

# **U6 CURRICULUM**

**WEEKS 1- 4**

**QUESTIONS ABOUT CURRICULUM?**

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## WEEK 1

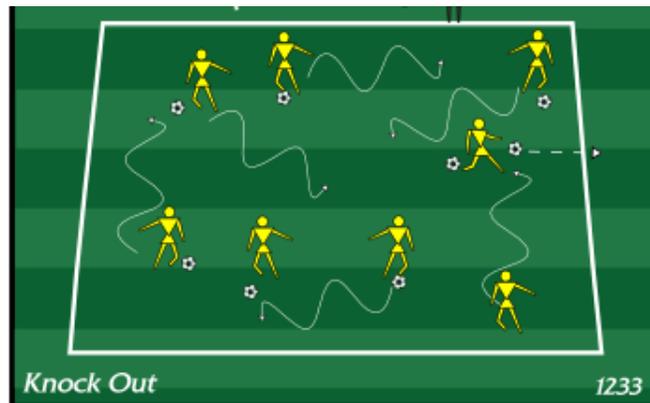
### TEACHING TOPICS:

- You can dribble 2 different ways
  1. Using Inside / Outside of our foot
  2. Using Laces
    - We rarely use our toes to kick the ball. We use the laces, inside, or outside of our foot
- When we should use big vs small touches/dribbles in a game
  - Small touches:
    - To keep the ball close to yourself as you move around the field
    - Going towards/around defender
    - When you're in the middle of the field or looking for someone to pass to
  - Big touches:
    - After passing the defender to get to the goal
    - Dribbling down the sideline
- Introduce game field formation (2 defenders and 2 forwards)
  - Explain the positions:
    - Defenders stay back more to block the ball from going in the goal or to stop the other teams' forwards
    - Forwards focus more on scoring but also run back to help the defense defend the goal
    - Be sure to explain that we **do not** play with goalies in this league, and defenders are different than goalies

### DRIBBLING GAME: King of the Square

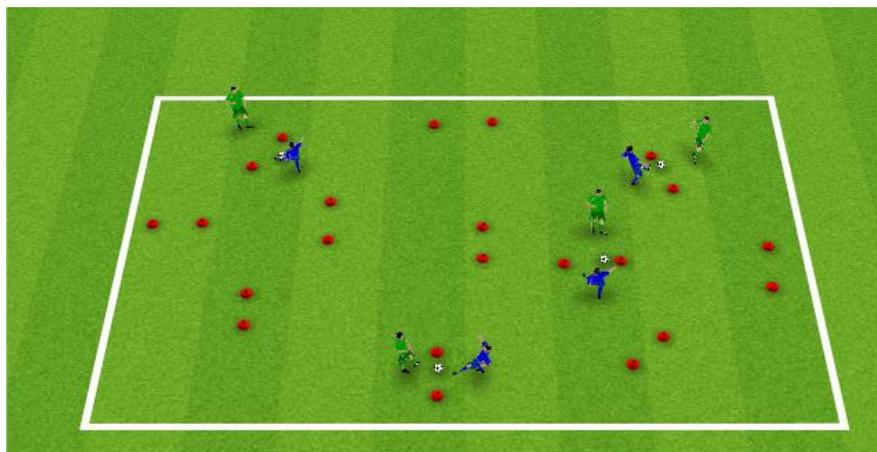
- **Purpose:** to practice dribbling with laces and inside / outside of the foot
  - Set up: create a 10x10 yard square, outlining it with cones
  - Explanation: Each child uses their own ball and starts inside the square. They begin dribbling around while working on dribbling technique. The goal is for them to shield their own ball while kicking their teammates ball outside of the square. Once their ball is kicked outside the square they are "out". You can have them do 10 ball toe touches or something silly to allow them to get back in the square,

or you can have them be “out” until the end of the round. The last person inside the square wins.



### **PASSING DRILL:** Passing Gates

- **Purpose:** to practice aiming passes, and passing to a target (the other player)
  - **Set up:** create mini goals (gates) by using two cones and placing them about 3-4 feet apart. Create 10-15 of these around the field.
  - **Explanation:** Have kids each find a partner and get one ball for each pair. Point out that the cones make little goals. To score a goal, one partner with the ball must pass the ball in between the cones to their partner who will run and stand on the other side of the gate. After “scoring” through a gate, the partners must run to another gate and the partner with the ball must pass through the gate to the other partner. Give the players three minutes to see which pair has the most goals at the end. Play a second round by moving the cones closer together to make a smaller goal to require more accurate passing.



