

LESSON PLAN; U6 STRIKING THE BALL

Warm-Up "Network"

Place two different colors of cones around field.

Each player stands by a cone. Players dribble their ball from same color cone to same color cone. Progress to players "striking" the ball at their colored cone.



COACHING POINTS:

- *Awareness
- *Introduction to striking the ball.

NOTE:
DON'T WORRY ABOUT MECHANICS AT THIS AGE...

1st Game "Moving Goal"

Every player has a ball. Two adults hold a "pool noodle" by each end. Players with the ball follow the coaches around and strike the ball between the adults and below the "pool noodle". Adults walk around to encourage the players to run and strike the ball.



COACHING POINTS:

To spread out the players even more, there could be more than one "moving" goal.

- Running with the ball.
- Striking the ball.
- Scoring goals.
- FUN!

2nd Game "3v3" (No goalkeepers)

Two goals are placed on the ends. Two teams of 3. Each team is attacking a goal and defending a goal. Coach has a collection of balls and is the "boss". Coach will always make sure that there are always two balls in play at a time.



COACHING POINTS:

- *Scoring goals
- *Concept of parallel play.
- *Break up the groups with multiple balls to get more repetition.

Game "3v3" (No goalkeepers)

Play 3v3 game where a goal is worth "ONE MILLION" POINTS!

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COACHING POINTS:

Note:
3v3 is really 1 against 5 with U6's!

Let the players play!