



## HAWAII YOUTH SOCCER ASSOCIATION

### **U-5/6 RECOMMENDED DEVELOPMENT PROGRAM**

Technical Director / Director of Coaching –

George Kuntz e-mail: socdoc@cox.net

#### Youth U5/6 Session #1

Tasks for the Session:

Solving Simple Problems

Learning uses of different surfaces of the feet

Learning Boundaries (Center Circle, Midfield, Touchline, Corner, End line, Goal)

Dribbling

Throw in

Kicking

Have all the water bottles close to the midfield line on the touchline, jog in and out of water breaks. Let's build good work habits early. Remember U5 players need longer breaks and we will accomplish this in the session.

0 - 10 Minutes

Activity #1 (10 Minutes): With Parents, Learn Boundaries (little break while active)

Meet in the middle of one half of the field; explain that we will learn boundaries of the soccer field.

ASK and ANSWER for all the boundaries.

Players should be dribbling the ball with them.

Explain STEP ON THE BALL, when the players are at standstill they should step on the ball.

a) Jog to the Center Circle, have everyone inside the center circle. Explain this is the where we start the game or start after a goal is scored.

b) Jog, spread out on the midfield, have everyone on the midfield line.

c) Jog, spread out on the Touchline, have everyone on the touchline. Explain if the ball goes over the touchline it is a throw in.

d) Jog, get everyone around the corner. Explain this is where corner kicks and goal kicks (for this age group it is throws) are taken.

e) Jog, spread out on the Goal line. Explain if the ball goes over the GOAL line it is a corner kick or goal kick.

f) Jog, gather in front of the Goal. Explain this is where we score goals and we score goals by shooting or kicking the ball into the goal.

g) Jog to the other Touchline, spread out. Explain that there are two touchlines and two goal lines.



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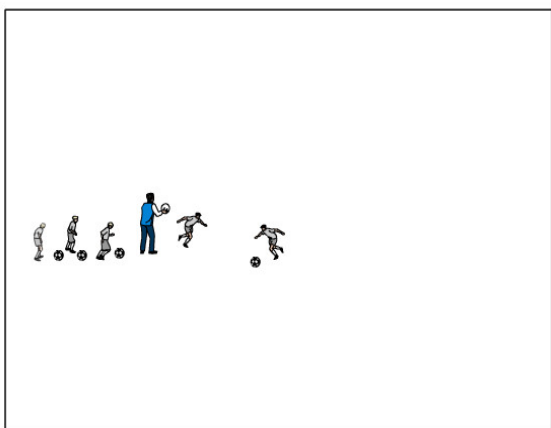
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#### Activity #2 (8-10 Minutes): Fetch (Coach in the middle of half of the field)

Player gives coach the ball and coach throws it away and the player fetches it with the desired method. Let the players go 2 or three times and then change the method.



#### Methods:

Pick up the ball, run back

Dribble back with one foot only

Dribble back with the other foot only

Dribble back with both feet

Only use the bottom of the foot

Pick up the ball, bounce it back

Pick up the ball, cannot *run* with the ball, throw and catch it back.



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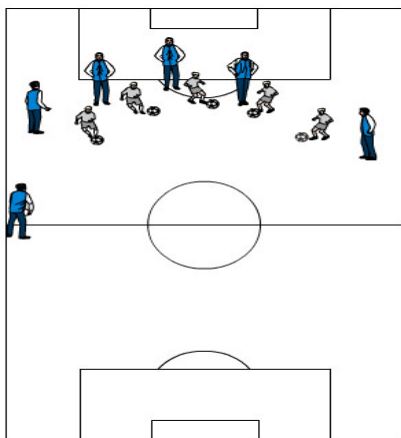
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Water Break 3 minutes

### Activity #3 (8-10 Minutes): Coach Says with Follow the Parent



**Follow the parent:** Parents will be slowly jogging changing direction (they must stay in one half of the field). Players will be dribbling behind following the parent's changes in direction

**Coach Says:** Like Simon Says, player must execute action only when "Coach Says."

Actions must be performed fast. When "Coach Says" parents stop where they are at, if coach does not say "coach Says" then they continue to do what they are doing.

They should be stepping on the ball when they get to their destination.

Actions do not need to be in the order below.

Actions to say:

Dribble to Center Circle.

Dribble to Midfield.

Dribble to Touchline - they have two to choose from.



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Dribble to Corner - they have two to choose from.  
 Dribble to End line - only one because we are in one half.  
 Score on goal - they should dribble and shoot.  
 Step on ball.  
 Sit on ball.  
 Go around the ball.  
 Throw the ball and step on it.  
 Throw the ball and catch it.  
 Don't forget to say "Coach Says dribble and follow your parent."  
 Water Break 5 minutes

#### **Activity #4 (8-10 Minutes): Parent Partners**



Partner Player with parent on the Touchline, about 5 yards away spacing.

Player outside the touchline field boundary.

a) Player throws in (correctly) to parent, parent tosses ball back, player catches and repeats.

b) Player throws in to parent, parent rolls ball back slowly, player steps on ball and repeats.

Player inside the touchline field boundary.

c) Player kicks ball to parent, parent rolls ball back slowly, player steps on ball and repeats.

Move parents back to 7 - 10 yds.

d) Parent rolls ball to player, player stops ball from going over touchline. Player passes ball back. (parent can pass offline to make it more challenging) Repeat.

e) Parent bounces (below the head) ball to player, player stops ball from going over touchline. Player passes ball back. Repeat.

Move to the Center Circle



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f) Parent rolls the ball outside the center circle, player dribbles and shoots on goal.

Dribble the ball back on the jog and repeat.

g) Parent bounces the ball outside the center circle, player dribbles and shoots on goal.

Dribble the ball back on the jog and repeat.

**Water Break**

**Final Game GAME 25 Minutes**