## **GAME:** Pirates of the Goal

- **Purpose:** to work on using quick and small touches to keep the ball away from pirates and using your body to shield the ball from an attacker.
  - **Set up:** Make a 10x10 yard square outlined in cones to start. The size can vary based on how many players are present. Add a small goal with two cones (a different color than the square) in between one of the sides of the square. Assign 2 of your 8 players to be pirates and give them pennies to wear. Have the rest of your pennies inside the goal.
  - **Explanation:** The 2 Pirates in pennies will start inside the goal you created. The rest of the players will be dribbling and working on different touches as the 2 pirates are released. As the 2 pirates are released the 6 other players must use quick and small touches to keep the ball away from pirates. The pirate will take the ball from a player and then must score inside the goal. The player who had their ball taken will pick up a penny that is inside the goal and will join the team of pirates making it now 3 pirates vs 5 players. Note that players can win the ball back from pirates if their ball is taken before it is scored in the goal.



**Note:** The above picture shows the goal in the middle, if you do not use a goal, and use cones instead the goal can be made with cones on one of the outside lines

**SCRIMMAGE 4v4 format** - 2 Defenders and 2 Forwards

## WEEK 2

### TEACHING TOPICS:

- Passing requires communication
  - If you are in an open space during the game you can yell “pass” or “I’m open”, to let your teammates know they can pass to you
  - Sometimes during a game it’s hard for the player with the ball to see where everyone else is around them. Talking with your teammates on the field makes it easier for them to see you and pass to you.
- What do we do after we pass the ball?
  - We should then move somewhere else on the field and find a space somewhere else where our teammates could pass to us.
- Introduce different types of turns
  - Pullback: Stand behind the ball, place the bottom of one foot on top of the ball, roll the ball back towards the body using the bottom of the foot/toes.
  - Stepover Turn: Stand behind the ball, take right or left foot and step over the ball without touching it to make it look like the player is passing or kicking ball. Once right foot is over the ball push to the right and go. If you stepped over the ball with left foot you then would push to the left.
  - Outside hook: Stand behind ball, using the outside part of either foot, put that in front of the ball facing away from you then scoop the ball back towards the player and turn to the outside.



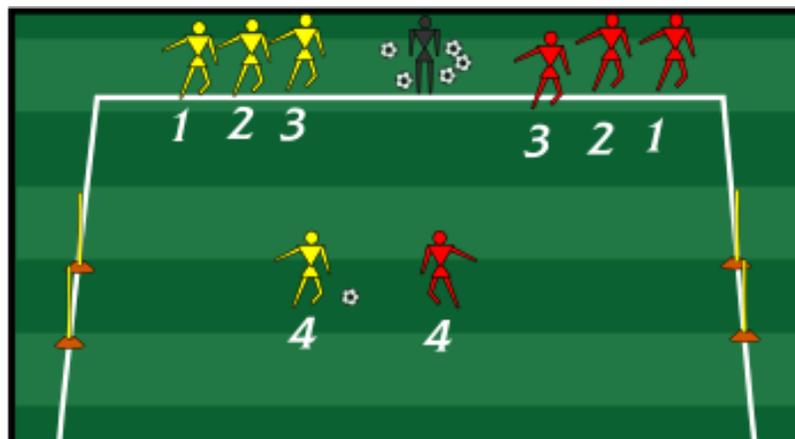
### TURNING GAME: Pullback competition

- **Purpose:** To introduce the pullback and practice it with speed  
How to pullback: Stand behind the ball, place the bottom of one foot on top of the ball, roll the ball back towards the body using the bottom of the foot/toes.
  - Set up: Have kids each get a partner, and one ball for each pair. Have them put the ball down and have them each stand across from their partner with the ball in the middle. There should be 2 steps between the player and the ball and 2 steps between the other partner and the ball.

- Explanation: When coach says go, the players each step up to the ball as fast as they can, and in each pair, whoever gets their foot on the ball and does a pullback gets the point. You can play best of 5 or 7 to see who wins.

