



U4|U5|U6 Spring Week 2 Animals

Category: Small-Sided Games
Skill: U6

Pro-Club: New York City Football Club
NYCFC YOUTH, NEW YORK CITY, United States of America

Description

Field Set Up

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Blue Cones outline Entire Space 40 x 40 yards.
Two Fields | Orange field / Yellow Field side by side 30 x 15 Yards (x2)

Blue Cones central for Ball Nest to Reset Soccer Balls
Big Orange Cones for player lounge (Players can place their equipment in the player lounge. The coach can also look to address the group within the player lounge).



Age Appropriate Tool Kit

NYCFC Coach Behavior and Methods

Four Corner Development Targets

Intended Outcome:

Continue to establish behaviors and field set up. Continue to learn names. Consolidate use of different parts of the foot. Consolidate the rules of the game.



Learning Objectives

	Technical Outside of the foot Inside of the foot Sole of the foot Controlling the ball Stopping the ball Dribbling the ball
	Tactical Triangle Shape Attacking as a team Defending as a team Scoring a goal Stealing the ball back Rules of the game
	Physical Balance Jogging Change of movement Change of speed Agility Stopping Starting
	Psychological Having fun Bravery Understanding Challenge Passion
	Social Playing w within a team Introduction to a coached environment Learning the rules of the game Developing a passion for the game

Physical Movement (10 mins)

Physical

Theme Animals

Set Up: Use Orange Field for Physical Movements. If there are too many players, split group into two.

Instructions: Players score points by completing physical movements through the colored gates;

Theme | Animals

Three Coach Commands, Skip and Jog like a Kangaroo, Fast like a Cheetah, Walking like a Turtle:

- 1) Walking
- 2) Quick/Fast
- 3) Skip and Jog

Coaching Points:

Slow down to a walk
Skip and Jog
Quick and Fast



Ball Mastery (10 mins)

Ball Mastery

Theme Animals

Set Up: Use Yellow Field for Ball Mastery. If there are too many players, split group into two.

Instructions: Players score points by completing skill movements through the colored gates;

Theme | Animals

Three Coach Commands, Waddle Like a Penguin (Inside Foot), Fast like a Cheetah (Outside Foot), Slow like a turtle (Sole of the Foot).

- 1) Outside Foot
- 2) Inside Foot
- 3) Sole of the Foot

Coaching Points:

Inside Foot
Outside Foot
Sole of the Foot



SSG (25 mins)

SSG (25 mins)

Small Sided Game

Set Up:

Use both fields for matches, keep teams to low numbers.

Instructions:

Coach has soccer ball in hand, ready to re-enter ball to field. Make sure to use your voice clearly so players all recognize which ball is in play.

Coaching Points:

Inside of the Foot
Outside of the Foot
Sole of the Foot

