



NYSW Recreation Soccer

Lesson 10

Under-6

Pirates of the Goal



1. Set up the field 15 x 20 Yd
2. Each player has a ball
3. Two of the players are the Pirates
4. The Pirates try to win the ball
5. When The Pirates win the ball they take the ball and score a goal by placing it in the Pirate Ship
6. The player who has the ball taken away also becomes a pirate

Coaching pts:

1. Attack: keep the ball close to you
2. Once you win the ball transition quickly to getting the ball in the goal

6 minutes

Score Anywhere!



1. set up an area of 20 x 20 yd
2. Split team in to pairs, one ball per pair
3. Set up goal using cones scattered around the inside the field
4. two pairs enter the field at a time
5. One player tries to score on the small goal the other tries to defend the player
6. If the player wins the ball they get a chance to score
7. Go for 1 minute then bring in new groups.

Coaching Points:

1. Fun
2. Be aware of other players on the field
3. change of speed and direction with and without the ball

6 minutes

3v3 Switch



1. Set up a 30 x 20 Yd Field
2. 3 v 3
3. The game only has two goal
4. Three players are on the field
5. Three more players from the same team are standing in the front of the goal
6. On Coaches Command " Switch" the three in the goal switch with the three field players
7. On "Switch " The players leave the ball where ever it lies on the field.

Coaching pts.

1. Transition from offense to defense
2. Dribbling under pressure
3. Working In groups of three

6 minutes

Play the Game 3v3



- 1 Set up the field 20 X 25 YD
2. No Goalkeepers

Coaching Points:

1. Free play
2. have Fun.
3. Directional

25 minutes