

SURREY FOOTBALL CLUB FUNDAMENTALS SESSION PLANS



U6 TO U8

VERSION 2021



2

Stage 2: FUNdamentals

U6 - U8 Female and U6 - U9 Male

"FUN WITH THE BALL"

At this stage, individual player development is paramount. Coaches and teachers should create a stimulating learning environment where the atmosphere is "Freedom and Fun"

Where: Home, schools, clubs
Why: Provide early opportunity for children to learn basic soccer elements.
Who: Physical education teacher, parent coach, team coach, club head coach.
Coaching: Training in Physical Literacy (CSA Program).

- **Physical** Develop the ABCs of movement: agility, balance, co-ordination and speed, as well as running, jumping, twisting, kicking, throwing and catching.
- **Technical** Movement exercises/games designed to promote a feel for the ball: gaining ball control in receiving passes, dribbling , passing less than 25km, kicking the ball forward, and shooting on goal.
- **Tactical** Small children are egocentric - playing the ball is the most important objective. However, they need to be introduced to co-operation between players. They gain understanding of the game through playing situations.
- **Mental** Basic awareness of enviroment to build game intelligence and decision making.

Game Structure: Ranges from 3v3 to 5v5

Game Format	Squad Size	Game duration	Ball size	FIELD SIZES		Goal Sizes no larger than
				Min/Max width	Min/Max Length	
3 v 3 "	Max 6	2 x 15 min	3/4	18 to 22m	25 to 30m	5f/1.52m x 8f/2.44m
4 v 4 "	Max 8	2 x 15 min	3/4	20 to 25m	30 to 36m	5f/1.52m x 8f/2.44m
5 v 5 "	Max 10	2 x 15 min	3/4	25 to 30m	30 to 36m	5f/1.52m x 8f/2.44m

**With or without goalkeeper, reduce the goal size*

Recommended training times: 30 to 45 minutes

Season Length: 12 to 20 weeks, indoor and/or outdoor.

Recommendations:

- No league standings - jamboree format - emphasis is on FUN.
- Players and games formats are organized to support the basic playing experiences
- All players play equal time and try all team positions, including goal keeping.
- Equal time should be allotted to practice and games

Other Sports & Activities

Children should participate in many additional activities
 Swimming & well - structured gymnastics programs are recommended along with ball sports

Focus: Physical Literacy

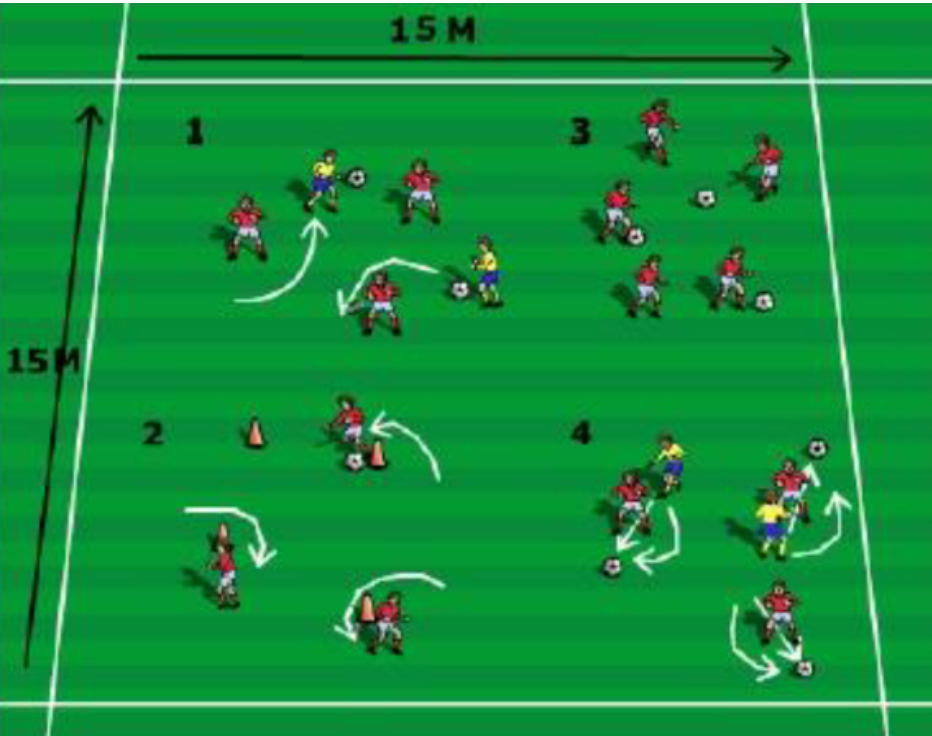
Activity Name: Warm-up/Coordination/Ball Familiarity

