



Wakefield Soccer Club

Spring 2013

U6/U7 Curriculum

Key:

Ball Path:



Player Movement:

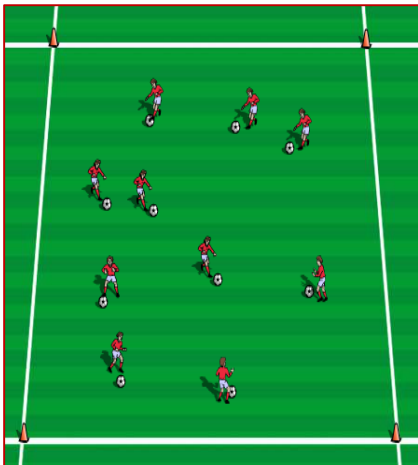


Dribble:



U6/U7 Ball Manipulation and Dribbling.

Warm Up: Hospital Tag. 10 Minutes



SET UP: 20x20 Yard Area.

Every player has a ball. There are 1-2 catchers. They must tag players in the area. The first time you are tagged you have to put one arm behind your back. The second time you're tagged you put both arms behind your back. The third time and you have to wait for the doctor (the coach) who gives the player a new life.

PROGRESSION:

1. The doctor is busy so you must heal yourself. This is done by doing 10 foundations with the ball.
2. Same as above but with toe taps.

COACHING POINTS:

- Keep your head up to see the catchers.
- Dribble your ball into free space keeping clear of each other and the catchers.
- Keep the ball close or you'll lose it.

Activity 1: Follow the Leader. 15 Minutes



SET UP: 20x20 Yard Area.

Put players into pairs with one ball per pair. The player with the ball follows their partner around the area. Player without the ball should try and vary their speed and direction to lose their partner. The player without the ball starts at walking pace. Allow players to run when comfortable with the game. Play for 1 minute then swap roles.

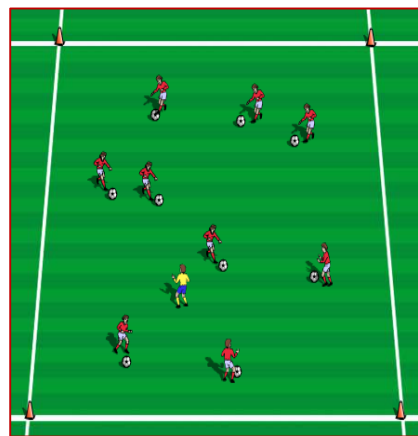
PROGRESSION:

1. Limit players to what part of the foot they can use when dribbling. E.G. Bottom of foot/inside/outside/laces only etc.
2. The player without the ball can now run, trying to lose their partner.
3. Both players have a ball. Play tag in pairs. Once tagged, you are frozen for 5 seconds whilst and then you are on.

COACHING POINTS:

- Head up, see where you are going and where your partner is.
- Keep the ball close using small touches using laces.
- When speeding up, use larger touches using laces.

Activity 2: King/Queen of the Ring. 15 Minutes



SET UP: 20x20 Yard Area.

The reds must protect their ball as the yellow player looks to kick it out. If a ball is kicked out, the player who lost their ball retrieves it, performs 10 toe taps and then is allowed back in the game. The winner is the person whose ball was kicked out the least amount of times. Play several rounds if time allows.

PROGRESSION:

1. Once a player loses their ball, they then act as a support player. Players can pass to this player who looks after the ball until they can give it back.
2. Once your ball is kicked out you join the catcher. Last person in is declared King/Queen.

COACHING POINTS:

- Protect your ball by putting your body between yourself and the catcher.
- Try to get away using moves and different surfaces to dribble with.

Finish with a game: Have a supply of balls at the side to keep the game flowing. Start introducing the easiest rules of the game. Do not play corners. Play 3v3.

U6/U7 Ball Manipulation and Dribbling 2.

Warm Up: Splat. 10 Minutes



SET UP: 20x20 Yard Area.

Start without a ball. Players are running around the area. Choose 1-3 people to be splatters. The splatters have a penny in their hand. They must throw chase the players in the area and throw their penny at them shouting 'SPLAT'. If you are splatted. You swap roles with the splatter.

