



Session Plan (U6) Week 3

Session Objectives:

- **Self-Awareness (Agility, Coordination, Balance)**
- **Ball Manipulation**
- **Spatial Awareness**
- **Competition vs Opposition**

Station #1 - Simon Says:

- Area: 10 x 10 yards
- Intensity: Low
- Instruction: 1-2 Minutes
- Duration: 5-7 Minutes
- Recovery: 1-2 Minutes

Development Objective:

- Listening skills, body/self-awareness, and movement ability.

Coach Instructions:

- Every player has a ball.
- Start with the ball on the ground.
- Provide simple, clear commands for players to execute, with the ball and without the ball.
- Try to progress so that the players dribble and follow the coach around by not looking down, but by looking at the coach as they dribble.

Station #2 - Red Light / Green Light:

- Area: 10 x 10 yards
- Intensity: Medium
- Instruction: 2-3 Minutes
- Duration: 5-7 Minutes
- Recovery: 1-2 Minutes

Development Objective:

- Listening and observation skills, self-awareness, and spatial awareness.

Coach Instructions:

- Every player has a ball.
- Start with players dribbling within the area.
- Coach verbally tells players to stop with the command of "Red Light" and go fast with the command of "Green Light", and go slow with the command of "Yellow Light"



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<p><u>Station #3 - Retrieve:</u></p> <ul style="list-style-type: none"> • Area: 10 x 10 yards • Intensity: Medium-High • Instruction: 2-3 Minutes • Duration: 5-7 Minutes • Recovery: 1-2 Minutes <p><u>Development Objective:</u></p> <ul style="list-style-type: none"> • Ball manipulation, self-awareness, and spatial awareness. 	<p><u>Coach Instructions:</u></p> <ul style="list-style-type: none"> • Coach starts with each player's ball. • Coach throws players ball toward a cone and player is to retrieve the ball by trapping the ball and return it to the coach by dribbling the ball back under control. • Start slow and then encourage the players to go faster as they obtain confidence.
<p><u>Station #4 - Kick Around:</u></p> <ul style="list-style-type: none"> • Area: 20 x 20 yards • Intensity: High • Instruction: 1-2 Minutes • Duration: 12-15 Minutes • Recovery: 3-4 Minutes <p><u>Development Objective:</u></p> <ul style="list-style-type: none"> • Ball manipulation, self-awareness, spatial awareness and competition vs opposition. 	<p><u>Coach Instructions:</u></p> <ul style="list-style-type: none"> • Two equal teams with players wearing opposite pennies. • Two 6' goals opposite each side. • One ball in play to start. Coach and assistant/s will facilitate the game by keeping it flowing. If a ball goes out, coach has multiple balls available to throw back into the game. • If players are progressing well, coach can add multiple balls into play. • The goal is for each team to score as many goals as they can and to end the session on an exciting high note.
<p><u>Homework:</u></p> <ul style="list-style-type: none"> • "The ball is your friend" 	<p><u>Parent Instructions:</u></p> <ul style="list-style-type: none"> • Inside - Encourage parents to allow their player to walk around the house with a ball at their feet (rolling the ball with their feet under control, not kicking) or in their hands. • Outside - Challenge the player to play keep away from their parent and/or siblings. Player is to control ball at their feet. If parent wins ball, give it back and restart. • Outside - Play the Retrieve game and have the player "cut" the ball back when trapping the ball and dribble back to the parent as fast as they can, under control.



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