Organization:

Mark a 15 x 15 m square. The size may vary according to the numbers. Players form pairs and find some space inside the square with one ball between two. One player in each pair starts with the ball while the other rests. Players trade places on the coach's command.

The activity begins with the first player in each pair moving the soccer ball around the playing area using his/her feet and reacting to the coach's commands:

1. Guide the ball with your feet as you weave in and out of the resting players.
2. As above but on the coach's signal, run to the nearest cone and take the ball in a circle around it using the inside of your foot. Keep alternating from right foot to left foot.
3. "change," players stop the ball, leave it and quickly go and get another's ball and continue dribbling around the area.
4. "legs," players try to pass the ball through the legs of as many resting partners as they can before the coach says stop(Coach ask all resting players to stand with their feet apart).



Emphasis

Lots of touches on ball
Working in pairs
Dribbling
Having Fun!

Focus: Ball Familiarity
Activity Name: Dribbling to shoot

Organization:

Divide players into two teams. Players dribble through the cones made when they get to the manikin/cone, and players take a touch with the outside of the foot and strike at the empty goal. Players retrieve their ball, and the next player goes. Players are encouraged to use their left and right foot to strike at the goal. The player is encouraged to use different types of finishing, i.e., laces, side of foot. Coach can keep score on the success of each team.



Emphasis

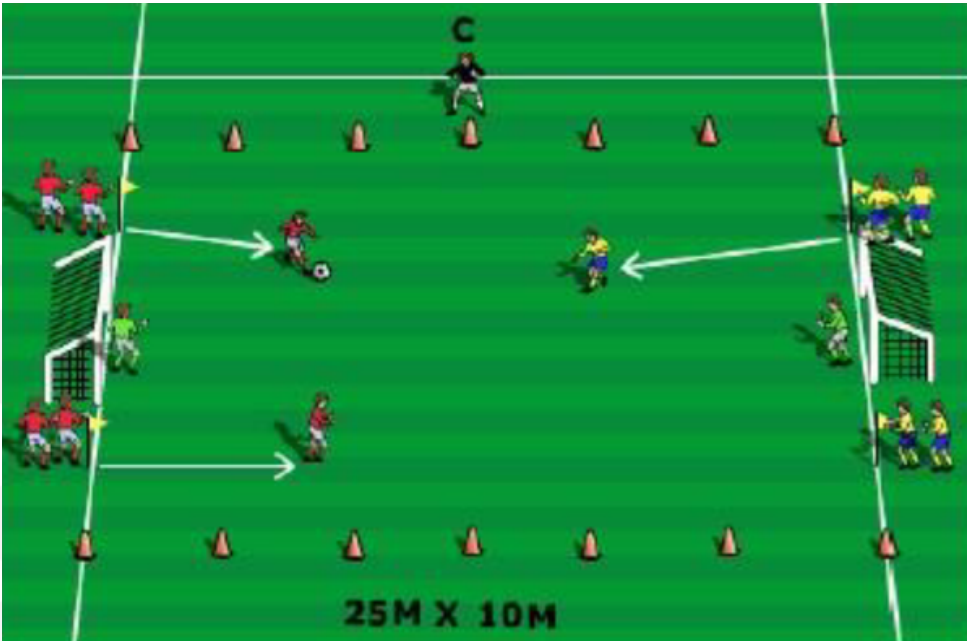
- Dribbling inside & outside of foot
- Preparing to shoot
- Shooting at a goal
- Goal celebrations

Focus: Small-sided game
Activity Name: 2 v 1

Organization:

Divide the players into two groups and put them in two different coloured pinnis. Teams send two players to attack one defender. The game can be played with or without goalkeepers.