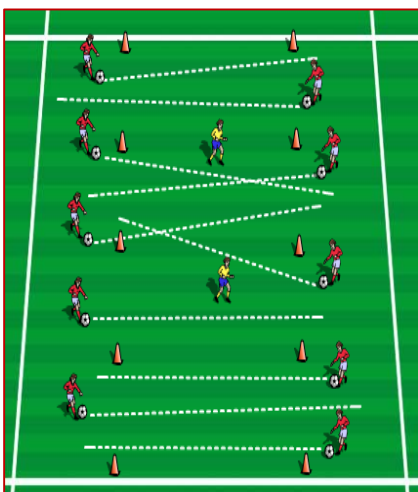
PROGRESSIONS:

1. All players have a ball except the splatters. If splatted, leave your ball and swap roles with the splatter.
2. See how many touches of the ball you can get before you get splatted. Start from zero when you get back in the game.

COACHING POINTS:

- Head up to see splatters.
- Lots of little touches.
- Use various parts of your feet. (Ask players which parts they can use)
- Use big touches to escape splatters.

Activity 1: River Pirates. 15 Minutes



SET UP: 20x20 with two safe zones.

Players dribble across the "river" to the opposite shore. The pirates in the river try to steal the ball. If a pirate wins a ball, they kick it to a shore and that player who lost it must go get the ball, and start again. Each time every player gets to the opposite side, that counts as a round. Play 10 rounds before swapping pirates.

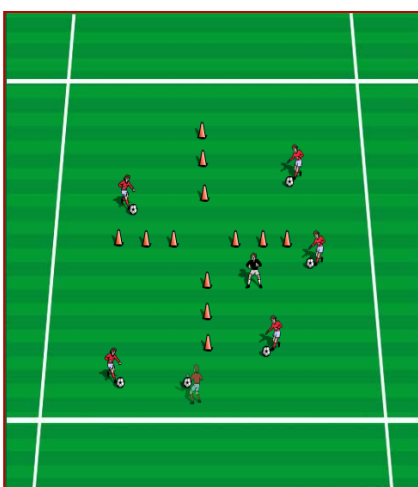
PROGRESSION

1. If ball is kicked out player must perform 10 toe-taps/foundation before returning.
2. If ball gets kicked away, that players score goes down to zero
3. If a player has their ball kicked away they become a pirate as well.

COACHING POINTS

- Head up - Encourage players to look for space to get past the pirates.
- Keep ball close.
- Dribble at speed to the opposite side.

Activity 2: Walk the Plank. 15 Minutes



SET UP: 20x20 Yard Area. Create a slalom of cones.

Players are being chased by the Coach Pirate. Each player has a penny (treasure) in their hand. If the coach tags them they surrender over their treasure. The coach puts the treasure in the box (treasure chest) and the only way they player can get it back is dribbling in and out of the cones and then pick their treasure up again.

PROGRESSIONS

1. Players must perform 10 toe taps/foundations before retrieving treasure.
2. Pick 1-2 players to be pirates instead of the coach.
3. Players must go in and out of the cones but only use the bottom of their feet.
4. Players must go in and out of the cones but only use the outside of their feet.

COACHING POINTS

- As above.

Finish with a game: Have a supply of balls at the side to keep the game flowing. Start introducing the easiest rules of the game. Do not play corners. Play 3v3.

U6/U7 – 1v1 Moves.

Warm Up: The Skills Zone.

10 Minutes



SET UP: 20x20 Yard Area.

All players have a ball each and are dribbling around the square. Every time a player touches the ball, they receive one point. See how many points your players can get.

PROGRESSION:

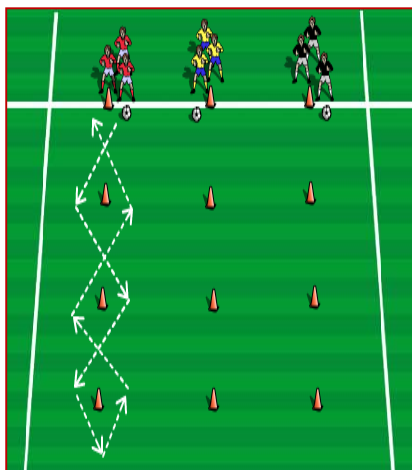
1. Use different surfaces to dribble. (*Out steps only, soles only etc.*)
2. Practice the single scissor and double scissor firstly on the spot and then whilst dribbling.
3. Practice the stop turn and then the drag back. Do these whilst dribbling.

