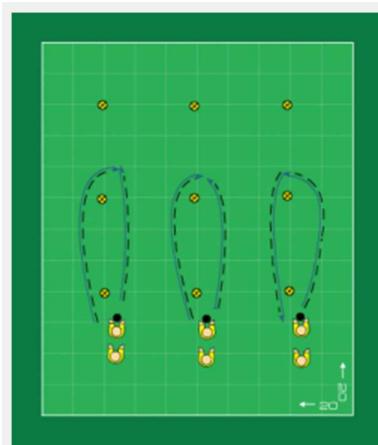


# Under 6 & Under 7's

## Training Session 1

### WARM UP



#### Fun games with ball

Discovery Phase - Session 1 - Start Part (6-9 Year Olds),

Duration: 10 min

#### Organisation:

Each player starts with a ball, dribbles around the marker (as shown in diagrams 1 and 2) and returns to the start

#### Learning:

Running With The Ball

Ball Mastery

#### Instruction points:

- Upon returning to the starting point, the next player starts the same pattern with their own ball
- Avoid long queues
- Keep players as active as possible (don't keep them waiting in line for too long)
- Give the group a quick break for a drink when necessary
- All relays in this section can be performed with and without the ball (the preference is to always use the ball, but it is fine to take the ball out of the relays early in the session)
- The more skill your players acquire, the more the ball should be used and the greater the challenges can be
- If there are more than six players, make another lane of cones and keep it to two players in a line

#### Variations:

Give players more difficult / easier instructions based on what the coach observes.

Duration: players - 10 min, goalkeepers - 0 min

### MAIN PART

Duration: players - 15 min, goalkeepers - 0 min



#### Fun games with ball

Discovery Phase - Session 1 - Main Part (6-9 Year Olds),

Duration: 15 min

#### Organisation:

Mark out a triangle with sides 10m–12m long.

Three teams of two players are positioned at each corner with a cluster of balls in the middle of the triangle.

#### Learning:

Running With the Ball -

Awareness of what is going on around them.

#### Instruction points:

- The object of the game is to gather as many balls as possible for the corner or 'nest' within a set time period.
- One player from each team runs to the middle of the triangle to get a ball and dribbles it to their corner, or nest, and leaves it there.
- Their team-mate then does the same. When all the balls in the middle of the triangle are gone, players can take them from someone else's nest.
- Players are NOT allowed to stop others from taking balls from their nest – no blocking, defending, tackling, etc. No hands! Feet only.

### FINAL PART

Duration: players - 20 min, goalkeepers - 0 min



#### Small sided games

Various

Discovery Phase - Session 1 - End Part (6-9 Year Olds),

(For field players only)

Duration: 20 min

#### Organisation:

3 v 3 (or 4 v 4, 5 v 5)

- training Game Length: 20m–25m Width:

- 14m–18m Goal: 2m–3m

- "Just let them play" •

- You can play with or without goalkeepers • Short games - 3 to 5 mins in length (with regular drink breaks)

## Training Session 2

### WARM UP

Duration: players - 15 min, goalkeepers - 0 min



#### Fun games with ball

##### Various

##### Discovery Phase - Session 2 - Start (6-9 Year Olds)

(For field players only)

Duration: 15 min

#### Organisation:

Mark out a 10m × 14m area. Five players try to avoid one player who carries a ball in their hands.

#### Learning:

- Spatial Awareness
- Movement

#### Instruction points:

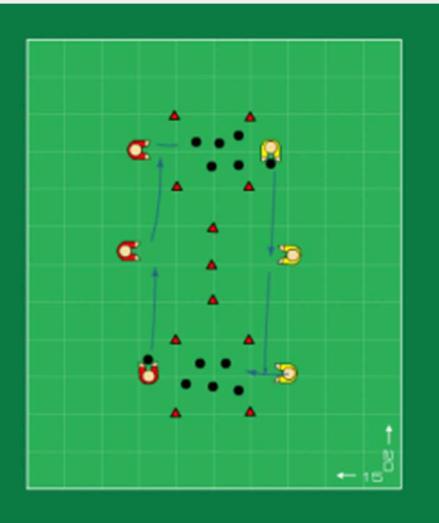
- The ball-carrier attempts to tag the runners by touching them with the ball (make sure the ball is not thrown and that players aim for the trunk). If a player is tagged, they are 'stuck in the mud', and stand with their legs wide apart until a team-mate frees them by crawling through their legs
- Each ball-carrier has 30 seconds to tag as many players as possible. After 30 seconds, change the ball-carrier.

