



## U6 Passing / Kicking Session

**Category:** Technical: Ball Control  
**Difficulty:** Beginner

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Individual-Adult Member

### Description

First stages for players to learn how to kick properly, which prepares them for passing and shooting

### Bulldozers & Builders

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Fun passing / kicking game

A great way to explain the game is Soccer Bob the Builder (the tv show)

#### Organization:

- Set up tall cones randomly on your field. Have your players help with the set up.
- Every "bulldozer" needs a ball. The "builders" do not need a ball.

#### How to Play:

- The objective for the "bulldozers" is to knock down as many cones as they can by kicking their ball against the cones. The "builders" job is to stand the cones back up.
- Select 2 or 3 Builders for each round. Make sure every player has the opportunity to be both a builder and a bulldozer.

#### Coaching Points:

- Keep ball under control at all times
- Use instep (shoe laces / top of foot) when striking / kicking ball



### Clean the Backyard

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Fun team passing / kicking game.

#### Organization:

- Split your field in half with a line of cones
- Make 2 teams. Need all soccer balls.

#### How to Play:

- Explain the field as your backyard and you have to keep it clean of soccer balls.
- Objective is to kick soccer balls to the opposing team's side of the field.
- Fast paced game. Anytime a ball comes onto your side, kick it back to the other side.

#### Coaching Points:

- Use proper technique: toe down, strike ball with instep
- Be Active. Work together with your teammates.



### Mad House

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Fun game that involves scoring goals. Implements game-like situations.

There are a number of different variations that can be used in this activity.

**Organization:** Separate group into 2 teams. Set up 2 goals.

**How to Play:** This is a team game, with a number of different variations.

- Game starts with both teams on their endline, all with their own ball. On the coach's signal, all players dribble to the opposite end to score a goal.

**Variations / Progressions:** Coaches vs Kids

- Green team has soccer balls, Purple team does not (sharks / defenders). And vice versa.
- Limit amount of balls each team has, to encourage teamwork / passing

**Coaching Points:** Keep ball close to feet, under control at all times

- If you lose the ball, get it back as quickly as you can
- When shooting: toe down, body over the ball, use instep (shoe laces)

