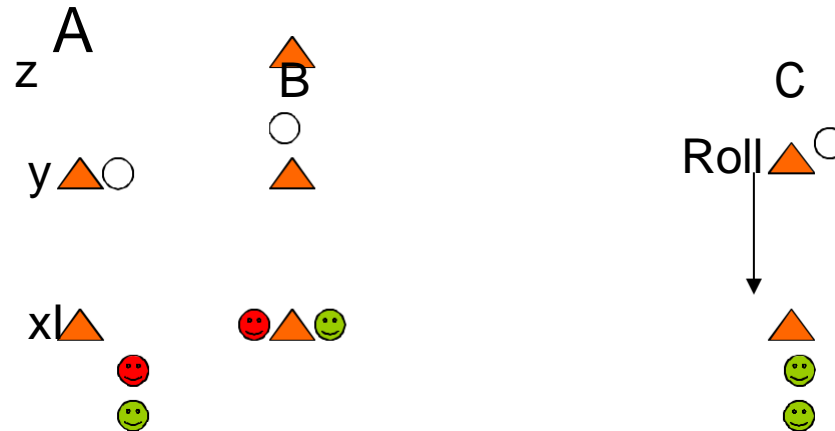
Pre-punt kick practice for children who may struggle with punt kick on dominant or non dominant foot.

Coaching Tips

- Knee punt – drop ball to knee to strike.
- Aim – face target.
- Ball dropped and struck with knee – beware of child throwing up to knee – just let ball drop.
- Eyes on ball at all times.
- On dropping ball raise knee simultaneously.
- As with punt kick try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.

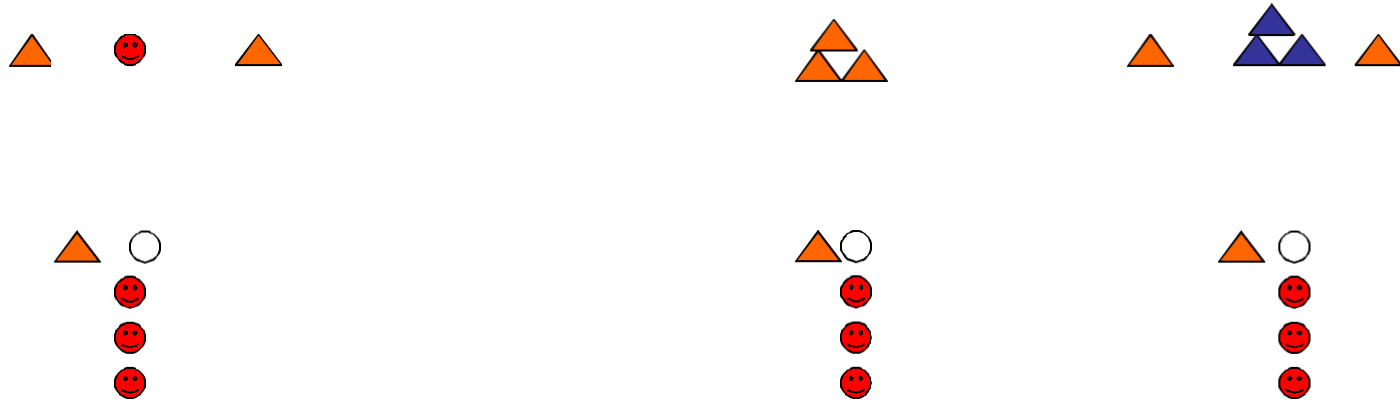
This is an excellent way to introduce the non dominant punt-kick particularly for younger children.

