



FUNdamentals- U6 to U9

At this stage, individual player development is paramount. Coaches and teachers should create a stimulating learning environment where the atmosphere is “Freedom and Fun.”

Physical – Develop the ABCs of movement: agility, balance, co-ordination and speed, as well as running, jumping, twisting, kicking, throwing and catching.

Technical – Movement exercises/games designed to promote a feel for the ball: gaining ball control in receiving passes, dribbling, passing less than 25m, kicking the ball forward, and shooting on goal.

Tactical – Small children are egocentric – playing the ball is the most important objective; however, they now need to be introduced to co-operation between players. They gain understanding of the game through playing situations.

Mental – Basic awareness of environment to build game intelligence and decision making





Sample Practices

Dribbling Technique - Turning with the Ball

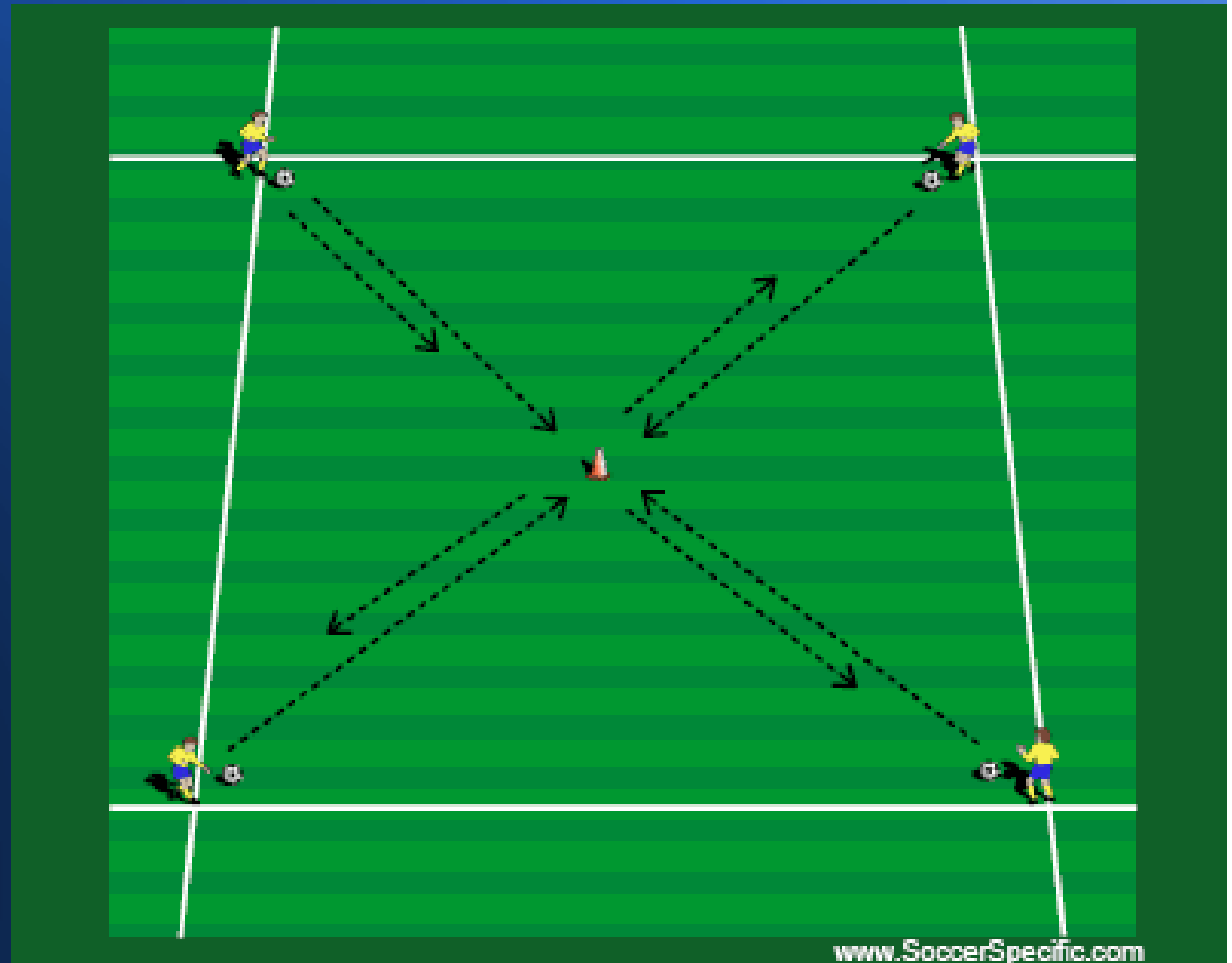
Set-up: Players with a ball each organized in the corners of a 10 x 10 yard working area.

