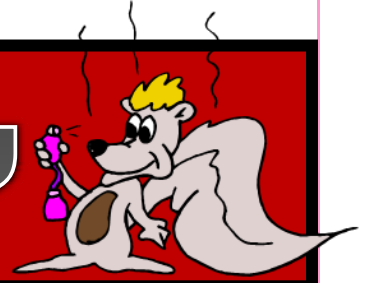


# "Fouls"



Although fouls in the game may occur, they are usually unintentional. If a foul occurs, tripping, ball handling, etc, then an indirect free kick is awarded.

The ball must be passed before a shot can be taken.

## \*Key Points

- Rules are for adults not children
- Fouls usually occur at U6 because a lack of coordination and body control
- Restart game with indirect free kick
- Move opposing team 5 yards from free kick



# SCORING



Is from anywhere on the field, but cannot be scored directly from a kick-off, or free kick.



\*Key Points  
-After a goal is scored, opposing team moves behind center and cannot move forward until kick is taken

# Session Format



❑ Warm-up: with a fun Game; 10 minutes

❑ 3 vs.3 should be 20 minute halves with a 5 minute break in between

Example of session:

At the under 6 age group, games will be 20 minute halves. A “Fun Game” (practice) is held for 10-15 minutes prior to the big game.

Length of Session - 1 hour

-10-15 minutes Fun Game

-20 minutes 1st half

-20 minutes 2nd half

\* Between activities, ensure players have proper amount of recovery (5 minute half time is sufficient).

## \*Objectives

- To have as many players playing at the same time
- Create more than 1 field to play on
- Ideally 7-8 players per squad
- Safe, supportive, enjoyable environment
- Create a passion for the game

# Warm-up Game

Why?

The games are designed to introduce players to the basic concepts of the game through **PLAY**

\*Key Points

- Both adults and children should have fun!
- let the game be the teacher

# The 3vs.3 Game

The 3vs.3 game for U6 has two 20 minute halves.

Players should have a 5 minute break at half.

Ideal squad size should be 7-8 players.  
Substitute players every 2-3 minutes.

Introduce players to basic team concept:  
"TRIANGLE."

## \*Key Points

- If squad size is larger, set up more fields to play
- Substitute players every 2-3 minutes

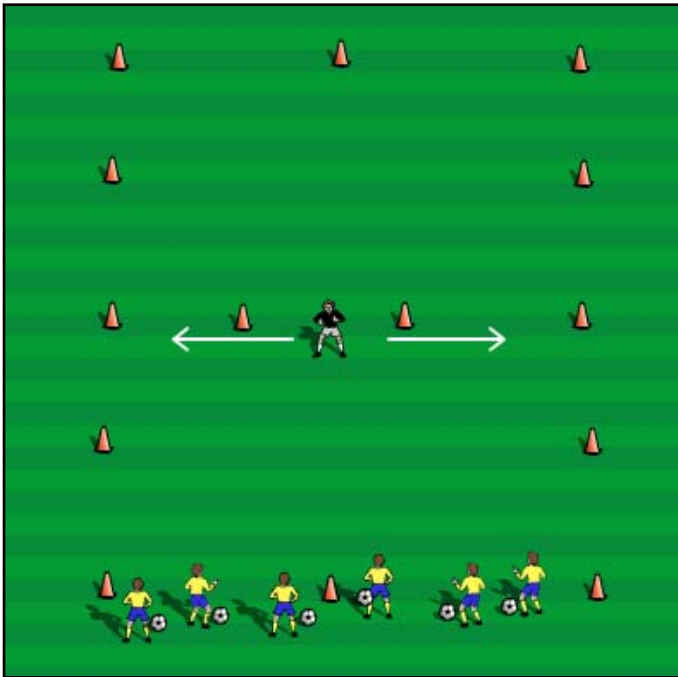
# TRAINING SESSIONS

SEE ATTACHMENT FOR ALL  
GAMES

## Warm-up Games:

- ☐ King/Queen of the Ring
- ☐ Great Wall of China
- ☐ Tag
- ☐ Red Light Green Light
- ☐ Pirate Games
- ☐ Squirrel and Nuts Game
- ☐ Monkey See Monkey Do
- ☐ Learning To Dribble Game

# Great Wall Of China



## How to Play

- Players start on one end of the grid
- Objective is to dribble past coach standing in middle who is trying to knock ball away
- Dribbling player is safe when he gets past "great wall"
- Players keep tally as to how many times they get past player

## focus

- On dribbling
- Players develop attacking space
- Dribbling when under pressure
- Change of pace

# King/Queen of the Ring



## How to Play

- Players must keep ball within a defined area
- Players are encouraged to kick other balls out of area
- When a player loses the ball 3 times, they must leave grid practice a skill then they are aloud to return to grid.
- Ask players to keep track of how many times they lost possession.

## focus

- Keep ball close
- Assess where pressure is coming from
- Keeping body between ball and defender
- Moving away from danger



# Freeze Tag



## How to Play

- All players dribbling with balls.
- Coach attempts to tag players
- When player is tagged he freezes and picks up ball.
- He can be unfrozen by another player, if that other player can put his ball between the frozen players feet.

## focus

- Dribbling and manipulating ball
- Moving away from danger
- Accelerating and changing direction

# Red Light Green Light



## How to Play

- Coach stands on opposite side of players
- Gives commands green light “go” red light “stop”
- Players make there way across grid.
- If player loses possession when coach commands red light. Player starts from beginning. First player across wins.