2-Pick Up



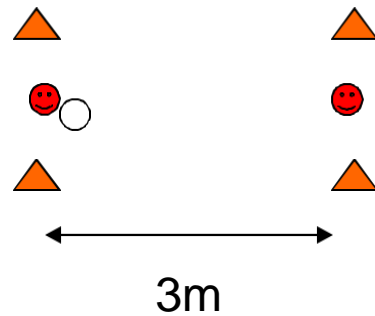
1. Relay race carrying ball only.
2. Introduce the pick up (clean scoop) as in "A" above. Ball is picked up at cone y carried around cone z and replaced at cone y. Bounce can be introduced when in possession of football.
3. Advance by introducing token opposition. Red player has 2m headstart over green player. Green player can not make contact with red player. Introduce competition where as in B above players race for pick up.
4. Ball rolling towards player – C above – player picks stationary ball at cone y, goes around cone z and rolls back to next player at cone y. Player must pick ball up before it stops rolling.
5. Ball rolling away from player – player begins with ball in hand, rolls ball out in front of themselves and must scoop ball up before it stops. Continues around cone z and rolls ball back to next player.

3-Penalties



- Three mini stations above to practice the ground kick from station 1.
- LEFT – straight forward penalties for competent children.(10pts)
- MIDDLE – Cone knock, ground kick to knock cones.(7pts)
- RIGHT – Ground kick to knock cones or score a goal.(5pts/3pts)
- Award points for diff stations and keep your score – beat your record.
- Double points for non dominant foot score, maybe one point for attempt with non dominant foot.
- Encourage kicking off both feet equally.

4-Beat the goalie



Players work in pairs as above with a goal each.

Aim is to roll the ball into the opponents goal.

Begin 3m apart and increase depending on competency.

Tip

Look for the space to roll the ball into.

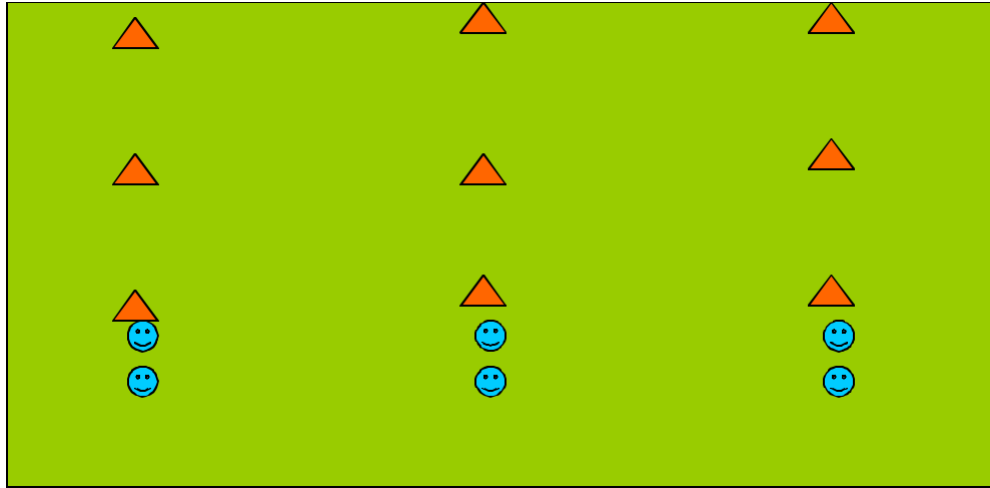
Advance

Ground kick, knee kick or punt kick into goal instead of roll.

