



U6 Activities & Concepts

Category: Technical: Ball Control
Difficulty: Beginner

Matt Schiffer, Belchertown, United States of America
Individual-Adult Member

Description

Fun practice activities for 3-5 year olds. Organization of a session.

Warmup / Ignition

Soccer Simon Says

A great warmup to any practice session with this age group. Gives players the opportunity to work on different skills and get comfortable at the beginning of the session.

Always start simple with this age group. Repeating activities will build familiarity and confidence with your players.

There are many different variations and progressions that can be done within Simon Says or other simple warm up activities.



Fun Games

Themed Activities

Stay with similar activities to allow the focus to be on a particular concept. Examples: dribbling, shooting, avoiding defenders, immediate chase.

The setup and organization of activities should always be simple and quick.

Activities / Games:

Dribbling ~ Freeze Monsters, Cone Maze, Highway, Sharks & Fishies, Fishy Fishy Cross My Ocean, Turn Game, Big Bad Wolf

Shooting ~ Bob the Builder, Clean the Backyard, Hot Potato, All games including goals

- Rules of activities may be altered depending on the objective.
- Most activities can be played with and without a ball.
- Adding defenders makes it game-like and more realistic.



Final Game

Games to Goal

All players, even at the youngest ages, want to play "real soccer" (meaning with goals). End your practices with an age-appropriate game that includes goals and defenders.

Offense - we have the ball

Defense - we need to get the ball back

A fun way to explain offense is "the fishies" and defense are "the sharks." A simple and important concept / tactic that can be taught at this age is immediate chase, if you lose the ball get it back right away.

Let the kids play and have fun!

