



HAWAII YOUTH SOCCER ASSOCIATION

U-5/6 RECOMMENDED DEVELOPMENT PROGRAM

Technical Director / Director of Coaching –

George Kuntz e-mail: socdoc@cox.net

Youth U5/6 Session #2 -

This is a very important time for players to learn about the game. Please let the players solve the problems and help when needed. Do not start by showing them what to do, they will copy you and this is not them solving the problem.

Tasks for the Session:

Repeat Explanation of Boundaries (Center Circle, Midfield, Touchline, Corner, Goal line, Goal)

Solving Simple Problems:

Dribbling

Throw in

Kicking

Have all the water bottles close to the midfield on the touchline, jog in and out of water breaks. Start good work habits early and understanding of timing of tasks.

Remember U5 players need longer breaks.

Activity 1: "Coach Says" with Follow the Parent (Explain Boundaries) 0 - 5 Minutes



Field Size: 4-6 players (half the field)

Follow the parent: Parents will be slowly jogging changing direction (they must stay in one half of the field). Players will be dribbling behind following the parent's changes in direction.

Coach Says: Like Simon Says, player must execute action only when "Coach Says." Actions must be performed fast. When "Coach Says" players stop where they are, if coach does not say "Coach Says" then they continue to do what they are doing.



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They should be stepping on the ball when they get to their destination.
Actions do not need to be in the order below.

Actions to say:

Dribble to Center Circle.

Dribble to Midfield.

Dribble to Touchline - they have two to choose from.

Dribble to Corner - they have two to choose from.

Dribble to Goal line - only one because we are in one half

Score on goal - they should dribble and shoot.

Step on ball.

Sit on ball.

Go around the ball.

Throw the ball and step on it.

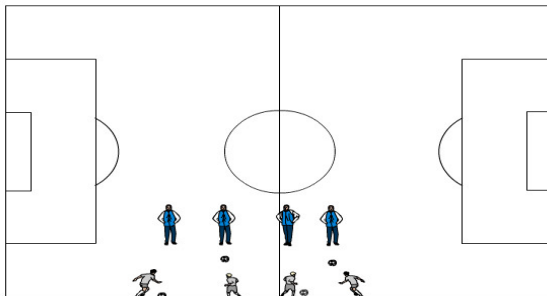
Throw the ball and catch it.

Don't forget to say "Coach Says dribble and follow your parent."

Water Break

2-5 Minutes

Activity 2: Partner Player with parent on the Touchline, about 5 yards away spacing.



Players start on the touchline.

a) Toe Taps

b) Throw ball up and catch

c) Throw ball up and Step on.

d) Throw ball up, Thigh, Step on Ball.

Player outside the touchline field boundary.

e) Player throws in (correctly) to parent and then parent tosses ball back, player catches and repeats.



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- f) Player throws in to parent, and then parent rolls ball back slowly, player steps on ball and repeats.
 - g) Player kicks ball to parent, parent rolls ball back slowly, player steps on ball and repeats.
- Move parents back to 7 - 10 yds.
- h) Parent rolls ball to player, player stops ball from going over touchline. Player passes ball back. (parent can pass different directions to make it more challenging) Repeat.
 - i) Parent bounces (below the head) ball to player, player stops ball from going over touchline. Player passes ball back. Repeat.

Move to the Center Circle



- j) Parent rolls the ball outside the center circle, player dribbles and shoots on goal. Dribble the ball back on the jog and repeat.
- k) Parent bounces the ball outside the center circle, player dribbles and shoots on goal. Dribble the ball back on the jog and repeat.

Water Break

2-5 Minutes

Red light/Green light - All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says



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“green light”, players dribble fast. Coach controls this game with frequency of “light changes” and variety of changes. Once players catch on to this game, add light of other colors and players must perform different actions. (i.e. blue light = hop side to side over ball, purple light = run around the ball, black light = dance, white light = tap on the ball etc. etc.). (8 minutes)



Explanation:

Red Light: Players must step on their ball and not move.

Yellow light: walking dribble.

Green light: dribble as fast as player can.

Game 1: Red Light, Green Light - Straight lines

Start players on the goal line, coach stays in front, players are trying to get to the other goal line first

by following the traffic lights. (coach says traffic signals)

When a player makes a mistake they go back to the starting goal line.

Game 2: Red Light Green Light no lines dribble, all over (use entire field with goals)

Players just dribble around in the space of the field. Red Light, players stop, Yellow light players

walk and dribble, Green light players dribble as fast as they can stay inside the boundaries.

Accidents:

Ball goes outside of boundary.

Player's balls touch each other

Players crash into each other

All accidents the ball and players need to go to the hospital before they can get back into the game.



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At the hospital the doctor “coach” will tell the player what they need to do to be fixed.

Water Break

Final Game (25 -30 Minutes long)