

The AYS mission is to teach children of all backgrounds and abilities the game of soccer through the development of individual skill, fitness, teamwork and fair play.



U6

10 Week Curriculum

The AYS mission is to teach children of all backgrounds and abilities the game of soccer through the development of individual skill, fitness, teamwork and fair play.

## **Key Qualities of a Youth Coach**

### **Personality**

Of great concern is that lack of teaching or playing experience makes a poor coach. The ability to demonstrate is not a necessity of good coaching. Experience is a powerful tool but it's not nearly as important as personality. Personality will determine coaching success, whether the outcome is a fun game free of physical and mental pressures or the building of a strong, cohesive team.

### **Enthusiasm and Interest**

During a training program, assume the role of a salesperson. Once interest has been developed, motivating players will be a simple task. It's also important to be receptive to a player's needs and input regarding team objectives no matter what their age. Being open to questions from players will ensure that they'll maintain interest.

### **Persistence and Patience**

Ignoring or not recognizing a player's inability to perform a task is asking for trouble. Setting impossible goals frustrates novice players. The player's desire to learn diminishes when he or she can't perform. Skill development is built on player motivation and must be built up from practice session to practice session.

### **Ability to Keep Priorities**

It's best to plan a step-by-step method of learning that meets the needs of all the players. Players must be guided through each new experience or drill, and have sufficient opportunity to put previous lessons into practice. Only when each player understands and has mastered a skill should a new one be introduced.

### **Single-mindedness**

Taking a genuine interest in the player's physical skills and social and moral conduct is critical. Sportsmanship, team play, and positive attitudes must be stressed. Honesty with the players and being sensitive to individual needs and anxieties goes a long way. Rewards come when players show gradual increasing demonstration in complete play. Strength of character in defeat as well as in victory is a great foundation for a player's future years.

### **Empathy with the Learning Process**

Understanding the learning process will help achieve solid player and team development. Inspire the players to learn through motivation, involvement, demonstration, and guidance. To learn, the player must actively participate in an exercise designed to change his or her way of thinking and acting. Not only must the player receive new skills by observing and listening, he or she must also be encouraged to use these skills and ideas in practice. When the player is able to utilize what's been shown, heard, or read is the learning process complete. Telling is not coaching and learning requires active experience.

### **Imagination**

Stimulating and motivating players makes practices enjoyable and rewarding. Situations should be created that challenge the players imaginations, appeal to their pride in personal performance, and serve meaningful game drills.

The AYS mission is to teach children of all backgrounds and abilities the game of soccer through the development of individual skill, fitness, teamwork and fair play.

## Key Qualities of a U6 Player

- Focused on themselves – reality to them is based on what they see and feel
- Unable to see the world from another’s perspective
- Everything is in the here and now
- Cooling systems are less efficient - need frequent water breaks
- Enjoy playing, not watching. Every player should have a ball in practice
- Limited attention span - keep directions concise and to the point
- Effort is performance – if they try hard, they are doing well
- Active imaginations – utilize their imagination in activities, and they will love practice!
- Look for adult approval – be encouraging when they say “Coach, look what I can do!”
- Unable to think abstractly – spatial relationships are a mystery
- Typically have 2 speeds -- extremely fast and stopped
- Usually unaware of game scores – keep it that way



The AYS mission is to teach children of all backgrounds and abilities the game of soccer through the development of individual skill, fitness, teamwork and fair play.

