



ORGANIZATION:

Two U6 fields - 4 Stations Station 1 - Passing - Have the kids pair up about 5-6 yds apart. Focus on striking with the inside of the foot. Staying on toes. Pace of the pass. Station 2 - Dribbling - Redlight/Greenlight - Kids will dribble across the area. Stop them as they dribble. Focus on keeping the ball close to them. Make it a game. Too far they start over, etc. Station 3 - Foot skills - Circle of Fun - dribble around, ball taps, side to side. Make it a game: Shout out a number 1 through 4. Assign each number a task: 1=foot on the ball; 2 = knee on the ball; 3 = sit on ball; 4 = head on the ball Station 4 Shooting - Two lines outside the goal. have the lines alternate. Run around the stick, take a shot. Turn it into a game: both kids go at the same time and race around stick, first back gets the shot.

NOTES:

Each Station should be 5-6 Minutes. U6 coaches rotate with the players. Last 30 minutes, just play 4v4.

🕒 **MOMENT:**
Attacking

👤 **AGE:**
U6 / 4v4

👥 **PLAYERS:**
4 vs 4

🕒 **DURATION:**
60:0 min

