



NYSW Recreation Soccer

Lesson 9

Under-6

How Much Time Left Mr Referee?



1. Set up the field 15 x 20 Yd
2. Each player has a ball
3. Players line up on one end of the field
4. The coach lines up other end.
5. Player call out " How Much Time left Mr Referee"
6. You then answer back (x seconds) 5 seconds
7. The players dribble towards you while you count down the remaining seconds

Coaching pts:

1. Movement Education: repetition in ball touches; balance, eye-foot coordination, change of speed,

6 minutes

Lets Go Bowling



- 1 set up an area of 10 x 10 yd
2. set up Pins (cones) in center of area
3. Each player has a ball.
4. On coaches command players are instructed to pass the ball into the area and knock the pins over
5. Prior to the start go over proper technique.
 - a.)Non kicking foot next to the ball and aimed at the pins
 - b. strike with inside of foot
 - c. Heal down toe up.

Coaching Points:

1. Fun
2. Achieve pace and accuracy of the pass
3. proper technique of their pass.

6 minutes

3v3 with one Goal



1. Set up a 30 x 20 Yd Field
 2. 3 v 3
 3. The game only has one goal
 4. The goal is set up in the middle of the field. (Goalie optional)
 5. Teams can score from any side of the field.
 6. Players can play both sides of the field
- Variation:
The Blue team can score from the left side of the field, The Yellow team can only score from the right side of the field

Coaching pts.

1. Shoot at goal at earliest convenience
2. Should I dribble, should I pass or should I shoot? Decision Making.
3. Help my teammates when I can

6 minutes

Play the Game 3v3



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

Coaching Points:

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

25 minutes