### **SHOOTING GAME:** Numbers Game

- **Purpose:** to work on player dribbling and moves to beat player(s) and finishing on goal.
- Set up: Make a rectangular field with only one goal at the far end of the rectangle. Split up players in two teams both even, one team in pennies. Assigned each player on the team a number (1-4), and give the other team numbers (1-4) as well. Have each team lined up shoulder to shoulder, one team on each side of the goal. Coach will in the goal with all soccer balls.
- Explanation: Coach will yell a number (1-4) out to all players. Each team should have one player with that specific number, and both of those players will run to the ball and play 1v1 against each other. They will work to beat each other to score a goal. This can be done with two numbers as well. For example, If coach calls out “ 1 and 3”, then players from both teams that are 1 and 3 would come out from the shoulder to shoulder line and coach plays a ball and the two players would work together to score against the other teams two players. Only 2 players from each team, 4 total should be playing and players 2 and 4 would remain in line until called maybe next round.



### **TURNING DRILL:**

- **Purpose:** to work on turning with the ball with speed
- Set up: Place one cone on the ground, walk out 5 yards and put another cone on the ground, walk 5 more yards and put another cone on the ground. Have one

player at each cone. This is one group. Create exact set up one or two more times nearby based on if you have 6 or 9 kids.

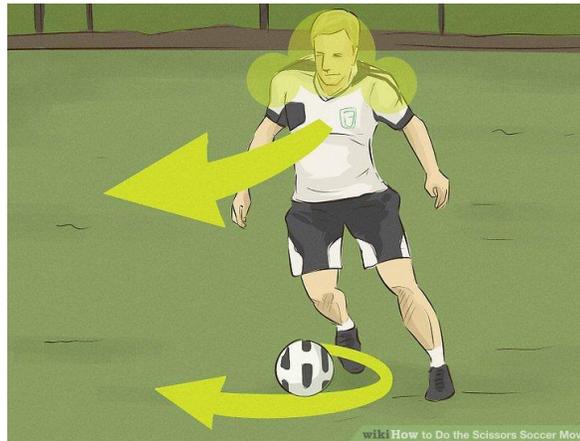
- Explanation: Have the player at the middle cone start with the ball. The outside 2 players do not need a ball. Set a timer for 2 minutes. When time starts the player in the middle will pass to one of the outside players. This counts as a point. The outside player will then pass the ball back to the middle player who will turn with the ball and pass to the opposite outside player. Each pass to an outside player counts as one point. After 2 minutes, switch who is in the middle, and restart the time. Repeat one more time so the last person is in the middle. Whoever has the most passing points after everyone has gone wins.

### SCRIMMAGE 4v4 format - 2 Defenders and 2 Forwards

## WEEK 3

### TEACHING TOPICS:

- Moves and skills to use to beat players.
  - Scissors: Start on the left side of the ball slightly behind it. Lift right foot then circle foot around the **front** of the ball then place it on right side. Next lift left foot and go **behind** the ball and it should land next to the right and both feet should be on the right side of the ball. Have players be stationary and be repetitive with the around behind strategy. Note whatever foot is closest to the ball always goes around and the other foot goes behind.



- Roll Overs: Perform a rollover in the direction your hips are facing. Players will start behind ball. To do rollovers in the left direction, have players put the top of their right foot on top of ball and roll it to the left. After each roll make sure player takes a step to catch up with the ball. If players wish to go right with a rollover this can be done only with the left foot on top of ball. Make sure it's a roll not a touch to the right.

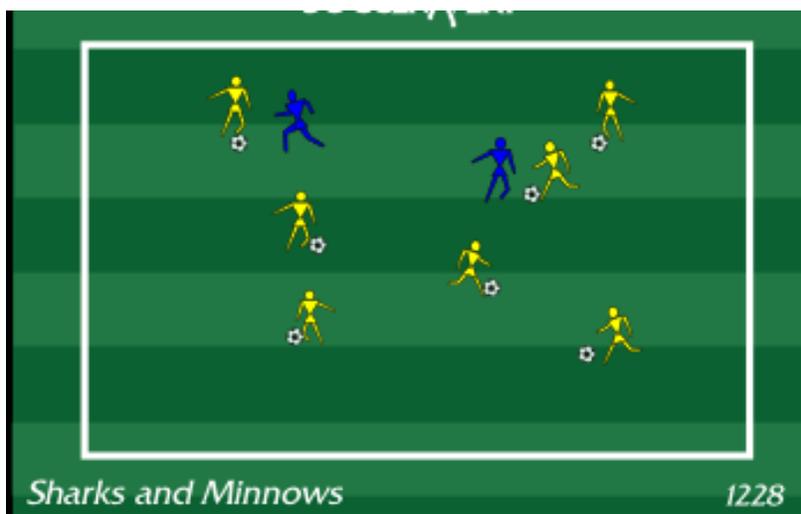
- Recognizing teammates to pass to when numbers up (EX 2 vs 1).
  - If you have a teammate that is not being marked or defended by opposing players, then we can choose to pass to that player making it harder for the opposing single defender
- When to use power or placement when shooting.
  - When shooting the soccer ball from far, players should be looking to use more power and hit the middle of the soccer ball with his or her laces. This will give the kick more power and be a hard driven shot.
  - When shooting the ball close to goal or inside the goalie box, players should be looking for where to place the ball in the net. For these placement shots, players should use the inside part of the foot and concentrate on accuracy and less on power.
  - Remind them we do not use our toes to kick the ball!