U6 Training

Session 12

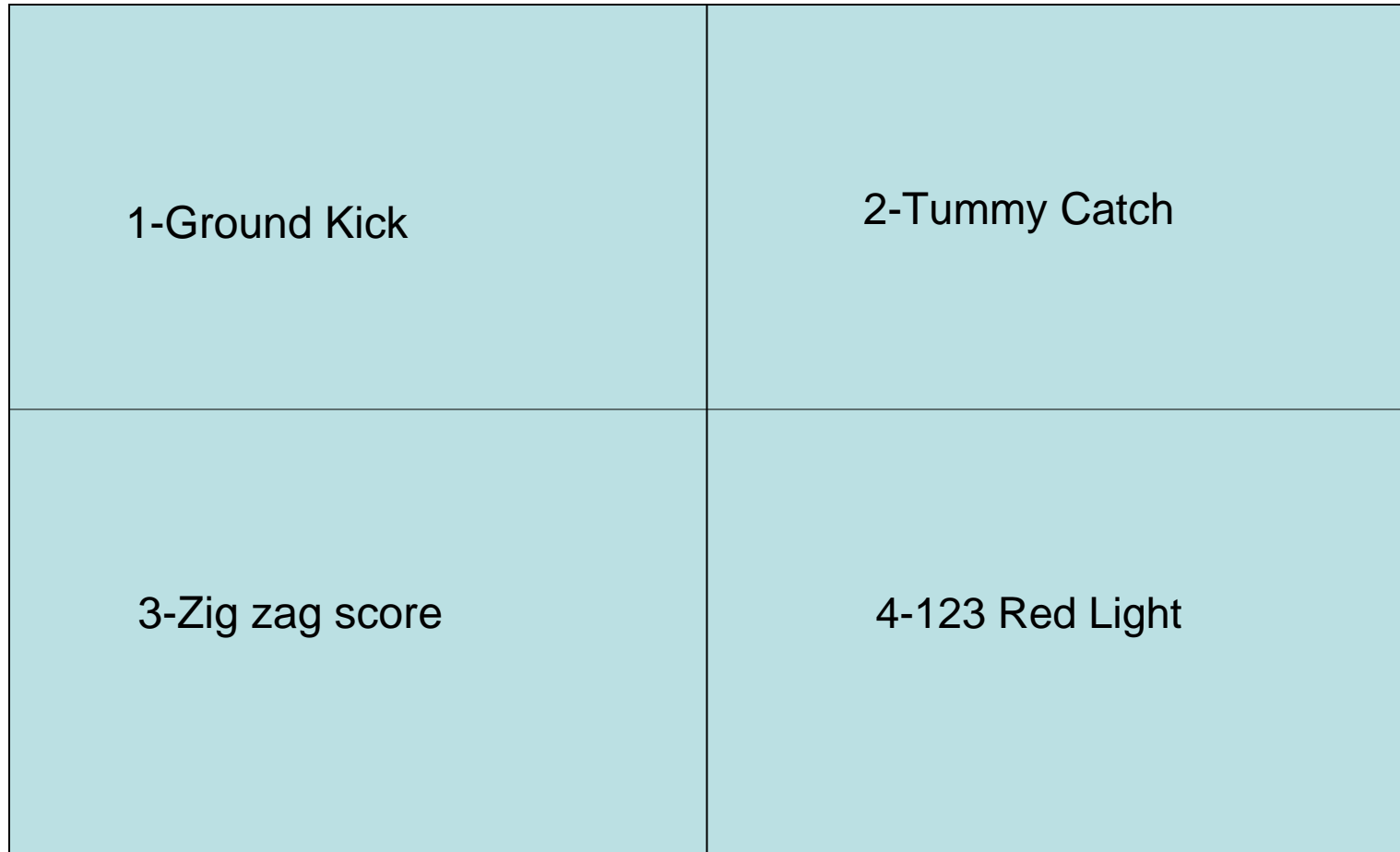
Warm Up - Animal Relay



Relay activities warm up.

- Relay each team has an animal name and must make the actions and sounds of the animal on running out and back around the cone.
- Eg.....monkeys, elephants, cats, dogs, pigs, wolves, bears.
- Do in single file or as group.
- Points for best actions/noise.
- Change animals/groups to see can one group do it better than another.
- Also vary the way in which the children move – forwards, backwards etc...

Pitch Layout



1-Ground Kick

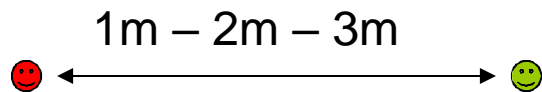
- Ground kick – ball between two players.
- Practice the correct ground kick technique using either foot.

