

Under 6 Coaches' Clinic

Training Session

Activity One - Fetch

Organization - 1 ball per player

Procedures - Players hand ball to coach, who throws it in any direction. Players must return with the ball under the restrictions given by the coach.

Activity Two - Gates

Organization - 1 ball per player. Several 3-yard goals place arbitrarily around the playing area.

Procedures - Each player tries to score (dribble) as many goals as possible in the given time limit.

Activity Three - Body Part Dribble

Organization - 1 ball per player

Procedures - Players dribble the ball in a specified area, while avoiding others. The coach calls out a body part and the players immediately stops the ball with that body part.

Activity Four - Boss of the Balls

Organization - Small-sided game with two equal teams.

Procedures - The teams play soccer to small-sided goals. When the ball leave the field of play by going over the touchline or end line, the coach plays in a new ball.