**GAME:** Sharks and Minnows

- Purpose: to work on dribbling with speed and keeping the ball close to the body, taking small touches

Set up: Build a grid with cones approximately 20X20 yards. This field should be adjusted based on the skill level and number of players participating.

Explanation: Two players are designated the SHARK start in the middle of the grid without a ball. The remaining player starts with a ball on one of the end lines. The minnows, the players with the ball, attempt to swim from one end line to the other while keeping their ball away from the sharks. The sharks attempt to gain possession and knock the minnows ball out of the grid. Once this happens, the minnow becomes a shark. The last minnow standing wins the competition.

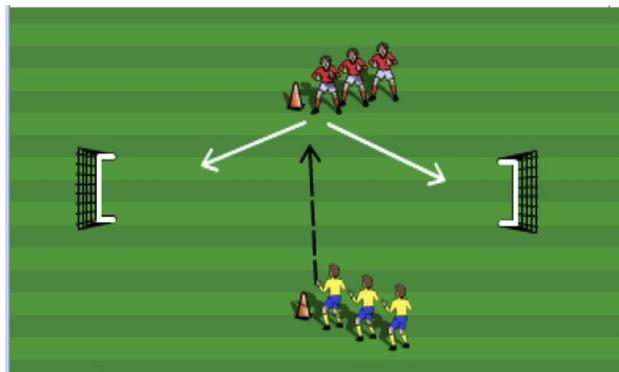


### **SHOOTING GAME:** Colored Goals

- Purpose: To practice turning and changing directions, and shooting.
  - Set up: Create a 15x15 yard field with cones. Add a small goal with one color cones about 2 yards wide on one end of the field, using a *different color*, add another goal on the opposite side of the field.
  - Explanation: Split the kids in half, having one team in pennies. Each team will be in a line, the first player in each line going against each other 1v1 to score. Throw the ball to the middle and say go, and yell one of the colors that the goals are made of. For example, if you say orange, both players are fighting to score on the orange goal. If you switch and say yellow, they both will have to turn quickly to go score on the opposite side of the field. Once the ball is out or scored, the next 2 players will go.

### **DRIBBLING 1v1 GAME:**

- Purpose: To practice dribbling and applying moves to beat players.
  - Set up: Create a 20x10 yard rectangle lined with cones and 2 goals opposite sides of the rectangle facing each other. On the outside-middle of the rectangle have a cone with 4 players wearing pennies and across the rectangle have another 4 players without pennies. Team with pennies should have soccer balls.
  - Explanation: Players in pennies will pass ball across to team without pennies and then begin a 1 vs 1 game where the team with pennies is scoring on the goal to their right and the penniless team scores on the goal to their right. Feel free to set rules that players must do moves or turns before they score or it will not count as a goal. Make sure to rotate the teams so both are passing and receiving. Reward the team that scores the most goals by having the other team do a silly punishment.