## U6 Curriculum

Week 1 – Dribbling & Ball Familiarity

Week 2 – Introduction to Kicking

Week 3 - Running with the Ball into Space

Week 4 – Ball Familiarity & Foot Skills

Week 5 – Keeping the Ball Close & Dribbling

Week 6 – Shooting at Goal

Week 7 – Keeping the Ball

Week 8 - Passing

Week 9 – Pass and Control

Week 10 – Dribbling under pressure



Age Group-

U6

Equipment Needs-

12 cones  
1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Running with the ball and familiarity

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/  
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Traffic Lights</u></p> <p>Coach shouts either the colors red, yellow and green. Green means run. Red means stop and Yellow's command is to perform toe-taps.</p>	<ul style="list-style-type: none"> <li>• Toe Taps touching the top of the ball with the <b>right foot and then the left</b> in quick motion</li> <li>• Keep the <b>ball close</b> to feet when running with the ball</li> <li>• Keep <b>head up</b></li> </ul>		5 max
<p><u>Pirate Ship</u></p> <p>The captain of the ship (coach) will shout out the following commands commands. 'Scrub the deck, climb the ladder and abandon ship'.</p> <p>Players must perform the commands. As a progression a 4<sup>th</sup> command can be introduced 'Shark Attack' where the coach will run around and try to kick soccer balls off the ship. Players must then attempt to perform 5 scissor motions to 'swim' back onto the boat.</p>	<ul style="list-style-type: none"> <li>• Scrub the deck - Foot on <b>top of the ball</b> rolling forwards and backwards</li> <li>• Climb the ladder - Toe Taps touching the top of the ball with the <b>right foot and then the left</b> in quick motion</li> <li>• Abandon ship - Run to the small square in the corner as quick as possible</li> <li>• Keep <b>ball close</b> to feet and inside the area</li> <li>• Scissor - Make <b>big circles</b> around the ball</li> </ul>		10 max
<p><u>Sea Monster</u></p> <p>Players line up on red line and try to get to the blue line without losing their ball to the sea monster. If they do then they must then join the sea monster by holding hands. The sea monster must not break the chain.</p>	<ul style="list-style-type: none"> <li>• Keep the <b>ball close</b> to feet when running with the ball</li> <li>• Keep <b>head up</b></li> <li>• Encourage players to <b>run around</b> the sea monster</li> <li>• Stay <b>inside</b> the coned area</li> </ul>		10 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> <li>• Reinforce <b>all of the above</b> coaching points.</li> <li>• Running into space</li> <li>• Use <b>inside</b> of the foot when passing</li> </ul>		20 max



Age Group-

U6

Equipment Needs-

12 cones

1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Introduction to kicking the ball

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/  
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Stuck in the mud</u></p> <p>Players run around the area with their soccer ball. The coach runs around tagging players. Once a player is tagged they place their soccer ball on their head and stand still.</p> <p>Players can only carry on playing once another player kicks a ball through their legs.</p>	<ul style="list-style-type: none"> <li>Keep <b>head up</b> to see where the coach is moving</li> <li>Encourage using the <b>inside</b> of the foot when kicking the ball</li> <li>Keep the ball <b>close</b> to feet using <b>soft touches</b>.</li> </ul>		5 max
<p><u>Coconut Shy</u></p> <p>Players work in pairs. The aim of the game is to kick the soccer at their feet against the ball positioned on the cone in front of them. As soon as one player kicks the other player gets the ball and takes their turn</p>	<ul style="list-style-type: none"> <li>Use the <b>inside</b> of the foot, heel down and toe pointing up</li> <li>Standing foot by the <b>side</b> of the ball</li> <li><b>Follow through</b> to get power</li> </ul>		10 max
<p><u>Cowboys and Indians.</u></p> <p>Players stand on the red line (cowboys). The coach will stand on the side line. Cowboys must try to get from the red line to the blue line without having their ball or lower legs hit by one of the Indians soccer balls. If they do the cowboy then becomes an Indian.</p> <p>Indians must stand outside the coned area.</p>	<ul style="list-style-type: none"> <li>Use the <b>inside</b> of the foot, heel down and toe pointing up</li> <li>Standing foot by the <b>side</b> of the ball</li> <li>Keep the <b>ball close</b> to feet when running with the ball</li> <li>Keep <b>head up</b> to see where the Indians kick their ball</li> </ul>		10 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> <li>Reinforce <b>all</b> of the above coaching points.</li> <li>Running into space</li> <li>Use <b>inside</b> of the foot when passing</li> </ul>		20 max