Instructions:

Players dribble to centre cone & turn with the ball to dribble back to the corner they came from.

Progressions: Introduce different turns.

Key Factors: See the ball, See the players, Change of direction, Change of speed





Sample Practices

Dribbling Technique - Turning with the Ball Practice 2

Set-up: Players with a ball each organized in the corners of a 10 x 10 yard working area.

Instructions:

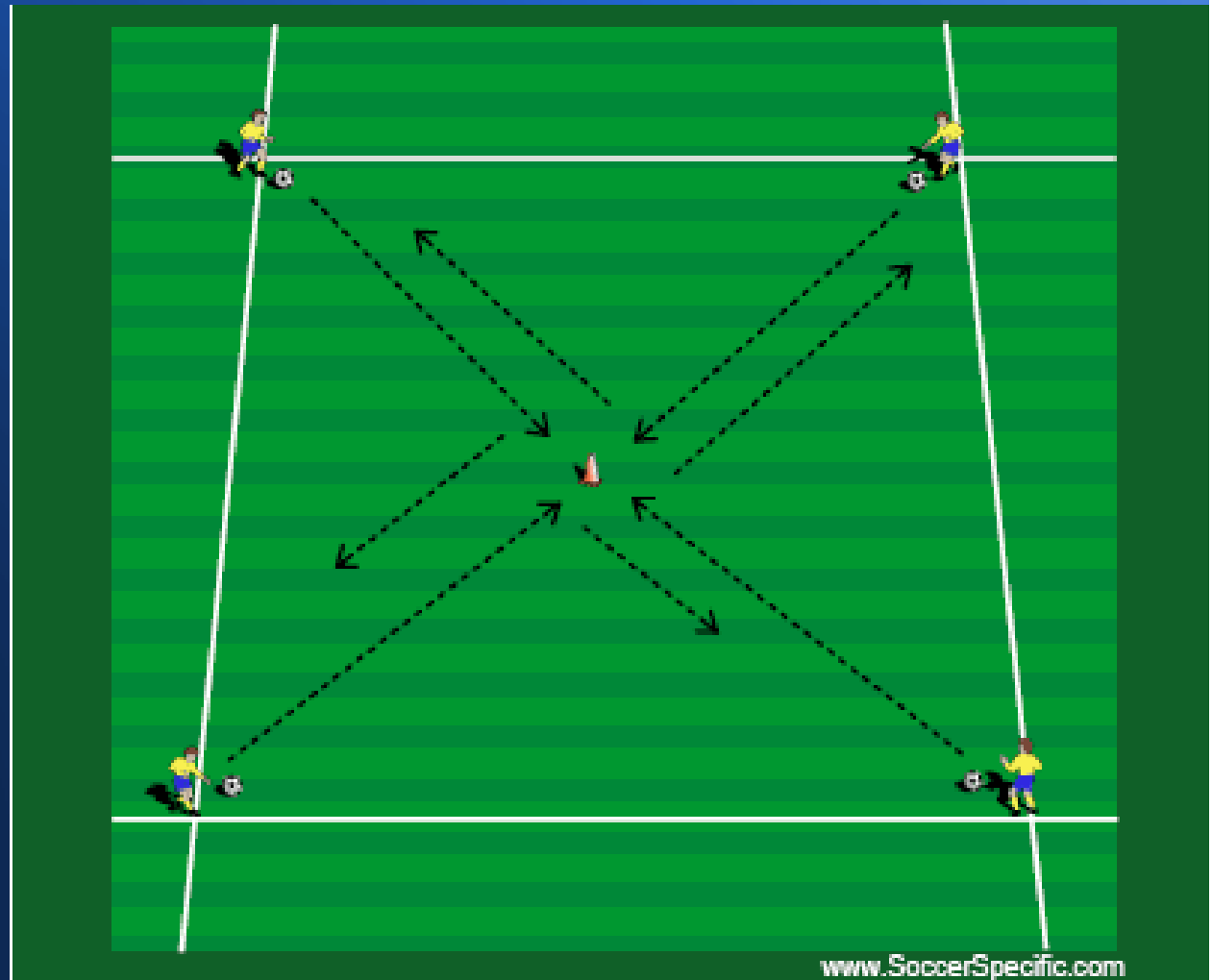
Players dribble to centre cone & turn with the ball & accelerate to the next corner.
Progress & introduce different turns.

Progressions:

Dribble to centre cone & play the ball with the outside of the foot across the face of the cone & then run around the opposite side of the cone to meet the ball & continue to the next corner.

Dribble to center cone & then accelerate to any corner (1 player per corner allowed)
(This could be a race).