COACHING POINTS:

- Keep the ball close and under control using small touches.
- Get your head up to see space and danger.
- Perform moves slowly and try to quicken them up when mastered.
- After performing a move, dribble away quickly to a free space.

Activity 1: Dribbling Relays.

10 Minutes



SET UP: Create teams of 3 and place 4 cones 3 yards apart in front.

The player at the front of each line must dribble their ball in and out of the cones up to the end and back. When they reach the start of the line they stop the ball for their team-mate to take over and perform the exercise. The winner is the team that finishes first.

PROGRESSION:

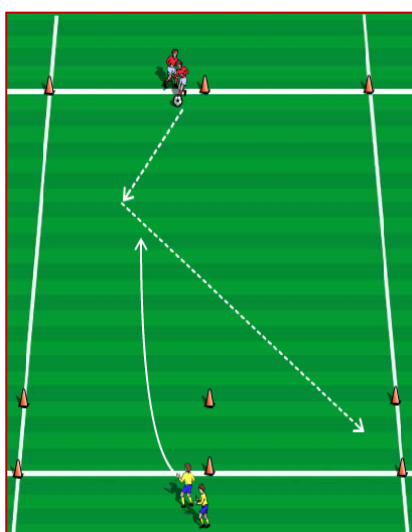
1. Use different surfaces to dribble. (*Out steps only, soles only etc.*)
2. Players must perform a single scissor before setting off.
3. Players must perform a double scissor before setting off.

COACHING POINTS:

- Keep the ball close, and under control using small touches.
- Get your head up.
- Dribble at speed using the inside and outside of both feet to help keep close control.

Activity 2: 1v1 to End-zone.

15 Minutes



SET UP: 15x20 yard area with a 5x15 end-zone.

The red player starts with the ball and tries to dribble into the end zone at the opposite side. The yellow player must try to steal the ball and then dribble the ball out of the area. Play for 3 minutes and then swap the defenders around.

PROGRESSION:

1. Remove the end-zone so now the attackers have to stop the ball on the line that the defenders start on.
2. **Competition:** Every time the ball is stopped on the line a point is scored. If a defender steals the ball they can counter and stop the ball on the attacker's line. Play for 2 minutes then switch roles.

COACHING POINTS:

- Keep the ball close, and under control using small touches.
- Get your head up to see space and danger.
- Use 1v1 moves to beat and opponent. (*1v1 moves should be performed around one or two yards away from the defender.*)

Finish with a game: Have a supply of balls at the side to keep the game flowing. Start introducing the easiest rules of the game. Do not play corners. Play 3v3 or 4v4.

U6/U7 1v1 Skills and Turns.

Warm Up: Domes and Dishes.

10 Minutes



SET UP: 20x20. Scatter Cones making sure half are the right way round and other are upside down.

Players are in two teams. One team are turning cones upside down and the other are putting the cones the correct way up. Play for 90 seconds rounds. Whichever team has the most turned up/down wins.

PROGRESSION:

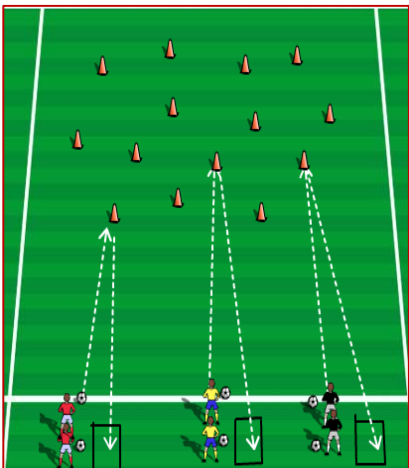
1. Players can only move around the area by using the bottom of their feet.
2. If the coach touches the top of a players ball, that player must perform 10 toe taps/foundations before they can continue in the game.
3. Show the players a single scissor move: Use this move after turning over a cone.
4. Show players a drag back. Use this move after turning over a cone.

COACHING POINTS:

- Head up to see the cones you need to turn over.
- Keep ball close, but move quickly to your next cone.
- Single Scissor: Kicking foot starts behind the ball. Foot then goes around the ball in clockwise motion.
- Drag back: Foot on top of the ball, and roll it behind you. Try to keep your eye on the ball.

Activity 1: Treasure Chest.

15 Minutes



SET UP: Get players into teams of 2 or 3. Scatter cones, bibs and anything else to represent pressure.

The player at the front of the line must dribble their ball out into the area. They pick up one piece of equipment, dribble back to their team and place it in their treasure chest. They must high-five their partner when they are back.