Once one team has attacked, the roles change, and the other team gets to attack the goal. As players progress game can be played 2v 2.



Emphasis

- Dribbling towards goal
- Decision when to pass / when to shoot
- Angle of support
- Shooting at goals
- Rebounds

Focus: Small-sided game
Activity Name: Numbers Game with two goals

Organization:

Set up a small grid, depending on the number of players. Separate players/parents into 2 teams, as shown below. Number players 1,2,3,4,5 etc. Call out a number. The player called from each team enters into the field to challenge for the ball. The coach sends the ball in, and players try to score on the opposing side While defending their own side. Goalkeepers can be added to the game. The coach can callout more than one number to make 2 v 2 and 3 v 3 situations



Emphasis

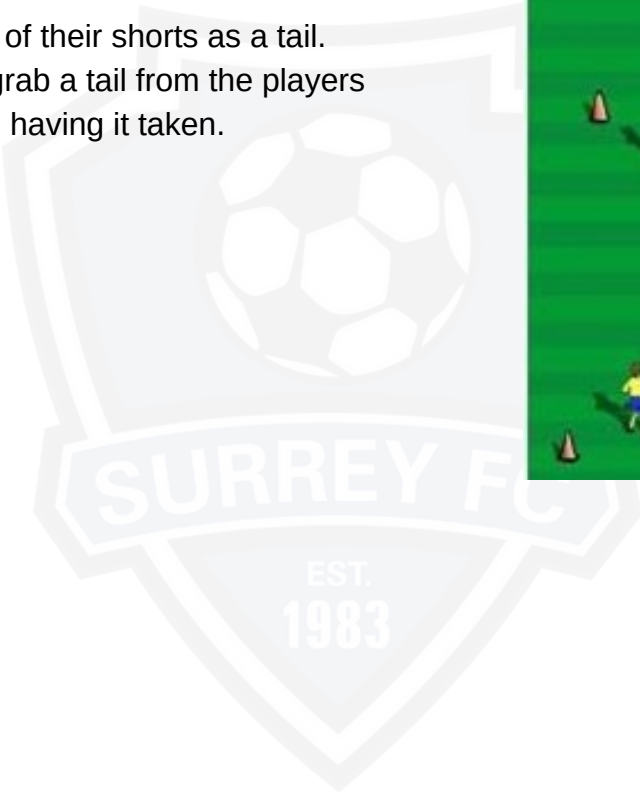
- Dribbling towards goal
- Beating a defender
- Basic defending
- Shooting at goal
- Rebounds

Focus: Physical Literacy

Activity Name: Donkey Tails

Introduction:

