



Learning Skills - U6 Players

Focus on introducing the basics of soccer and keeping it fun.

Basic skills to learn:

- Dribbling - keep a ball at the kids' feet constantly
- Kicking - teach the various ways a player can kick
- Passing and trapping the ball – using the instep to pass and stop the ball

Introduce the rules of soccer and restarts of play:

- When is a ball out-of-bounds and what happens when a ball goes out
- Throw-ins from the sideline
- Corner kicks from the endline
- Goal kicks from the goal box

Introduce the goalkeeping position

- Have all players try goalkeeping
- Teach goalie throws and punts

Introduce basic positioning and field awareness

- Offense
 - Left, Center & Right Forwards
- Defense
 - Left, Center & Right Defense

Remember – have fun and inspire the kids to want to play more soccer!