Key Factors: See the ball, See the players, Change of direction, Change of speed, Skill (Moves & Turns)





Sample Practices

Passing Gates

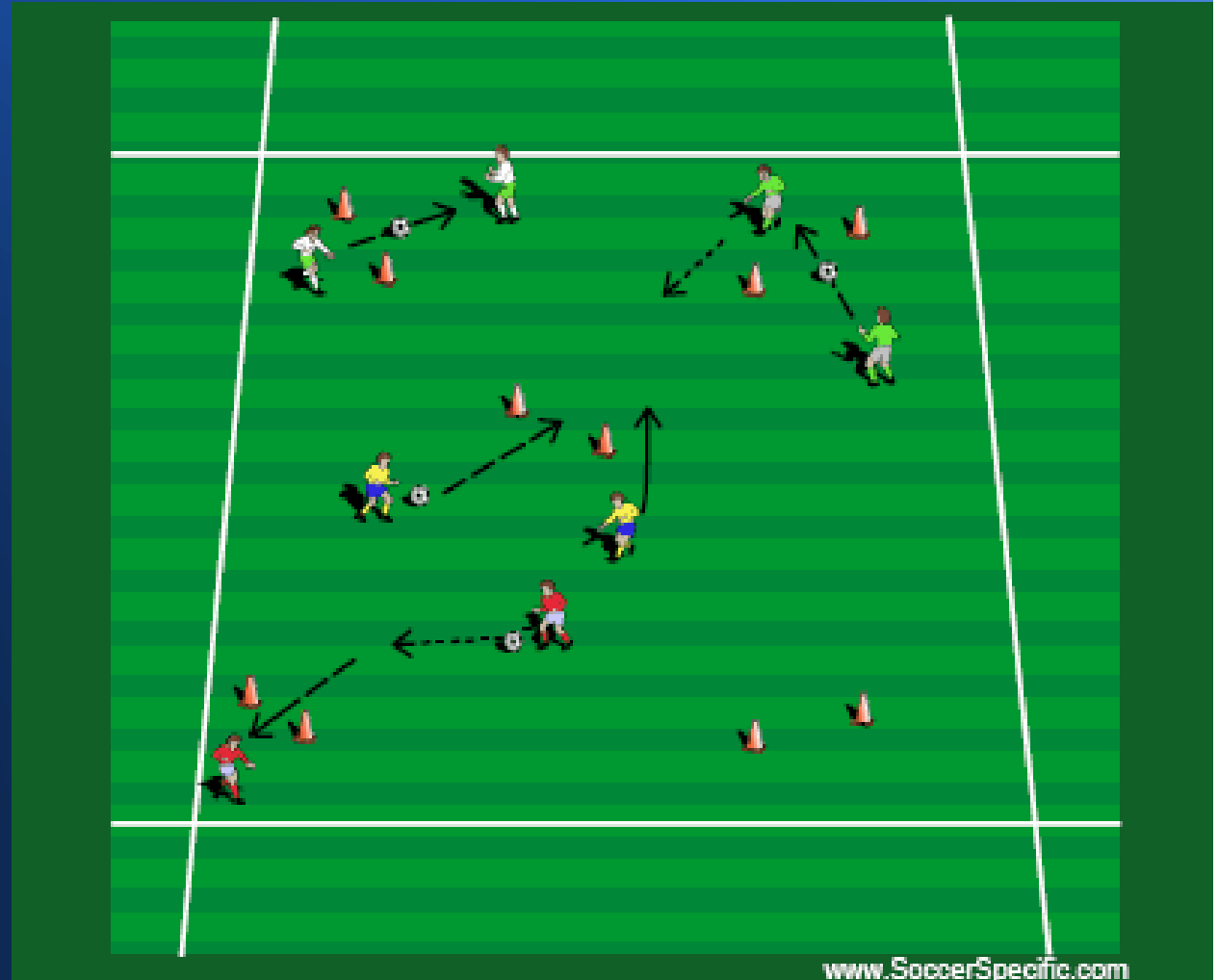
Set-up: Players arranged in pairs with one ball dribbling & passing with their partner. Place 1 yard gates randomly around a 15x15 yard working area. Size of working area should be adjusted depending on number of players.

Instructions:

Players must move around the area dribbling & passing with their partner. On the signal from the Coach the Players try to dribble & pass the ball through any open gate to their partner. How many passes can they complete in 1 minute?

Progressions: Vary passes (E.G.) Wall-pass, reduce number of gates

Key Factors: See the ball, See the players, Eye contact/Communication, Accuracy/Pace/Weight of pass, Part of foot & ball, 1st touch control





Active Start- U6 to U9

MAKE IT FUN!!!!!!!

