



# UK INTERNATIONAL SOCCER CAMPS

## Season Long Coaching Plan

### U6 Age Division

A U6 Session should take 1 hour from start of the session to the finish:

0-10 minutes: Gathering exercise as all the players arrive, simple juggling or passing in pairs or with parents, ensure that you introduce yourself to each of the players and their parents, 1st impressions last a long time.

11-35 minutes: Exercise or activity of the week. This 20 minute window has to follow the 10 week curriculum outlined below, ensure that all volunteer coaches who are willing to help have a copy of the session plan, look over the activity prior to the session and adapt it to meet the requirements of the program. You can print the activity direct from the website to give to the volunteer coaches.

36-40 minutes: Preparations for the 3v3 game

41-60 minutes: Two 10 minute halves played to goal. Dimensions and playing rules are Region or League specific. Ensure that we are encouraging the players during these 3v3 games to achieve the 3 age appropriate game expectations we have for them.

#### Curriculum:

Technical skills expected by a U6 player:

- 1) Dribble the ball
- 2) Ball familiarity
- 3) Receiving the ball with the feet
- 4) Drag back turn
- 5) Push pass

Game understanding for a U6 player:

- 1) Ball in versus out
- 2) Direction to score
- 3) Not to hurt others or handle the ball.

A U6 soccer game needs to be played on field sized 30x15, 3v3 to goal. Please assist in the making of these fields if not already done.

#### **UK International Soccer Camps Inc.**

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Tel: (888) UK SOCCA • Fax: (909) 793 7310 • [www.uksocca.com](http://www.uksocca.com)





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Week 1 – “Coach Silly Simon Says” – Dribbling and close control

<http://76.89.105.17/Curriculum/browserecord.php?action=browse&-recid=2250>

Week 2 – “Coach Wolfie” – Dribbling and close control

<http://76.89.105.17/Curriculum/browserecord.php?action=browse&-recid=944>

Week 3 – “Soccer Bowling” – Passing accuracy

<http://76.89.105.17/Curriculum/browserecord.php?action=browse&-recid=1436>

Week 4 – “Alien Attack” – Passing accuracy

<http://76.89.105.17/Curriculum/browserecord.php?action=browse&-recid=1470>

Week 5 – “Racing Cars” – Dribbling and turns

<http://76.89.105.17/Curriculum/browserecord.php?action=browse&-recid=1087>

Week 6 – “Eggselet” – Controlling the soccer ball

<http://76.89.105.17/Curriculum/browserecord.php?action=browse&-recid=936>

Week 7 – “Pinball Soccer” – Striking the ball

<http://76.89.105.17/Curriculum/browserecord.php?action=browse&-recid=1043>

Week 8 – “Pirates” – Dribbling and ball close control

<http://76.89.105.17/Curriculum/browserecord.php?action=browse&-recid=1244>

Week 9 – “Coach Frostie” – Dribbling and close control

<http://76.89.105.17/Curriculum/browserecord.php?action=browse&-recid=2255>

Week 10 – “Dodgeball Soccer” – Striking the ball

<http://76.89.105.17/Curriculum/browserecord.php?action=browse&-recid=1008>

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