Age Group-

U6

Equipment Needs-

12 cones  
1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Running with the ball into space/ Passing to a player on the move

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/  
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Follow the Leader</u></p> <p>Coach jogs/walks slowly backwards with the players following the coach in a line.</p> <p>Coach changes direction to encourage players to use inside and outside of feet with dribbling</p>	<ul style="list-style-type: none"> <li>Use <b>inside</b>, <b>outside</b> and <b>laces</b> of the feet when running with the ball</li> <li>Keep <b>head up</b> to see where the coach is moving</li> </ul>		5 max
<p><u>Dribbling through the Gates</u></p> <p>Players run with the ball through the separate gates of cones.</p> <p>Players get a point every time they run through a gate. Ask the children who can run through the most gates which will add competition and increase effort level.</p>	<ul style="list-style-type: none"> <li>Keep the ball <b>close</b> to feet using <b>soft touches</b>.</li> <li><b>Look up</b> to see where the next gate is</li> <li>Use different the <b>inside</b>, <b>outside</b> and <b>laces</b> of the feet when dribbling</li> </ul>		5 max
<p><u>Passing through the Gates</u></p> <p>Players team with a partner. As a team they run to a gate with players on different sides. They pass it and then move onto a different gate.</p> <p>Again teams get a point every time they get to a gate.</p>	<ul style="list-style-type: none"> <li>Keep the ball <b>close</b> to feet using <b>soft touches</b>.</li> <li><b>Look up</b> to see where the next gate is</li> <li>Use different the <b>inside</b>, <b>outside</b> and <b>laces</b> of the feet when dribbling</li> <li>Use <b>inside</b> of foot when passing the ball. Encourage <b>not</b> using the toe</li> </ul>		10 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> <li>Reinforce all of the above coaching points.</li> <li>Running into space</li> <li>Use <b>inside</b> of the foot when passing</li> </ul>		10 max



Age Group-

U6

Equipment Needs-

12 cones  
1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Ball Familiarity and developing footskills

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/  
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Traffic Lights</u></p> <p>Coach shouts either the colors red, yellow and green. Green means run. Red means stop and Yellow's command is to perform tick-tocks.</p>	<ul style="list-style-type: none"> <li>• Toe Taps touching the ball from the right foot to the left and then left to right using the <b>inside of the foot</b></li> <li>• Keep the <b>ball close</b> to feet when running with the ball</li> <li>• Keep <b>head up</b></li> </ul>		5 max
<p><u>Car Wash</u></p> <p>Players run around the coned area 'highway' and follow the coaches commands. 'Car Wash' 'Gas Station' and 'It's Raining'</p> <p>As a progression the coach will shout Lightening where one of the players will be chosen to kick other player's balls off the 'highway'. Players can get back into the game by performing 5 'tick tocks'.</p>	<ul style="list-style-type: none"> <li>• Gas Station - Run to red square and perform toe taps. Touching the top of the ball with the <b>right foot and then the left</b> in quick motion.</li> <li>• Car Wash - Run to blue square and <b>roll the top of the ball</b> forward and backwards with one foot</li> <li>• Raining - Move feet <b>around the ball</b> one at a time making big circles (windshield wipers)</li> <li>• Tick tocks - Using the <b>inside of the feet</b> touch from right foot to left then left to right.</li> </ul>		15 max
<p><u>Knockout</u></p> <p>Players run around the coned area trying to keep their ball safe whilst also trying to kick other player's balls away.</p> <p>If a player loses their ball they must then collect it and perform 5 'tick tocks' before joining back in</p>	<ul style="list-style-type: none"> <li>• Tick tocks - Using the <b>inside of the feet</b> touch from right foot to left then left to right</li> <li>• Keep <b>head up</b></li> <li>• Keep the ball <b>close</b> to feet using <b>soft touches</b></li> </ul>		5 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> <li>• Reinforce all of the above coaching points.</li> <li>• Running into space</li> <li>• Use <b>inside</b> of the foot when passing</li> </ul>		20 max





