



Station Model

Part 1

Small-Sided Games

Starting in 3v3 or 4v4 games provide touches on the ball and an introduction to confidence on the field.

This game is played against players within their team.

Part 2

Activity 1

Tag & Physical Literacy (incorporating the ball)

Agility – running, changing direction, speeding up/ slowing down, & stopping.

Balance – hopping, jumping, & landing.

Coordination – combining different movements, moving with the ball, falling & getting up safely.

Part 3

Activity 2

A fun activity that involves developing a player's soccer technique—which revolves around core skills such as dribbling, passing, and shooting the ball—(1) Getting lots of touches on the ball. (2) Fun tasks that motivate players to use different techniques. (3) Plenty of positive feedback.

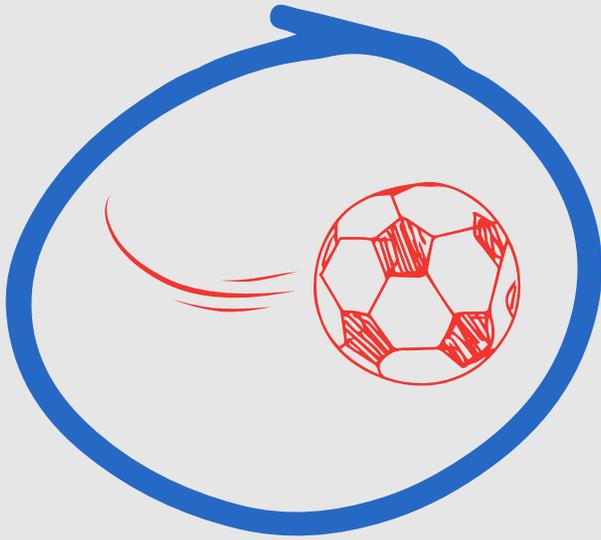
Part 4

Small-Sided Games

Ending in 3v3 or 4v4 games allows players the chance to apply the skills they learned in the session.

This game is played against another U6 team.





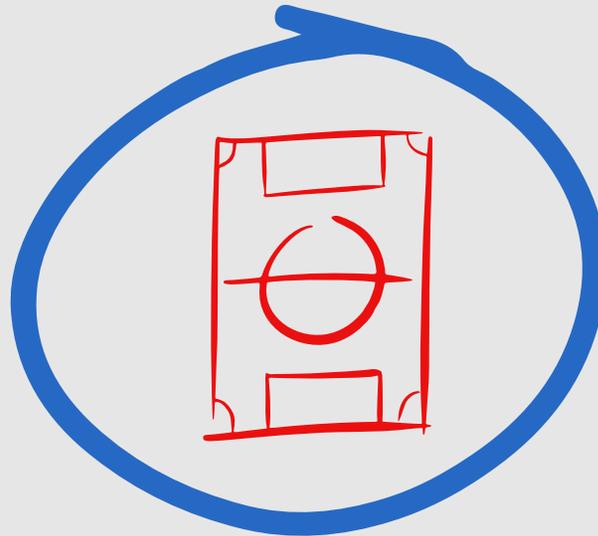
TECHNICAL SKILLS

This is when players use skills learned to dribble and score a goal!



PHYSICAL LITERACY

This involves movement, such as running, jumping, stopping, starting, and changing direction.



IMAGINATION PLAY

This is any time that the child is using their imagination to play!

GAME LAYOUT