#### Variations:

- Ball-carrier dribbles the ball around the field and tags the players with their hand, while keeping the ball close to them (if this progression proves difficult for them, make the field smaller)

### MAIN PART

Duration: players - 15 min, goalkeepers - 0 min



#### Fun games with ball

##### Various

##### Discovery Phase - Session 2 - Main Part (6-9 Year Olds)

(For field players only)

Duration: 15 min

#### Organisation:

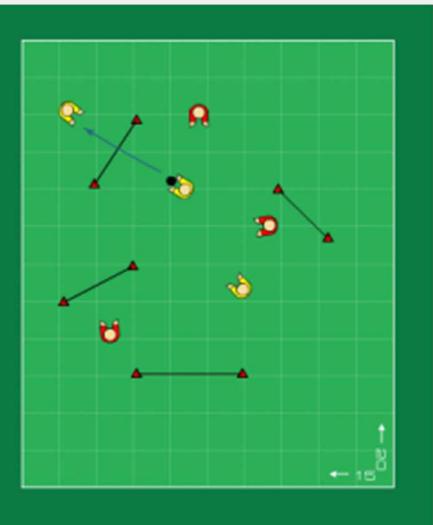
Two teams of three split up as shown in the diagram shown

#### Instruction points:

- Each team starts with an equal number of balls in their 'safe'. When the game begins, each team can start stealing balls from their opponent's 'safe' there is one 'thief' who takes a ball and passes it across the first 'moat' to their team-mate; they then pass it across the second 'moat', to their team's 'collector', who puts it in the team's 'safe'
- You can't use your hands – feet only!
- Meanwhile, their opponents are doing the same with their balls! After a set time period (e.g. two minutes), see which team has the most balls in their 'safe'. The team that passes and controls the balls best will have the most balls in their 'safe' and will therefore be the winners.

### FINAL PART

Duration: players - 20 min, goalkeepers - 0 min



#### Small sided games

##### Various

##### Discovery Phase - Session 2 - End Part (6-9 Year Olds)

(For field players only)

Duration: 20 min

#### Organisation:

- Pass to score

- Length: 15m–20m Width: 15m Goal: none (make 4 or 5 gates of 1m–2m width inside the area)

#### Learning:

- Passing
- Communication

#### Instruction points:

- To score a goal, pass the ball through any of the gates to a team-mate •
- This game encourages passing

## Training Session 3

### WARM UP

Duration: players - 15 min, goalkeepers - 0 min



#### Fun games with ball

##### Various

##### Discovery Phase - Session 3 - Start (6-9 Year Olds),

(For field players only)

Duration: 15 min

#### Organisation:

- Each player starts with a ball, and dribbles around the first marker in a full circle (as shown in diagram) then dribbles around the second marker, and then returns to the start
- Upon returning to the starting point, the next player starts the same pattern with their own ball
- Avoid long lines (2 -3 players per cone) - See Diagram

#### Learning:

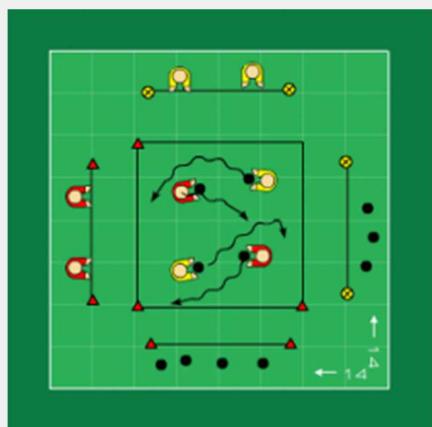
- Running with the ball
- Ball Mastery

#### Instruction points:

- Encourage use of both feet

### MAIN PART

Duration: players - 15 min, goalkeepers - 0 min



#### Fun games with ball

##### Various

##### Discovery Phase - Session 3 - Middle Part (6-9 Year Olds),

(For field players only)

Duration: 15 min

#### Organisation:

- Mark out a 14m x 14m square.
- Players in two teams dribble balls inside the square.

#### Instruction points:

- Outside the square, each team has two lines marked: one for their balls and one for themselves. On the call 'empty it!' the teams compete to be the first to empty the square. On the call 'fill it!' the teams compete to be the first to get all their balls and themselves back in the square.