PROGRESSION:

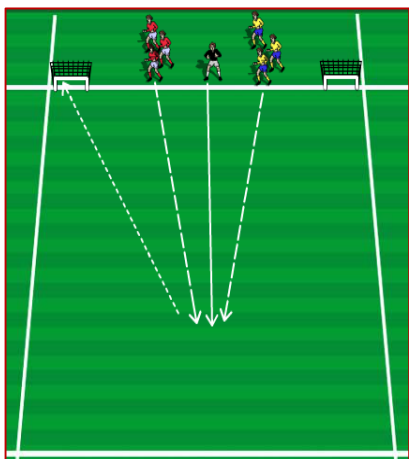
1. Players must wear a cone on their head at all times to work on their balance.
2. Players must perform a drag back when they pick up some treasure.
3. Players must perform a 360 degree turn around their treasure before taking it back.

COACHING POINTS:

- Dribble at speed to your treasure
- Slow up when you approach the treasure and stop the ball.
- 360 turn: Simply go in a tight circle using the inside of your foot.

Activity 2: 1v1 Turning to Goals.

15 Minutes



SET UP: 15x15 Yard Area with two small goals.

The coach plays a ball into the area. The two players at the front of their lines race out, compete for the ball and try to score in one of the goals.

PROGRESSION:

1. The players must around their goal before going for the ball.
2. Players start by sitting down. They race for the ball after the coach plays the ball.
3. Players start by facing away from the area. They race for the ball after the coach plays the ball.

COACHING POINTS:

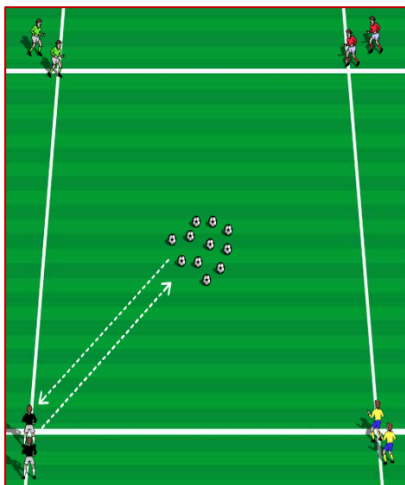
- Get to the ball quickly.
- Turn to a safe side.
- Head up to see goals.
- Use of moves.

Finish with a game: Have a supply of balls at the side to keep the game flowing. Start introducing the easiest rules of the game. Do not play corners. Play 3v3 or 4v4.

U6/U7 – Games for Dribbling

Warm Up: Rob the Bank

10 Minutes:



SET UP: Make 4 small teams and place all balls in the centre of the area.

When the coach calls 'go', the player at the front of the team must run out and dribble a soccer ball back to their team, high fiving the next player in line for them to go. The winner is the team with the most soccer balls when there are no more in the centre.

PROGRESSION:

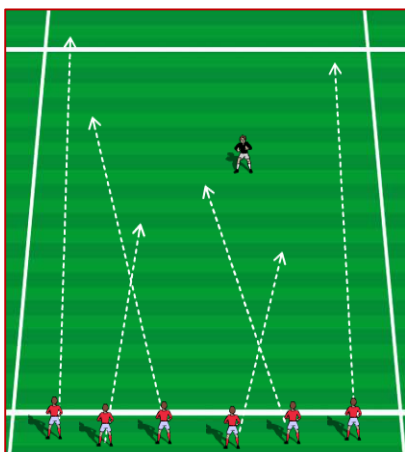
1. Place balls back in the center. Players must dribble ball back using only the insteps.
2. As above but using outer step.
3. Instead of taking balls back to the center, the players must run to another group and take a ball, bringing it back to their own team.

COACHING POINTS:

- Cover ground quickly.
- Use a drag back turn to collect ball. (SHOW!)
- Use inside or outside hook to collect ball. (SHOW)

Activity 1: Cops and Robbers.

15 Minutes



SET UP: 20x20 Yard Area.

The coach is the copper. The players have just robbed the soccer store. They are trying to escape the coppers. The robbers must dribble their ball to the opposite side without the copper arresting them. (The copper puts their foot on the ball to be arrested.) Once arrested, you join the coppers. Last person to be caught is the winner.

