

Ridley United Soccer

U-6 Intramurals

Objectives

- Have fun
- Introduction to basic soccer
- Soccer skill introduction – develop comfort with a soccer ball on the players feet
- Skill development – development of confidence with the ball

Practice

- Time - 45 to 60 minutes with frequent breaks
- Each player should have a ball
- Minimize or eliminate any lines or standing around -- **Keep Busy**
- Warm up – all players running cross field with the ball – allow them to run freely within a designated area
 - Simple stretching with the ball
 - Ball calisthenics
- Dribbling the ball – Primary skill to develop at this age group. Allow the players to become comfortable with a soccer ball at their feet.
 - Vary speed – Start walking with the ball and increase speed
 - Introduce simple voice commands to develop comfort and control of ball
 - Stop – Go – Turn
 - Progress as players master the commands
 - Set up small grids to develop dribbling and stopping of the ball – adding traffic to the situation – this helps the players to lift their heads to avoid other players and develop control of the ball

*** Note – proper technique is not important at this age you are only attempting to have the players become comfortable with the soccer ball on their feet

- Play 1v1 to small goal. Minimize time for each group and rotate frequently
- End practice w/ scrimmage (10-15 Minutes). All players playing freely split teams in half. Minimize coaching instructions

Games

- Organizational not positional. Introduce basic understanding of each area on the field. Do not limit players to a section of the field.
 - Goal – only player on team that can use their hands in the goal area. Objective is to defend the goal, pick up the ball and throw or kick it to a teammate.
 - Defense – help the goaltender defend the goal and help the forwards
 - Forwards/Offense – attempt to score goals and help the defense and goaltender.
- All players play equal amounts of time – minimum 50% of game each
- During the course of the season all players should have the opportunity to play all areas of the field --- Goal, Defense and Offense

U-8 Intramurals

Objectives

- Have fun
- Identify each player's soccer age – Experience level – allowing each player to experience the ball at their own pace and level of experience
- Soccer skills – develop or improve player's comfort with ball
- Soccer skill development – increase confidence with skills and ball handling

Practice

- Time - 60 minutes with frequent breaks
- Each player should have a ball
- Minimize or eliminate any lines or standing around -- **Keep Busy**
- Warm up – all players running cross field with the ball – allow them to run freely within a designated area
 - Simple stretching with the ball
 - Ball calisthenics
- Soccer Skills
 - Dribbling - Gain control of the ball and become comfortable with the ball at their feet
 - All players with the ball in unison dribbling the ball and responding to simple commands --- Fast – Slow – Stop – Turn
 - Set up small grids to develop dribbling and stopping of the ball – adding traffic to the situation – this helps the players to lift their heads to avoid other players and develop control of the ball
 - Passing the ball – passing cannot be effectively introduced until players are comfortable with the ball, have some control and have their heads up during play
 - Shooting – power kick. Everyone wants to score or kick the ball far
 - Introduce kicking the ball with laces for power
- Play 1v1 to small goal. Minimize time for each group and rotate frequently
- Play 2v1 to small goal – passing
- End practice w/ scrimmage (10-15 Minutes). All players playing freely split teams in half. Minimize coaching instructions
- “Break up the pack around the ball”

Games

- Organizational not positional. Introduce basic understanding of each area on the field. Do not limit players to a section of the field.
 - Goal – only player on team that can use their hands in the goal area. Objective is to defend the goal, pick up the ball and throw or kick it to a teammate.
 - Defense – help the goaltender defend the goal and help the midfield and forwards.
 - Midfield - Link the defense to the offense. Help forwards and defenders
 - Forwards/Offense – attempt to score goals and help the midfielders, defense and goaltender.
- All players play equal amounts of time – minimum 50% of game each
- During the course of the season all players should have the opportunity to play all areas of the field --- Goal, Defense, Midfield and Offense
- Games should be player centered not coach centered
 - Minimize individual player coaching during games
 - General coaching – organizational with positive reinforcement