1. Step back and look at target.
2. Step non kicking foot to side of ball.
3. Move in and watch the back of the ball.
4. Use inside of foot to kick back of ball.
5. Stop the ball with bottom or sides of feet.

- Variation – “partner 2 touch” – allow one touch to stop the ball and one to kick back to partner.
- Variation 2 – “partner 1 touch” – child is allowed only one touch to pass ball.
- PRACTICE EQUALLY ON EACH FOOT

2-Tummy Catch

Basic practice – one ball between two throwing to each other.

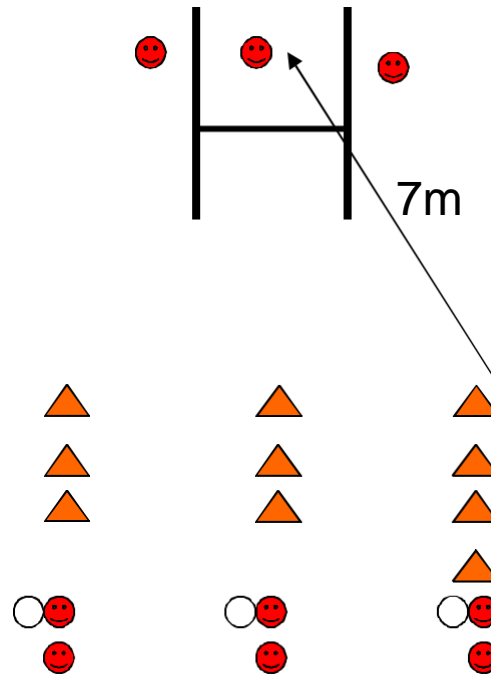


Begin at 1m apart and increase after 2mins to 2m and so on.

Coaching Tips

- Tummy catch – gather and cradle the ball to tummy.
- Aim – face target.
- Ball thrown underhand to standing partner. Aim for persons chest/jersey.
- Eyes on ball at all times.
- Catcher has eyes open and hands out ready to receive ball.
- On impact gather ball to tummy/chest with elbows “wrapping” ball tight to chest.
- Increase distance of throw to advance.
- Competition – how many throws and catches in a minute. Challenge the children.

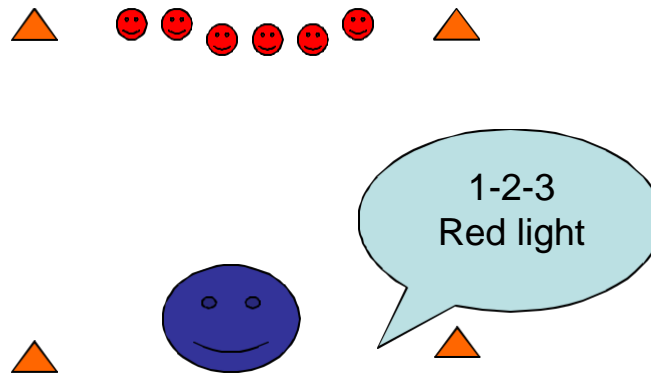
3-Zig Zag Score



- Shooting practice after a zig-zag run.
- Anyone without a ball in behind goals, when you get a ball join the line.
- Players concentrate on running in and out around the cones holding the ball in two hands at all times.
- Make sure players are practicing shooting with both feet – kick can be whatever the child wants. Variations

Bounce through cones. Introduce a pick up after zig-zag run. Introduce pass to The zig-zagger when they come through the cones.

4- “123 Red Light”



- Children line up along a line.
- Coach calls out “1/2/3 or Red Light”.
- Class move forward on call.
- 1=1 step
- Class must stop on signal – red light - which could be after 1 or 2 or 3
- Look for a quick reaction to signal
- Kids must be balanced when stopping