



# 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**