

ORYA Soccer Coaches Workshop



Note: See this YouTube site for great games and activities for U6: [U6 Games and Activities](#)

Beginning practice

1. Repeatable drill as kids show up:
 - a. Circle left and right – set up disks to make a large circle and have the kids circle the outside a few times each way
 - i. Variation: Create gates and have the kids manipulate the ball through the gates, again each way.
 - ii. Variation: Left foot only, right foot only

Starting circle

1. Kids get a cone and make a semi-circle around the coach for drills:
 - a. Stretching
 - b. Jumping jacks
 - c. Toe taps
 - d. Boxes
 - i. Variation: stop on each tap, stop on each 2nd tap, stop on each 3rd tap
 - e. Triangles

*see this video for more individual ball drills: [Single player ball drills](#)

Exercises for pairs

1. Pair kids up for drills:
 - a. Passing partners
 - i. Variation: Left foot/right foot
 - ii. Variation: through gates
 - b. Gates – Kids try to score through each other's legs

Exercises for trios

1. Set up two cones far apart with one kid on each cone and one kid in the middle
 - a. Take turns passing to the kid in the middle
 - i. Variation: Left foot/ right foot
 - ii. Move the cones closer and farther away
 - iii. Have the middle kids rotate between teams

Full team games:

1. Activities for the full team:
 - a. Sharks and Minnows – Kid favorite! All the minnows dribble around a predefined area while the shark tries to kick their ball away.
 - b. Foxes and Farmers – Kids tuck in their pinnies as tails and dribble around while the farmer chases them and tries to pull their tails off.
 - c. Protect the Castle: 2 or 3 kids protect the castle (a ball on a cone) while the others try to dribble around and shoot their ball so that it knocks the ball of the cone.
 - d. The gauntlet – Form two lanes and have one kid stand in the middle while the other kids try to dribble past to the other side.
 - e. Red Light, Green light – Kids dribble in a straight line and stop and go at the coached prompt
 - i. Variation – mix speeds, have them dribble backwards, Left foot/right foot
 - f. Races – Straight line, short and far distances, into each other.
 - g. Scrimmages: Set up two goals and divide the players using pinnies.