PROGRESSION:

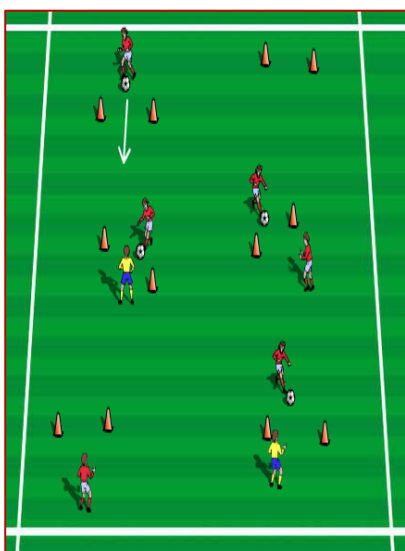
1. Choose two players to start as the coppers.
2. Make the playing area 15 yards wide so players have less room.

COACHING POINTS:

- Head up to see coppers.
- Dribble quickly to get away.
- Use moves and different parts of your feet to shake off the coppers.

Activity 2: You Shall Not Pass!

15 Minutes



SET UP: Place various small gates around the area.

The players must dribble through as many gates as possible. The yellows are gate keepers who must move around the gates blocking player's route. Therefore they must turn around and dribble to another gate. Whoever dribbled through the most gates wins.

PROGRESSION:

1. Players can try to dribble through a gate whilst a gate keeper is there. If they successfully get through, they receive an extra 5 points.
2. The gate keepers now try to steal the balls. If they do, the player they swap roles with the player who had the ball. If you become a gate keeper your score returns to zero.

COACHING POINTS:

- Introduce turns.
- Head up to see spare gates and gate keepers.
- Protect ball by putting your body between it and the gate keeper.

Finish with a game: Have a supply of balls at the side to keep the game flowing. Start introducing the easiest rules of the game. Do not play corners. Play 3v3 or 4v4.

U6/U7 1v1 Attacking

Warm Up: Freeze Tag.
10 Minutes



SET UP: 20x20 Yard Area.

The players dribble around the area trying not to get tagged. If tagged, the players pick their ball up, put it on their head and stand with their legs apart. The only way they can get back in the game is by a teammate kicking their own ball through their legs. Play for 1 minute before changing taggers.

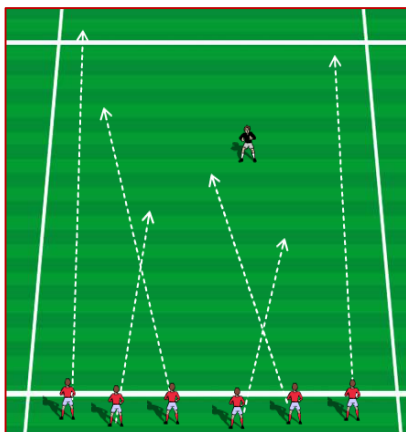
PROGRESSION:

3. To get back in the game a player must do 10 toe taps/foundations.
4. To get back in the game a player must perform a double scissor move.
5. The tagger must now kick a ball out. Think of a move/skill/action players must perform before re-entering the game.

COACHING POINTS:

- Look for spaces on the field away from the tagger.
- If tagged, call out to a friend to help unfreeze you.
- Protect your ball by putting yourself between the tagger and the ball.
- Use of skills to beat tagger.

Activity 1: Crabs on the Beach.
15 Minutes



SET UP: 20x20 Yard Area.

The coach is the crab and is sat down. The players must dribble to the opposite side when they say 'go'. If the crab pinches your ball turn into a crab and join the coach trying to catch the players. The winner is the last player to be caught.

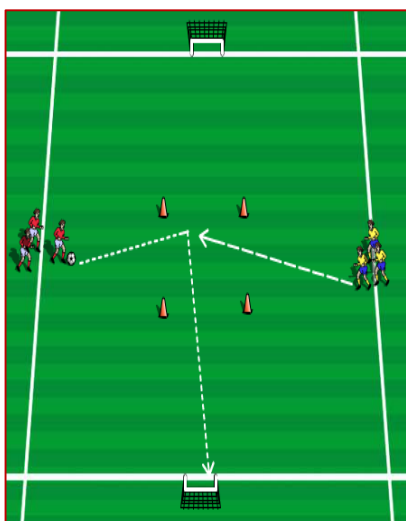
PROGRESSION:

1. Start with 2-3 crabs and no coach. Same rules as before.
2. If you see a player perform a skill/move to get past a crab, then that player gets a free walk across on the next go.