## focus

- Change of pace
- Keeping control of the ball
- Stopping with control



# Crocodiles



## How to Play

- Make 2 grids with a gap of 5 yds. in between
- Place 2-3 crocodiles in the gap
- Players start from both end lines
- Players attempt to get through crocodile pit without losing ball as many times as possible
- If player is dispossessed by crocodile then they start counting from beginning
- Switch crocodiles after 2 minutes

## focus

- Does player keep ball near feet when pressure is near
- Move into space quickly

# Coconuts



## How to Play

- Player scores by knocking ball off of cone
- If successful player retrieves both ball and cone and brings it back to their end line
- Team with most balls and cones set up on their end line wins

## focus

- Can players control ball
- Make grid small enough for player success
- Push ball away from body to generate power

# Nuts and Squirrels



## How to Play

- All the balls positioned in middle square
- On coaches command 1 player from each group collects a ball from the middle
- Player dribbles ball back to their triangle/home

## focus

- Gets first touch out of feet to travel quicker
- Keep ball in close control when approaching home
- Use different turns to get balls from middle

# Relay

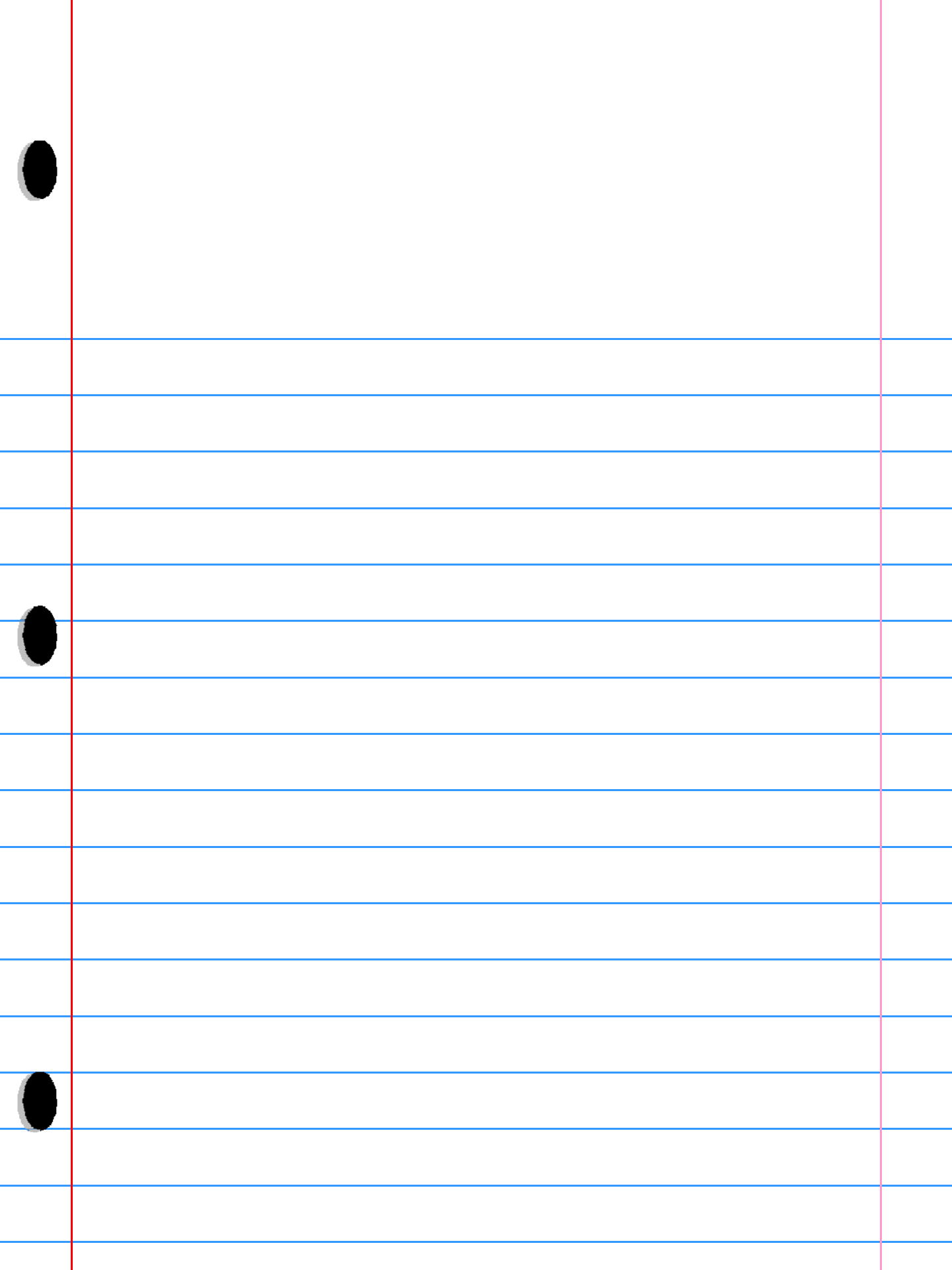


## How to Play

- Players begin with a ball at one end
- On coaches command first player from each group runs across grid maneuvering through obstacles
- When first player reaches far end next player in line proceeds to go.
- Make course interesting and fun

## focus

- Maintain control of ball
- Change speed and direction
- Keep ball close around obstacles
- More liberal touch in open space to move quicker



For further information with regards to  
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