Age Group-

U6

Equipment Needs-

12 cones  
1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Running with the ball and keep it close

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/  
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Keep it close!</u></p> <p>Players run around with the ball. If the coach notices a ball is too far away they must place a cone on top of it. The player must then perform 10 toe taps as a forfeit before carrying on.</p>	<ul style="list-style-type: none"> <li>Use <b>inside, outside</b> and laces of the feet when running with the ball</li> <li>Keep <b>head up</b></li> <li>Keep the ball <b>close</b> to feet using <b>soft touches</b>.</li> <li>Toe Taps <b>touching</b> the ball from the right foot to the left and then left to right using the <b>inside of the foot</b></li> </ul>		<p>7 max</p>
<p><u>Bodyparts</u></p> <p>Players run around with the ball. When the coach shouts the name of a body part they must stop and place that body part on the ball. Therefore the ball must always be close to the players feet.</p> <p>If a player is clearly the last to perform the action they must do 10 toe taps.</p>	<ul style="list-style-type: none"> <li>Keep the ball <b>close</b> to feet using <b>soft touches</b>.</li> <li>Use different the <b>inside, outside</b> and <b>laces</b> of the feet when dribbling</li> <li>Toe Taps <b>touching</b> the ball from the right foot to the left and then left to right using the <b>inside of the foot</b></li> <li>Keep <b>head up</b></li> </ul>		<p>7 max</p>
<p><u>How many seconds?</u></p> <p>Players line up on the red line. The coach will face away from them. The players will shout 'How many seconds'. To which the coach will reply 1,2,3,4 or 5. The players must then make their way to the blue line before the coach turns around.</p> <p>If the coach notices the players moving they must go back to the start.</p>	<ul style="list-style-type: none"> <li>Keep the ball <b>close</b> to feet using <b>soft touches</b>.</li> <li>Keep <b>head up</b></li> </ul>		<p>10 max</p>
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> <li>Reinforce all of the above coaching points.</li> <li>Running into space</li> <li>Use <b>inside</b> of the foot when passing</li> </ul>		<p>20 max</p>



Age Group-

U6

Equipment Needs-

12 cones  
1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Kicking/Shooting towards a goal

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/  
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>The always moving goal</u></p> <p>Players will run around the square and attempt to score through a goal. The coach and one of the players will hold a pinny at both ends and run around. The space in between the coach and the player will act as the goal.</p>	<ul style="list-style-type: none"> <li>Use the <b>inside</b> of the foot when kicking the ball</li> <li>Keep <b>head up</b> to see where the goal is</li> <li>Keep the ball <b>close</b> using <b>soft touches</b></li> </ul>		5 max
<p><u>Protect the castle</u></p> <p>Players kick their soccer balls at the two balls positioned on cones in the middle. Players are not allowed inside the middle square.</p> <p>The coach will try to protect the cones and then the next round players can take turns protecting the castle.</p>	<ul style="list-style-type: none"> <li>Use the <b>inside</b> of the foot when kicking the ball.</li> <li><b>Follow through</b> to get power</li> <li><b>Standing foot</b> by the <b>side</b> of the ball</li> <li><b>Look up</b> before shooting</li> </ul>		10 max
<p><u>Cone Kick</u></p> <p>Players run around in the inner square. When the coach shouts shoot the players must stop and try to kick their soccer ball against one the outside cones and knock it down.</p>	<ul style="list-style-type: none"> <li>Use the <b>inside</b> of the foot when kicking the ball.</li> <li><b>Follow through</b> to get power</li> <li><b>Standing foot</b> by the <b>side</b> of the ball</li> </ul>		10 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> <li>Reinforce <b>all</b> of the above coaching points.</li> <li>Running into space</li> <li>Use <b>inside</b> of the foot when passing</li> </ul>		20 max