### FINAL PART

Duration: players - 15 min, goalkeepers - 0 min



#### Small sided games with goals

##### Discovery Phase - Session 3 - End Part (6-9 Year Olds),

(For field players only)

Duration: 15 min

#### Organisation:

- 4 Goal football
- Length: 20m Width: 15m
- Goal: 2 goals (2m wide) on each end-line
- There are no goalkeepers
- Goals can be scored in either of your opponents goals

#### Learning:

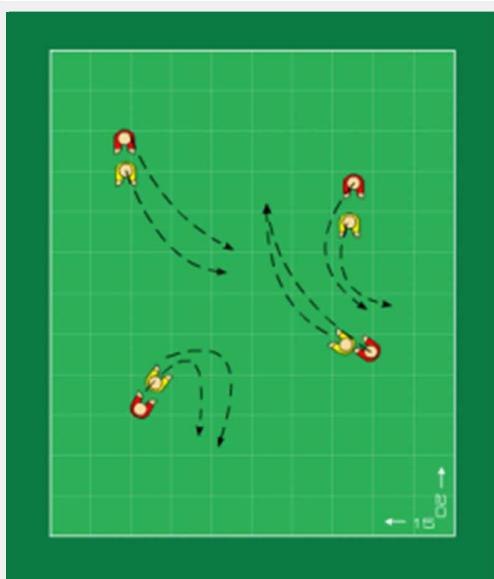
This game encourages shooting and scoring

#### Instruction points:

- This game encourages shooting and scoring

## Training Session 4

### WARM UP



#### Fun games with ball

##### Various

##### Discovery Phase - Session 4 - Start (6-9 Year Olds),

(For field players only)

Duration: 15 min

##### Organization:

- Me and my shadow
- Players get into pairs; one is designated as 'leader' and the other as 'follower'.
- The 'leader' moves around the field, changing speed and direction frequently, and perhaps adding a variation here and there, such as a jump or a ground touch.
- The 'follower' then copies everything the 'leader' does. Change roles regularly and also change partners regularly.

##### Learning:

- Spatial Awareness

##### Instruction points:

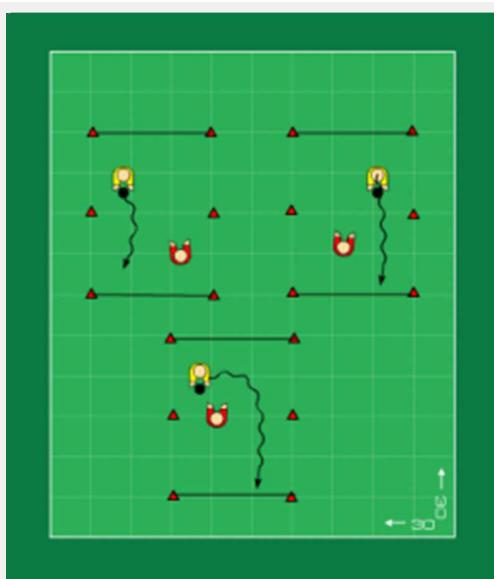
- Encourage creativity

##### Variations:

- The leader (only) has a ball
- The leader and the follower both have balls
- The follower has a ball (this is a difficult progression so instruct 'leader' to jog at medium speed around the area, with occasional random changes of direction)

Duration: players - 15 min, goalkeepers - 0 min

### MAIN PART



#### Fun games with ball

##### Various

##### Discovery Phase - Session 4 - Middle Part (6-9 Year Olds),

(For field players only)

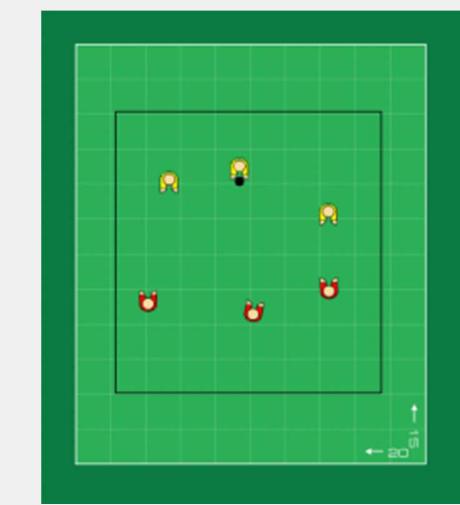
Duration: 15 min

##### Organisation:

- Make three small areas about 10m x 7m.
- Players play 1 v 1 on each mini-field and score by dribbling the ball over the opponents' line.
- Think of safety when setting up; avoid scenarios where players could dribble into each other by allowing buffer zones.
- Keep rotating so opponents are changed regularly. Rotation also allows a period of rest, so control how long rotation takes depending on how fatigued the players seem.
- You could also give some brief hints to the whole group in order to give them a rest.
- Games should be no longer than 1 minute maximum. If enough cones are available, progress to a small goal on each end-line for players to score in. You will also need a good supply of spare balls, as they tend to go everywhere when shooting is introduced.

Duration: players - 15 min, goalkeepers - 0 min

### FINAL PART



#### Small sided games

##### without goals

##### Discovery Phase - Session 4 - End Part (6-9 Year Olds),

(For field players only)

Duration: 15 min

##### Organization:

- Length: 20m Width: 15m Goal: none

##### Learning:

- This game encourages dribbling and 1 v 1 skills

##### Instruction points:

- Usual rules, but method of scoring is to dribble the ball across the opponents' end line