COACHING POINTS:

- Dribble towards space away from the crabs.
- Use different parts of your feet to dribble.
- Try moves to get passed crabs.

Activity 2: 1v1 Box Gauntlet.
15 Minutes



SET UP: 20x20 Yard Area. 5x5 central box.

The red player dribbles the ball into the small box. At the same time the yellow player runs out. Once both players are in the box the red must try dribble to one of the goals and score. The yellow player has to win the ball and try to score on any goal.

PROGRESSION:

1. The ball starts in the 5x5 area. Players go on coach's call.
2. Use same progression as above except give the players a number. When the coach calls a number, the players representing the number compete.
3. Place GK's in the goal. Players still score on any goal. If able, designate a goal for each team.

COACHING POINTS:

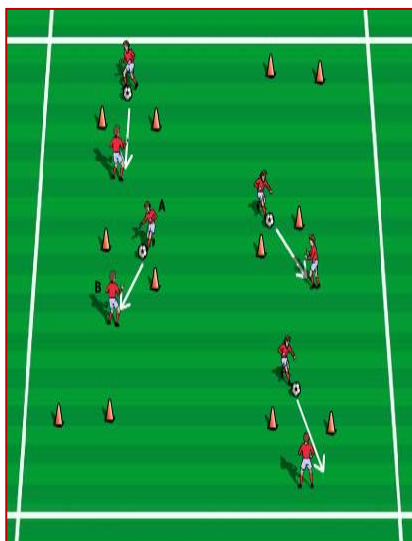
- Cover ground quickly to get to the square.
- Deceive defender by change direction and speed.
- Use of skills/move and turns to beat defender.
- Look to shoot when nearing the goal.

Finish with a game: Have a supply of balls at the side to keep the game flowing. Start introducing the easiest rules of the game. Do not play corners. Play 3v3 or 4v4.

U6/U7 – Passing.

Warm Up: Passing Gates.

10 Minutes



SET UP: 20x20 yard area with multiple 2 yard gates randomly placed around the square.

The players in the square find a gate and stand either side. The pair pass the ball to each other back and forth for 30 seconds. The players must control the ball before they pass it.

PROGRESSION:

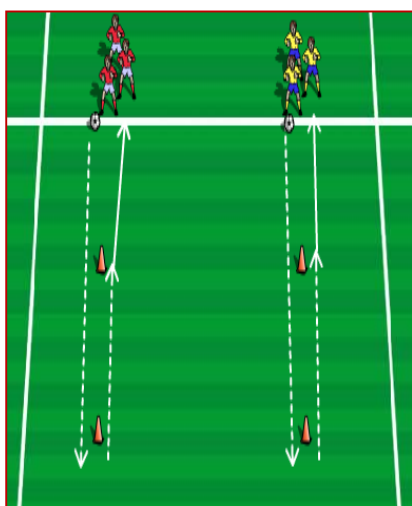
1. Use weaker foot to pass.
2. **Competition:** After passing through, the players dribble to another gate with their partner and pass through. They carry on doing this until the coach says stop. See who can pass through the most gates. The same gate can be used but not consecutively.

COACHING POINTS:

- Control the ball with the instep.
- Pass using the instep of the ball. (*Mickey Mouse. Stand on Mickey's big ear and kick him in the nose.*)
- Follow through when kicking the ball.

Activity 1: Passing Relay.

10 Minutes



SET UP: Teams of 3. Place two cones in front of the lines, 5 yards apart.

The first player in the line must dribble around the cone at the top and then to the half way marker. Once there, they must stop the ball and pass to the next player in line. The team who finished first wins a point.

PROGRESSION:

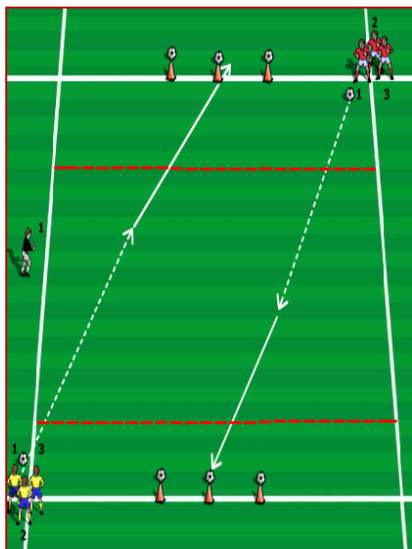
1. Players must perform a drag back at the top cone.
2. Use other foot to pass the ball.
3. Players go twice. First passing with their right foot and then on their next go their left.

