

AYSO U6 Practice Drills

Start practice with stretches, then choose different drills until ready for the game.

SKILLS:

- Dribbling
- Kicking
- Throw-ins
- No hands
- Ball in/out of play

RULES:

- Listen to coach!
- Never touch ball with hands!
- Take a knee when coach instructs you to!
- When you hear the whistle, stop and listen!

Stretches

- Players form semi-circle around coach.
- Lead team in series of stretches.
- Allow players to choose a funny stretch (crab walk, stand on head)

Throw-Ins

- Line up players on end line, 4 per coach on each side of goal, each with a ball.
- Demonstrate how to do a throw-in.
- Have all players hold ball behind head and slowly bring ball forward in front of face.
- Instruct players to throw ball in towards coach upon whistle blow. Aim towards ground in front of coach.

Goal Shot

- Each coach positions 10 yards out from goal. Lineup 4 players each behind coach.
- On whistle, coach kicks ball towards goal and player will run up and kick ball into goal.
- Player fetches ball and dribbles ball back to coach, then gets back in line.

Dribble Goal Shot

- Line players up 15-20 yards out from goal.
- Each coach softly kicks ball in front of player.
- Player run-dribbles ball towards goal and shoots goal.
- Player fetches ball and dribbles ball back to coach, then gets back in line.

Dribble Run

- Line players up on end line, 4 on each side of goal with a ball.
- Coaches stand 10 yards in front of players.
- On whistle, coach runs backwards towards opposite end line. Players dribble ball toward coach.

Trap and Kick

- Pair up players.
- Make two rows of 4 players each, 10 yards away from each other.
- Players will kick ball to partner.
- Partner will trap ball then kick back.