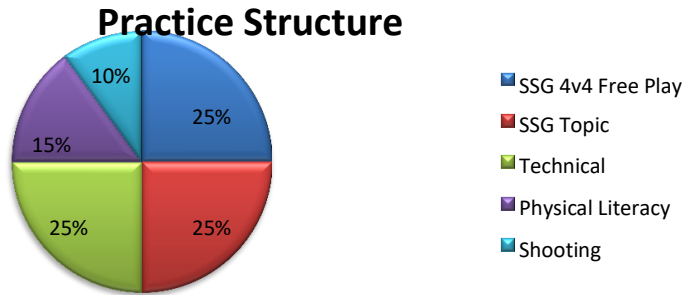




# PRE-ACADEMY U6-U8



Pre- Academy U6-U7	
Lead Coach Requirement	FUN + MED + RIS or USYA Youth
Practice Length	60 minutes
Game Format	4v4 at end of every session w/ no GKs
Playing Time	Equal
Outdoor Session Length	12 weeks
Indoor Session Length	2 x 10 weeks
Practices Per Week	1
Ball Size	4

***We want players at this stage to fall in love with the game, to have basic movement skills, be comfortable with a ball, be more confident and try new challenges***

Physical Literacy	Technical	Mental/Emotional	Small Sided Games	Tactical - Attacking	Tactical - Defending
Balance	Ball manipulation and feeling	Self-Confidence	1v1	Understanding direction to attack	Understanding direction to defend
Coordination	Running with the ball – instep of both feet	Positivity	2v1	Going to goal when attacking	Goal-side
Agility	Changes of direction - inside, outside, sole, instep of both feet	Teamwork and interaction	2v2	Building up from GK	Challenging the ball carrier to regain possession
Motor Skills	Stops and starts – inside, outside, sole, instep of both feet	Fair Play	3v2	Angles of support to create triangles-distance and spacing	
Perception and Awareness	Moves and Feints – both feet	Passion for soccer	3v3	Importance of passing in a game	
Flexibility with soccer movements	Passing – inside, outside of both feet over short distances	Role Modelling	4v4		
Reaction	Receiving – sole, inside, thigh of both legs		Multi-Goal Games		
Educate parents on nutrition and sleep habits	Shooting – inside, instep of both feet				

Practice	Topic	Practice	Topic
1 and 2	Running with the ball	7 and 8	Stops and starts
3 and 4	Changes of direction	9 and 10	Moves and feints
5 and 6	Passing and receiving	11 and 12	shooting