

NYSW Recreation Soccer

Lesson 2

Under-6

Four Corners



- 1. Set up 20 x 20 grid
- 2. All Players have a ball and dribble around area.
- 3. Each corner is marked a different color 2. Develop change of speed cone (or pinnie)
- 4. On command stop, players stop ball on top of the ball
- 5. On the command Red, yellow, green, blue, players dribble quickly to appropriate to corner.

Coaching pts:

- 1. Maintain control of ball without running into players
- 3. Keep your head up.

6 minutes

Darth Vador



- 1. Players line up on one side of grid with Coaching pts.
- 2. Players try to dribble to the other side
- 3. Coach try to tag players on they way
- 4. If your tagged you join hands with Darth Vador (coach) and join forces

- 1. Keep head up
- 2. Change of speed while dribbling
- 3. Protect ball with different surfaces of the feet

6 minutes

Red Light Green Light



- 1. Players start on end line with ball
- 2. One player stands at opposite end of the field

With his/her back to the players

- 3. Command of green light players dribble forward.
- 4. Command of red light players have to stop the ball by plaguing foot on top of the ball.
- 5. If the player dribbling the ball gets caught moving when the command was red light, they have to go back to the beginning.

Coaching Points:

- 1. Be a good listener
- 2. Keep the ball close to your
- 3. Focus on stopping the ball under their foot

6 minutes

3v3 scrimmage

- 1. Set up 15 x 20 yard field,
- 2. play 3v3 rotate players
- 3. No Goalies

Coaching pts.

- 1. encourage players to
- 2. have plenty of balls ready to serve in, helps keep the game going
- 25 minutes

Lesson Plan designed by Chris Pacilio, NYSW Recration Director. Questions: conatct Pacilioc@nyswysa.org for additional Coaching courses and training. Have FUN!!! (Rev 2012)