COACHING POINTS:

- Keep the ball under control to pass.
- Passing technique. (*Mickey Mouse. Stand on Mickey's big ear and kick him in the nose.*)
- Control the ball with the instep when receiving.

Activity 2: Numbers Coconut Shack.

15 Minutes



SET UP: 20x20 Yard Area. Put a ball on top of three cones. Use one ball per group.

Create two teams and ask one player to number each of their players. When the coach shouts out a number the two corresponding players dribble out and try to knock the ball off the cone by hitting it with their ball. Players must strike their ball before reaching the red line.

PROGRESSION:

1. Use other foot to strike the ball.
2. Now the coach has a collection of balls. When they call out a number, they will pass a ball into the area. The two corresponding players must fight for the ball and try to knock a ball off.

COACHING POINTS:

- Keep the ball under control to pass.
- Passing technique. (*Mickey Mouse. Stand on Mickey's big ear and kick him in the nose.*)
- Be alert and ready to rush out to gain possession of the ball.

Finish with a game: Have a supply of balls at the side to keep the game flowing. Start introducing the easiest rules of the game. Do not play corners. Play 3v3 or 4v4.

U6/U7 – Shooting.

Warm Up: Shooting Ladders.

10 Minutes



SET UP: 5 yard wide goals side by side. Put the same at the opposite side 8 yards away.

Players are put in a small goal each and are facing one another. The players take it in turn to shoot at each other. Players can only use their instep to strike the ball. There are no rebounds and the players compete for 2 minutes. After two minutes all players move to their left.

PROGRESSION:

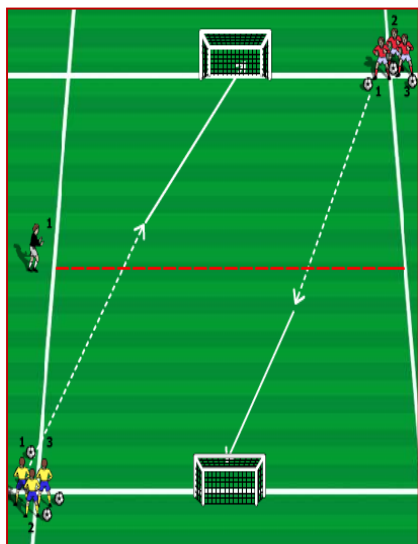
1. Use laces to strike the ball.
2. Use other foot to shoot.

COACHING POINTS:

- Standing foot next to ball.
- Follow through with the strike.
- Lean over the ball.

Activity 1: Numbers Game.

15 Minutes



SET UP: 20x20 yard area with two goals 6 yards wide.

Create two teams and ask one player to number each of their players. Everyone has a ball each. When the coach shouts out a number the two corresponding players dribble out and try to score on each other's goal. The players cannot shoot until they have passed the half-way point (*red line*). The first person to score gets the point.

PROGRESSION:

1. The coach has all the balls at the side of the area and calls out a number. The two corresponding players run out from each team, try to win the ball and score on their opponents goal.
2. Call more than one number out at a time.

COACHING POINTS:

- Be alert and ready to rush out to gain possession of the ball.
- Try to beat the players using 1v1 moves. (*1v1 moves should be performed around one or two yards away from the defender*)
- Use both feet and different surfaces of the feet.

Activity 2: Shooting Fest.

15 Minutes



SET UP: 20x20 Yard Area. Place 4 goals 5 yard wide on each side.

Create two teams and ask one player to number each of their players. The coach has all the balls. When they call out a number, they will pass a ball into the area. The four corresponding players must fight for the ball and try to score on a goal except their own. If a shot is deflected the goal still goes to the shooting player.

PROGRESSION:

1. If a player uses their other foot to shoot and they score, two goals are awarded.
2. Place a GK in each goal who will still have a number. (*Someone else will have to play in goal when it is the GK's turn.*)

COACHING POINTS:

- Head up to see the goals before shooting.
- Find space to shoot. (*Take the ball into a space in front of a goal.*)
- Follow through with strike.

Finish with a game: Have a supply of balls at the side to keep the game flowing. Start introducing the easiest rules of the game. Do not play corners. Play 3v3 or 4v4.