

# 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 2<sup>nd</sup> tap, stop on each 3<sup>rd</sup> 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.