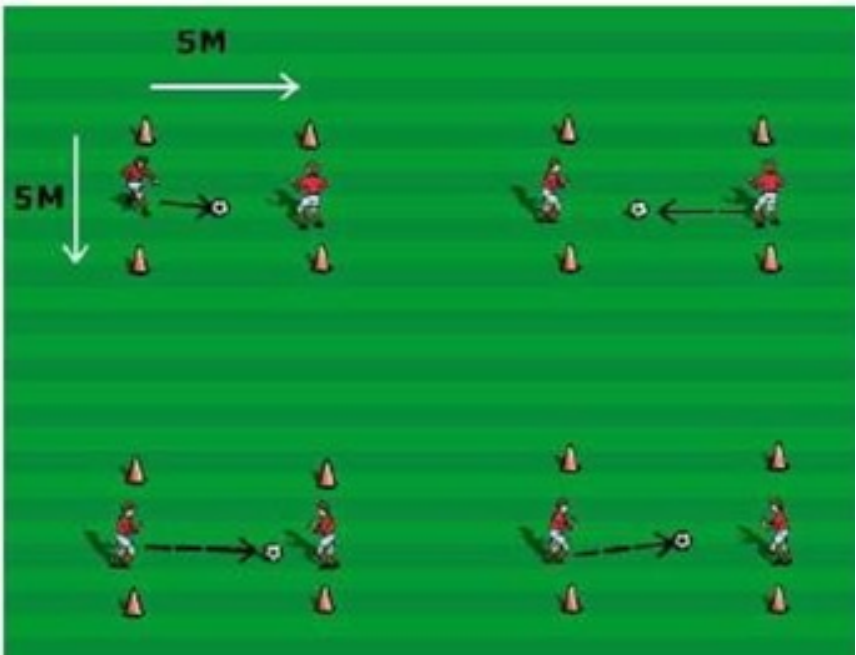
Half the players are given a pinni to tuck into the back of their shorts as a tail. Coach shouts, "Go!" players without a tan attempt to grab a tail from the players with one. Once players get a tail, they must now avoid having it taken.



Focus: Passing and Receiving
Activity Name: Passing and Receiving in Pairs

Organization:

Set up a series of 5-yard x 5-yard grids. Two players with a baff between each pair face each in each grid. On two touches, they pass the ball to each other, using the inside of the foot both to control and pass the ball. Work in 20-second segments to maintain intensity and form. Ask the players how many passes they can complete in a set time period



Emphasis

- Non-kicking foot alongside the ball
- Non-kicking foot pointed at partner
- Swing the kicking foot downwards and push through the ball, contacting with the middle part of the foot Take care not to contact with the front part of the foot or toes
- Contact the ball in the centre and avoid digging in underneath the ball, which will cause it to rise.
- Receiving player getting in line with ball to receive.

Focus: Small-sided Game
Activity Name: Four Goal Game

Organization:

Set up a 20m x 20m grid with 4 goals in the middle of each side. Select two teams consisting of equal numbers. Call out 2 or 3 players from each team to run onto the field, play against each other, and try and score in any of the four goals until the coach says stop. At which time both groups return to their place behind the goal line and the coach calls another group to play. If the ball goes out of play, the game can be restarted with a "kick-in" or the coach may serve in a new ball. Progressions could involve assigning 2 nets to each team to defend and 2 to attack.



Emphasis

- Passing with a purpose
- Teamwork
- Finding space
- Having Fun!

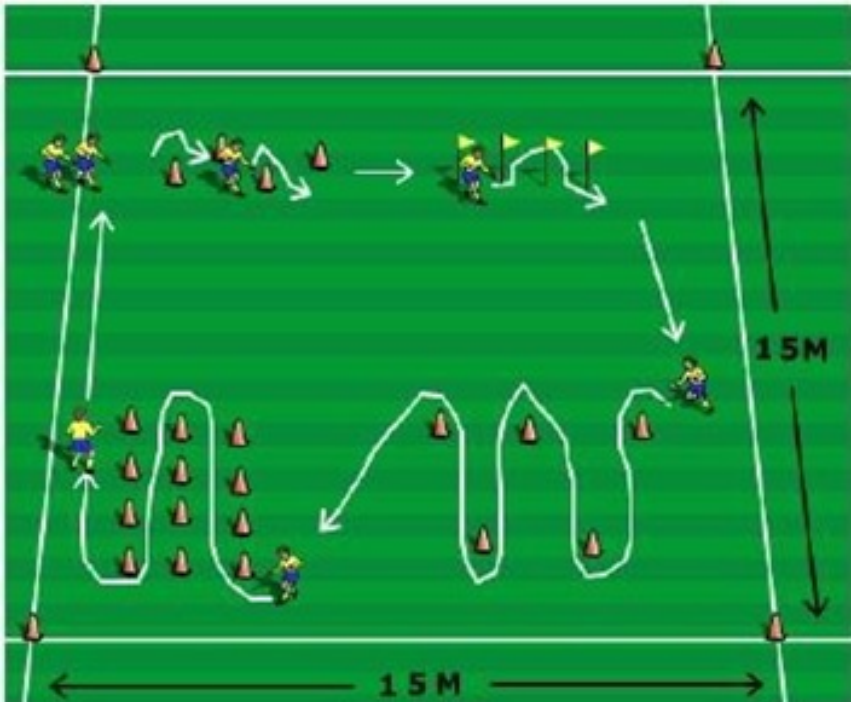
Focus: Physical Literacy
Activity Name: Obstacle Course