Age Group-

U6

Equipment Needs-

12 cones  
1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Keeping the ball

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/  
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Knockout</u></p> <p>Players run around the coned area trying to keep their ball safe whilst also trying to kick other player's balls away.</p> <p>If a player loses their ball they must then collect it and perform 5 'tick tocks' before joining back in</p>	<ul style="list-style-type: none"> <li>• Tick tocks - Using the <b>inside of the feet</b> touch from right foot to left then left to right</li> <li>• Keep <b>head up</b></li> <li>• Keep the ball <b>close</b> to feet using <b>soft touches</b></li> </ul>		5 max
<p><u>Cops and Robbers</u></p> <p>The robbers run around trying to keep their ball away from the cops. The cops are trying to deliver the stolen gold (balls) back to the bank (goal).</p>	<ul style="list-style-type: none"> <li>• Keep the ball <b>close</b> to feet using <b>soft touches</b>.</li> <li>• Get <b>body in between</b> the ball and the cop. Use it as a <b>shield</b></li> <li>• Keep <b>head up</b> to see where the cops are</li> </ul>		10 max
<p><u>Sea Monster</u></p> <p>Players line up on red line and try to get to the blue line without losing their ball to the sea monster. If they do then they must then join the sea monster by holding hands. The sea monster must not break the chain.</p>	<ul style="list-style-type: none"> <li>• Keep the <b>ball close</b> to feet when running with the ball</li> <li>• Keep <b>head up</b></li> <li>• Encourage players to <b>run around</b> the sea monster</li> <li>• Stay <b>inside</b> the coned area</li> </ul>		10 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> <li>• Reinforce all of the above coaching points.</li> <li>• Running into space</li> <li>• Use <b>inside</b> of the foot when passing</li> </ul>		10 max



Age Group-

U6

Equipment Needs-

12 cones

1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Passing

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/ SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Stuck in the mud</u></p> <p>Players run around the area with their soccer ball. The coach runs around tagging players. Once a player is tagged they place their soccer ball on their head and stand still.</p> <p>Players can only carry on playing once another player kicks a ball through their legs.</p>	<ul style="list-style-type: none"> <li>Keep head up to see where the coach is moving</li> <li>Encourage using the <b>inside</b> of the foot when kicking the ball</li> <li>Keep the ball <b>close</b> to feet using <b>soft</b> touches.</li> </ul>		5 max
<p><u>Pass the ball coach!</u></p> <p>The coach stands in the middle of the field holding 4 - 5 balls. Players are running around the field. The coach then throws a ball to a player who must then pass the ball back to the coach.</p>	<ul style="list-style-type: none"> <li>Use <b>inside</b> of foot when passing the ball. Encourage <b>not</b> using the toe</li> </ul>		5 max
<p><u>Passing through the Gates</u></p> <p>Players team with a partner. As a team they run to a gate with players on different sides. They pass it and then move onto a different gate.</p> <p>Again teams get a point every time they get to a gate.</p>	<ul style="list-style-type: none"> <li>Keep the ball close to feet using <b>soft</b> touch.</li> <li><b>Look up</b> to see where the next gate is</li> <li>Use different the <b>inside</b>, <b>outside</b> and <b>laces</b> of the feet when dribbling</li> <li>Use <b>inside</b> of foot when passing the ball. Encourage <b>not</b> using the toe</li> </ul>		10 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> <li>Reinforce <b>all</b> of the above coaching points.</li> <li>Running into space</li> <li>Use <b>inside</b> of the foot when passing</li> </ul>		10 max



Age Group-

U6

Equipment Needs-

12 cones  
1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Passing & Controlling/Trapping the ball

