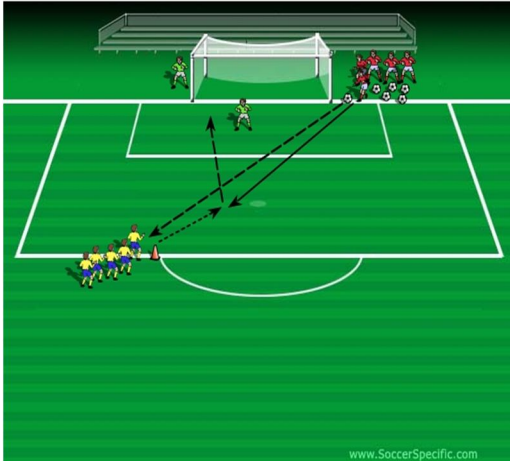




## U6 Session Plan #8

### Games



#### 1v1 TO GOAL

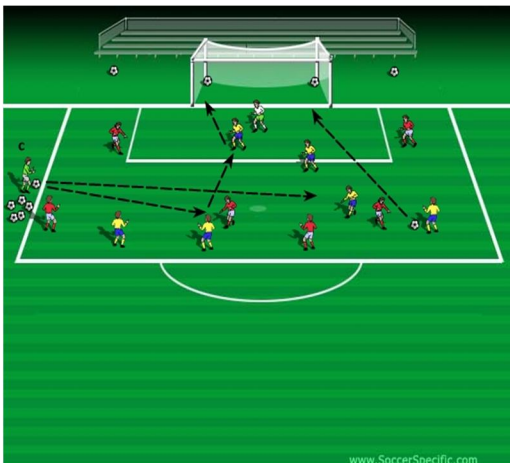
**Emphasis:** Finishing, receiving, defending

**Set-up:** Use the penalty area and a regulation size goal. A group of defenders stand next to one of the posts with a group of balls. The attackers stand in line just on the side of the D on top of the penalty box. The goalkeeper (parent/coach) is in goal.

**Objective:** The first defender in line passes it to the first attacker in line at the top of the penalty area. As the ball travels, the defender closes down the space and the attacker goes and meets the ball. The attacker has five seconds to score, and the defender prevents a shot on goal. After the goalkeeper has made a save or the ball travels outside the penalty area, the play is over and the next one begins.

**Coaching Points:**

- Use laces
- Toe pointed down
- Lock ankle
- Standing foot beside ball toe pointing to target



#### WORLD CUP

**Emphasis:** Shot stopping, breakaways

**Set-up:** Use half of field regulation sized goal. The goalkeeper/coach/parent is in goal and all remaining players are inside the penalty area. The coach has a group of balls and stands on the side of the penalty box.

**Objective:** The coach serves balls into the box, sometimes more than 1 at a time and the players try to score. The last person to touch the ball before it goes in the net is credited for the goal. The first player to score three times is declared the winner. Start a new game and play again.

**Coaching Points:**

- Attack the ball.
- Get the shot off as quickly as possible.
- 



#### GOALS-GOALS-GOALS GALORE

**Emphasis:** Fun game! Passing for accuracy, composure on the ball, decision making, movement on and off the ball, defending and attacking play.

**Set-up:** Divide players into equal teams. 20 x 30yds set up multiple goals facing various directions.

**Progression:** Start off with one ball. Players may not score on the same goal twice in the same sequence. Players can score by dribbling the ball through the goals. As the players feel comfortable with the exercise then add one or two more balls. This will spread out the game, allowing more touches on the ball as well as more decisions. A variation to this exercise is counting a goal when the ball is passed through one side of the goal and collected by a teammate on the other side. Lift all restrictions and allow any type of scoring to take place (dribble or pass).

**Coaching Points:**

- Improve communication between teammates
- Accuracy of passing
- Decision making
- Changing the point off attack
- Ability to take players on
- Possession of the ball



### **3v3 GAME**

**Emphasis:** FUN!

**Set-up:** 20 x 30 yard grid. 6 players. Cones to make mini goal.

**Objective:** 3 v 3 game. Each team has 1 goal to defend and one goal to attack. Regular game. Let them play! Trying to emphasize what you have worked on throughout the session.

**Coaching Points:**

- All of above

## **ADDITIONAL NOTES**