Organization:

Set up an obstacle course inside a designated area. The children start at the first station and move in a clockwise direction around the course carrying out the exercises shown below.

Variations

- 1. Hops(1 footed & 2 footed)
- 2. Jumps
- 3. Running backwards
- 4. Sideways shuffles
- 5. Introduce a ball at some stations



Emphasis

- Basic Movements
- Changing directions
- Balance
- Coordination
- Having Fun!

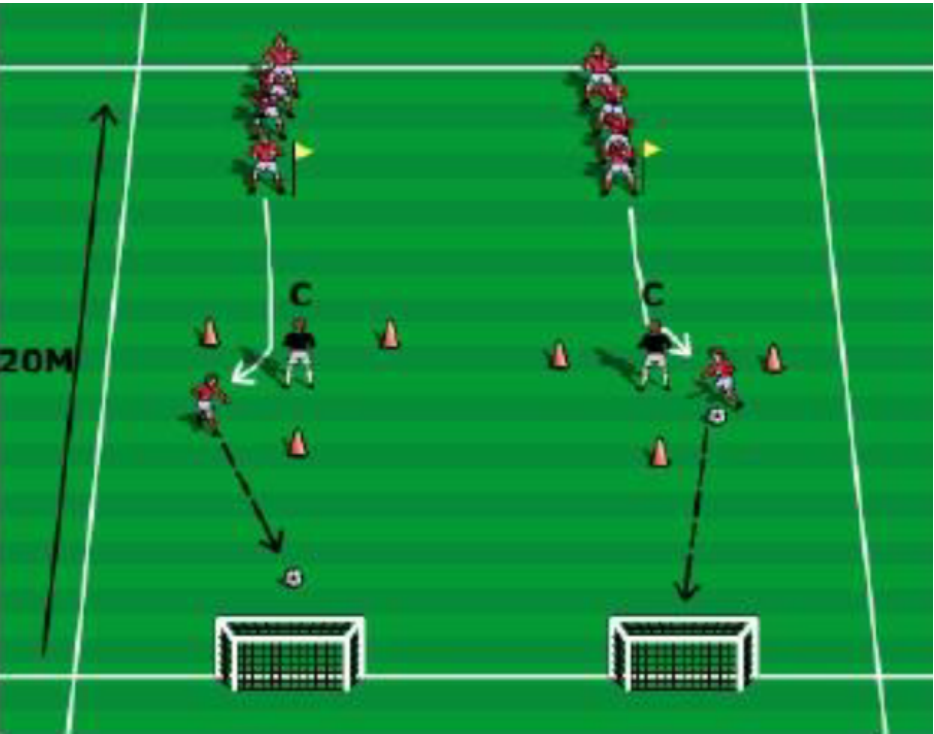
Focus: Ball Literacy

Activity Name: Shoot and Score

Organization:

Separate team into 2(or more if possible) as shown. Set up a mangle. The coach stands in the centre of the triangle.