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/  
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Follow the Leader</u></p> <p>Coach jogs/walks slowly backwards with the players following the coach in a line.</p> <p>Coach changes direction to encourage players to use inside and outside of feet with dribbling</p>	<ul style="list-style-type: none"> <li>Use <b>inside, outside</b> and laces of the feet when running with the ball</li> <li>Keep <b>head up</b> to see where the coach is moving</li> </ul>		5 max
<p><u>Pass through the goal</u></p> <p>Players pass through the cones to their partner who will control the ball and then pass it back.</p>	<ul style="list-style-type: none"> <li>Use the <b>inside</b> of the foot when passing</li> <li>Use the <b>inside</b> of the foot when stopping the ball with a <b>soft touch</b></li> <li>Standing foot by the side of the ball</li> <li><b>Follow through</b> with passing foot to get power</li> </ul>		10 max
<p><u>Pass and Shoot</u></p> <p>Players line in 2 lines. They pass the ball to their partner. That player then touches the ball in front of them before shooting on goal.</p> <p>Players change lines each time.</p>	<ul style="list-style-type: none"> <li>Use the <b>inside</b> of the foot when passing</li> <li>Use the <b>inside</b> of the foot when stopping the ball with a <b>soft touch</b></li> <li>Standing foot by the side of the ball</li> <li><b>Follow through</b> with passing foot to get power</li> </ul>		10 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> <li>Reinforce <b>all</b> of the above coaching points.</li> <li>Running into space</li> <li>Use <b>inside</b> of the foot when passing</li> </ul>		10 max



Age Group-

U6

Equipment Needs-

12 cones  
1 ball per player



Ability Level-

Beginners

Objective of the Practice Session-

Running/Dribbling with the ball. Fun Games

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/  
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Stuck in the mud</u></p> <p>Players run around the area with their soccer ball. The coach runs around tagging players. Once a player is tagged they place their soccer ball on their head and stand still.</p> <p>Players can only carry on playing once another player kicks a ball through their legs.</p>	<ul style="list-style-type: none"> <li>Keep head up to see where the coach is moving</li> <li>Encourage using the <b>inside</b> of the foot when kicking the ball</li> <li>Keep the ball <b>close</b> to feet using <b>soft touches</b>.</li> </ul>		5 max
<p><u>Cowboys and Indians.</u></p> <p>Players stand on the red line (cowboys). The coach will stand on the side line. Cowboys must try to get from the red line to the blue line without having their ball or lower legs hit by one of the Indians soccer balls. If they do the cowboy then becomes an Indian.</p> <p>Indians must stand outside the coned area.</p>	<ul style="list-style-type: none"> <li>Use the <b>inside</b> of the foot, heel down and toe pointing up</li> <li>Standing foot by the <b>side</b> of the ball</li> <li>Keep the <b>ball close</b> to feet when running with the ball</li> <li>Keep <b>head up</b> to see where the Indians kick their ball</li> </ul>		5 max
<p><u>Knockout</u></p> <p>Players run around the coned area trying to keep their ball safe whilst also trying to kick other player's balls away.</p> <p>If a player loses their ball they must then collect it and perform 5 'tick tocks' before joining back in</p>	<ul style="list-style-type: none"> <li>Tick tocks - Using the <b>inside of the feet</b> touch from right foot to left then left to right</li> <li>Keep <b>head up</b></li> <li>Keep the ball <b>close</b> to feet using <b>soft touches</b></li> </ul>		10 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> <li>Reinforce all of the above coaching points.</li> <li>Running into space</li> <li>Use <b>inside</b> of the foot when passing</li> </ul>		10 max



THE OFFICIAL HOME OF

# ASHLAND YOUTH SOCCER

OF ASHLAND MA PO BOX 485



"ALL KIDS NEED  
IS A LITTLE HELP,  
A LITTLE HOPE,  
AND SOMEBODY WHO  
BELIEVES IN THEM."

*- Magic Johnson*



**COACHES**  
TRAINING ROOM.com