



NYSW Recreation Soccer

Lesson 8

Under-6

<u>Driving My Car</u>		<ol style="list-style-type: none">1. Set up the field 15 x 20 Yd2. Each player has a ball3. Player dribble around in the area4. Describe to the players they are driving their car. When they get near somebody they must make a beeping sound like a car4. Give the kids some challenges<ol style="list-style-type: none">a.. Drive on the left side of the street (left Foot only) (right foot only)b. Drive with bottom of their foot	<u>Coaching pts:</u> <ol style="list-style-type: none">1. Movement Education: repetition in ball touches; balance, eye-foot coordination, change of speed, change of direction, decision making2. Vision- Keep your eyes on the road 6 minutes
<u>Battleship</u>		<ol style="list-style-type: none">1 set up an area of 15 x 20 yd2. set up cone randomly around the field3. Players have to dribble their cone so that it touches the cone. When they hit the cone they must make a battleship explosion.4. After a few minutes<ol style="list-style-type: none">a. challenge them to pick up the parts from the battleship while dribbling their ball. (Dribble while picking up cones)	<u>Coaching Points:</u> <ol style="list-style-type: none">1. Fun2. Keep an eye on the ball, but with head up to avoid collision3. coordination doing multiple things at once. 6 minutes
<u>2 v 1</u>		<ol style="list-style-type: none">1. Set up a 25 x 15 Field2. one team has two players. The other team has one player3. extra player waiting to come in4 Coach rolls the balls into the field of play5. both teams should try to score a goal6. Rotate players after every goal	<u>Coaching pts.</u> <ol style="list-style-type: none">1. Should I pass it or Should I dribble it.2. Use teamwork to score3. protect the ball to score. 6 minutes
<u>Play the Game</u> <u>3v3</u>		<ol style="list-style-type: none">1 Set up the field 20 X 25 YD2. No Goalies	<u>Coaching Points:</u> <ol style="list-style-type: none">1. Free play2. have Fun.3. Directional 25 minutes