



U4-U6 Curriculum | Week 1 | Paw Patrol

Category: Technical: Ball Control
Skill: U6

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

Skill Zone (10 mins)

Session Theme - Paw Patrol

Grid Setup: 16yd x 24yds

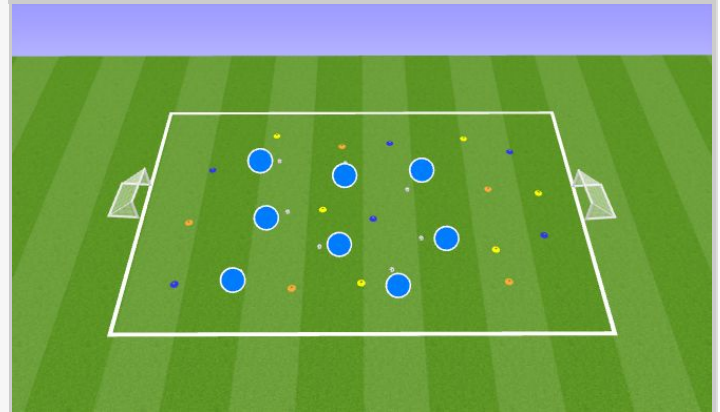
Time: 12minutes

Organization:

- Each Player without a football to start
- Players run around the grid looking to perform a physical move at each cone
- (I.e Can you jump over the cone?, Can you stand on one foot at the cone? Can you bend over & touch the cone)
- Then add a ball to each player, they dribble to the cone and perform a physical move (Jump, Balance, Squat, etc.)
- Players continue dribbling then perform a move at the cone
- Rubble Smash - Toe taps
- Skye Jump - Player leaps over their ball
- "Chase is on the case" - Players dribble as quickly as they can

Coaching Points

- Keep the ball close
- Keep head up
- Can we identify space to dribble into?



Ryder Says (15 mins)

Session Theme - Paw Patrol

Grid Setup: 16yd x 24yds

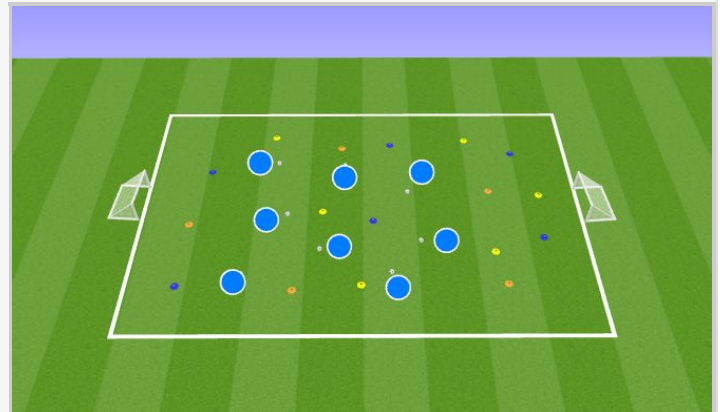
Time: 12minutes

Organization:

- Each player with a football
- Cones laid out in the same pattern
- "Ryder Says" (i.e Simon Says)
- Players dribble through the grid, coach (Ryder) yells tasks for players to do
 - Ryder Says dribble with your left foot
 - Ryder says dribble with your right foot
 - Ryder says dribble with the bottom of your foot
 - ..."Ryder Didn't Say" - Player performs 5 jumping jacks, etc
 - Be Creative with your tasks

Coaching Points

- Keep the ball close
- Keep head up
- Can we identify space to dribble into?



Dribble & Score (15 mins)

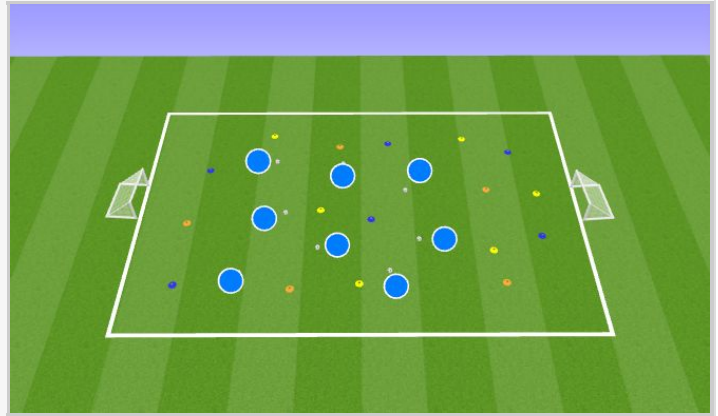
Session Theme - Paw Patrol

Grid Setup: 16yd x 24yds

Time: 12minutes

Organization:

- Each player with a football
- Cones laid out in the same pattern
- Players are "Marshall" - Fire Dog
- Session Goal is to douse the fire
- Players must dribble around avoiding the hurdles (cones), to douse the fire they must score in the goal
 - Scoring = Putting out the Fire = 1 point
 - Who can put out the most fires?



Progression

- 2 defenders attempt to steal the players fire cannons (soccer ball). If their ball is knocked out of the grid they must do 5 jumps to come back in play

Coaching Points

- Keep the ball close
- Keep head up
- Can we identify space to dribble into?

Match Play (20 mins)

Session Theme - Paw Patrol

Grid Setup: 16yd x 24yds

Time: 20minutes

Organization:

- Teams of 3v3 or 4v4
- Any time a ball goes out, coach plays a "new ball in"
- Have players identify which goals they score in and which goal they try to block the other team from scoring in

Coaching Points

- Keep the ball close
- Keep head up
- Can we identify space to dribble into?
- Laws of the game
- U6 age group, can start to introduce idea of the diamond/triangle shape