1. Player throws the ball to the coach. Coach places the ball to his left or right. The player strikes the ball into the empty goal.
2. Coach now places the ball in front. The player takes a touch past the coach with the outside of the foot passed the coach and strikes the ball into the empty net.
3. The player dribbles towards the coach, takes the touch past the coach, and plays into the empty net.



Emphasis

- Dribbling
- Preparation touch
- Shooting technique
- Goal celebrations

Focus: Small-sided Game
Activity Name: Chain Soccer

Organization:

Set up a small grid, depending on the number of players. Separate players into 2 teams, as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on the opposing side while defending their own side. Players not called can act as goalies on their side. Increase the # of players to 2 or 3.



Emphasis

- Dribbling
- 1 on 1
- Beating opponents
- Shooting
- Goal Celebrations
- Teamwork

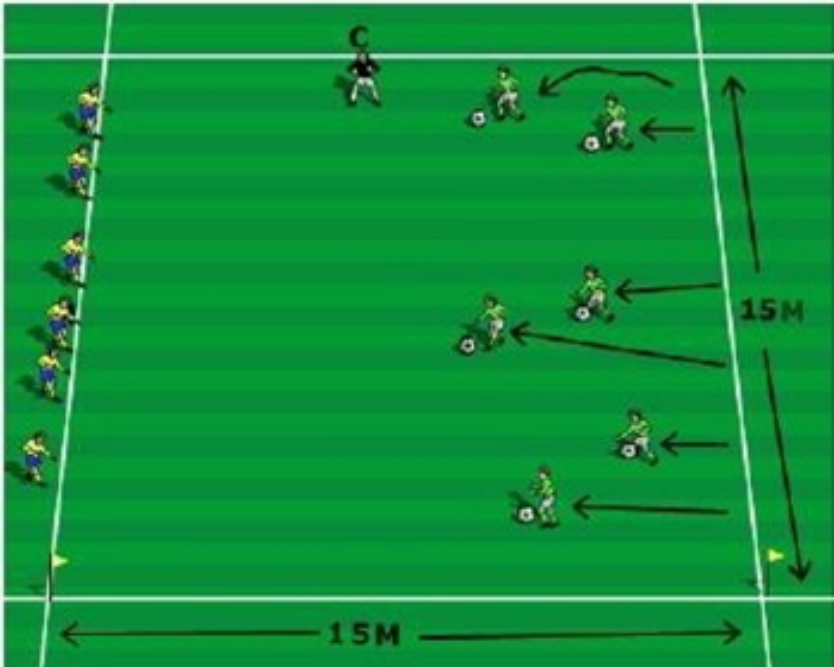
Focus: Ball Literacy
Activity Name: Turn and Burn

Organization:

Divide players into two teams- put them in different coloured pinnis. One team starts on one end of the grid with a ball each. The objective is for players with the ball to dribble towards the players without, who remain stationary. The coach shouts "Turn" and the players with the ball stop, tum, and tries to dribble back to their starting line. When the players without the ball hear the coach shout-turn, the players without the ball can release and try and steal the opposing team's balls before they get back over the safe line. Take turns having both teams being attackers/defenders. Do not eliminate players who lose their ball. Let them have another go.

Variations:

Introduce specific turns: big toe turn. Little toe turn. Pull back, etc.



Emphasis

- Dribbling
- Turning
- Change in direction
- Running with the ball

Focus: Shooting
Activity Name: 1v1 to Goal - Player behind

Organization:

Start with two lines; (Attackers & Defenders) with the attackers Slightly ahead of the defenders. The attackers start to dribble with the ball towards the goal.

Once the attacker is an appropriate distance away, the coach tells the defender to go and put pressure on the attacking player from behind. If defending player wins the ball, they try and pass it back to the coach.

Coaches: Allow for offensive success at first and be mindful of the different physical and technical abilities of the players when deciding when to release the defender. The game can be played with or without a goalkeeper.



Emphasis

- Attacking the goal
- Shooting
- Finishing
- Goal celebrations