## **SCRIMMAGE 4v4 format** - 2 Defenders and 2 Forwards

### **WEEK 4**

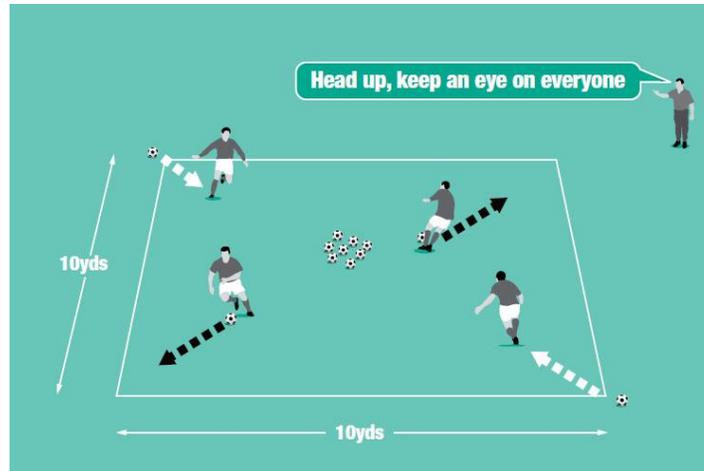
#### **TEACHING TOPICS:**

- Dribbling with speed and changing direction.
  - Players need to develop their speed of dribbling and recognize when to take quick and small touches or big and quick touches.
  - Players also must practice when to change direction or point of attack in a game.
- Why/when do we use turns in a game?
  - To switch the side of the field the ball is on
  - Turning away from the other team
  - If the ball is traveling out of play we can save it and keep it in bounds
- Being able to pass the ball and move to help teammates by getting into a position to receive a pass.
  - Help players begin to understand the concept of passing and moving somewhere new after they pass (Pass and move).

#### **TURNS GAME:**

- Purpose: To work on dribbling and turning.
  - Set up: Set up a big 10x10 yard square marked with 4 cones at each corner. Inside the box square make a tiny square that aligns with the corner cones of the big square. Divide players up in 4 groups and they will form a single line behind each corner cone facing the small corner cone in the middle.
  - Explanation: All four corners will dribble to the cone in front of them in the middle of the square and as they get to the small corner cone have players do different styles or turns and go back to their original big corner cone. For example, have them dribble to the cone, do a pullback, and dribble back to their line to give the next person the ball. Do this for 2 minutes, then switch to a new type of turn.

Note: To spark interest and effort, make it a competition by having players go a certain amount of times and once they reach the required limit they sit down and the first team with all players sitting wins.



**PASSING GAME:** Keep Away

- Purpose: To work on passing, dribbling and communication
  - Set up: Make a large square box aligned with cones. Out of the 8 players assign 2 players as a defender and give them a penny.
  - Explanation: The two with pennies must try and win the ball over from the other 6 players who will be passing and working together on moving the ball quick with passes that are accurate and firm. If the two defenders win the ball, they will switch teams with whoever lost the ball and that person will now have the penny.

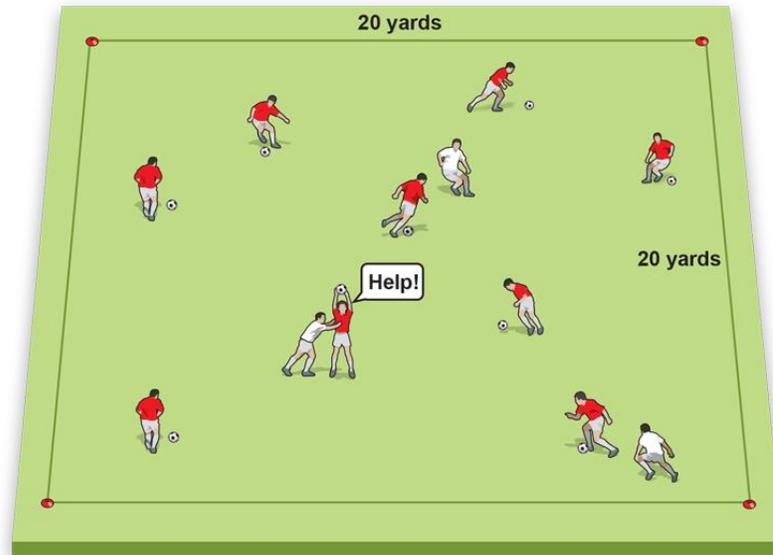
**GAME:** Sharks and Minnows

- See week 3. Be sure to emphasize using small touches and keeping the ball close to the body so it's harder for the sharks to steal it. Also remind players to use their bodies to shield the ball and develop strength when guarding the ball.

**GAME:** Freeze TAG

- Purpose: Have players work on touches and dribbling while under pressure from defenders or taggers. Players to need work on moves and recognize where to find space to get away from taggers.
  - Set up: Create a 20x20 yard square lined with cones. Have 7 players with soccer balls inside the square and 1 tagger holding a penny be the assigned freeze tagger.
  - Explanation: The freeze tagger's job is to go around and tag the other 7 players as they dribble around the square. If the tagger tags someone that player must stop and raise their soccer ball over their head and spread out their legs. Others

players can choose to unfreeze the player by dribbling their own ball up to the frozen player and passing a ball through their legs. They will then be back in the game and drop the ball and dribble away. Give the freeze tagger a time limit to try and tag all the players. Whether they succeed or not, at the end of every round have a new tagger selected.



**SCRIMMAGE 4v4 format** - 2 Defenders and 2 Forwards