



# WYSA Session Plans:

## U6(Pre-K and Kindergarten)



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## *What makes a session have a good flow?*

Here are some things to consider:

- 1. Preparation - Understanding the session plan and setting up your training.*
- 2. Knowing Your Players - Adapt to each personality.*
- 3. Demonstrations - Be the example, or use Assistant Coach/Technical Director or players to demonstrate drills and concepts.*
- 4. Modifications - Knowing when to progress or regress.*
- 5. Communication - Be sure to ask questions and be open to feedback.*



## Coaching Tips:

### *Transfer Knowledge into understanding*

#### **1. “EYES ON ME!”**

*Get their attention. Acknowledge children that are paying attention. “Catch them being good.” Consider kneeling to get eye level.*

#### **2. LIMIT INFORMATION TO 1-2 POINTS AT A TIME**

*Teach in small bits at a time. Example: “When turning the ball your foot should hug it.”*

#### **3. CHECK FOR UNDERSTANDING**

*Have the players “show you” instead of asking them “Does that make sense?” Say, “Let me see you try.” Example: Have them show you how to do a pass in slow motion.*

#### **4. BE POSITIVE**

*Be specific with praise! Example: “Cindy, that’s great to have your head up while dribbling.*

#### **5. SMILE**

*Be enthusiastic! Remember that children won’t care what you know until they know that you care.*

*Reference: United Soccer Coaches, 4v4 Diploma: Philosophy*



## **Things to consider when planning a Session:**

- 1. PREPARE SPACE FOR NUMBER OF PLAYERS**
- 2. DIFFERENTIATE ACTIVITIES BASED ON AGE/SKILL LEVEL**
- 3. CHANGE THE SHAPE AND THE SIZE OF AREA - SMALL SIDED GAMES**
- 4. USE ASSISTANT COACHES OR PARENT HELPERS**
- 5. LIMIT AMOUNT OF TOUCHES ON THE BALL - RESTRICTIONS**
- 6. ADD UNOPPOSED(NO PRESSURE) ZONES**
- 7. COUNTER ATTACK GOALS**
- 8. DIVIDE FIELD INTO ZONES**
- 9. PLAY WITH NUMBERS ADVANTAGE(OVERLOAD)**
- 10. ALLOW TIME TO TEACH SITUATIONAL/POSITIONAL PLAY**



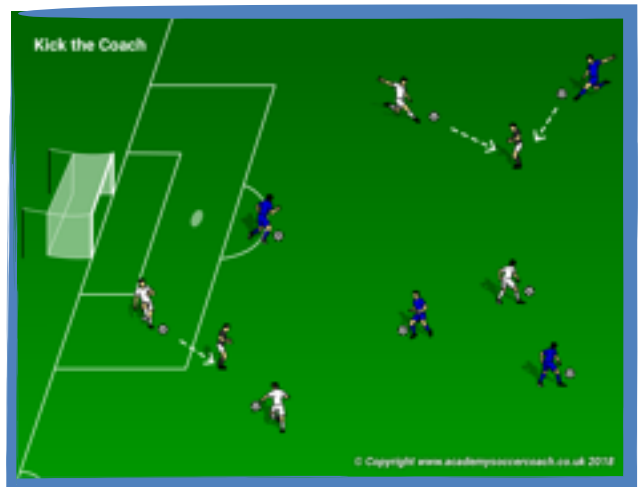
# Play - Practice - Play Implementation

1. *Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pinnies, and balls on each field).*
2. *Bring players in together as a group - Provide the training objective/theme.*
  - *“In this game I want to see if you can look to take players 1v1 and penetrate into the final 1/3 using the dribble to create scoring opportunities.....”*
3. *Coach in the flow.*
4. *Use Proper Coaching Cues - Head up, Control>Speed, Turn, Dribble, Pass, Shoot...etc.*

# Pre-K and Kinders Only

*You only meet on Game day and here is how the day is run:*

- 1) Please arrive to the fields 15 minutes before your assigned time. Here all coaches will review **TWO-THREE** activities with our Technical Director. He will walk everyone through the activities and you can ask questions.*
- 2) The first 25 minutes of your scheduled time coaches will run these activities with your team.*
- 3) 25 minute scrimmage - 3-4 players from each team on the field.*
  - You will have to rotate your players (approximately every 5 minutes)*
  - The coaches will help to coordinate the scrimmage (No Ref's at this level).*



# Play - Practice - Play



Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pennies, and balls on each field)

Bring players in together as a group - Provide the training objective/theme:  
**Example** - "In this game I want to see if you can look to take players 1v1 and **PASS** to your teammates to create scoring opportunities..."

**Key Coaching Cues:**

- Head up!
- Dribble or Pass into space or to teammates feet.
- Control > Speed

Week ONE

Topic: Understand the game, technical development, and fun games!

### 1. Red Light, Green Light

- Start playing with **NO BALL**.
- Add Ball. Players must **DRIBBLE** from one side of the space to the other listening to Coaches Signals.
- **RED LIGHT** - Stop ball w/ sole of foot.
- **YELLOW LIGHT** - Slow, controlled **DRIBBLE**.
- **GREEN LIGHT** - **DRIBBLE** w/ laces.

**Coaching Cues:**

Head Up - Dribble - Control > Speed

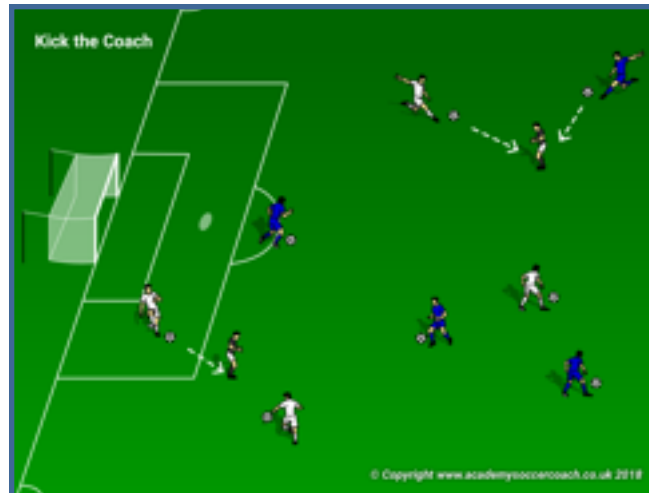


### 2. Kick the Coach

- Players all have their ball in area. Coach is the **TARGET**. Players must **DRIBBLE** and strike ball at Coach using **INSIDE** or **LACES**.
- Players gain 1,000 points, or Coach can wear pinnies(feathers) around arms. Each time Coach is hit by player he/she loses pinnies(feathers)

**Coaching Cues:**

- Head up! - Dribble - Strike w/ Inside or Laces



### 3. Combat - 1v1's

- Set-up - Either 1 or 2 lines on each side of Pugg net. Use assistant/parent to help with lines, if needed.
- Coach Passes ball to either team creating 1v1-2v2 scenario. Players in possession are encouraged to **ATTACK** the goal. Players w/o the ball encouraged to **DEFEND** goal and recover ball. If defender/s recover ball, they can try to score!





Week TWO

Topic: Understand the game, technical development, and fun games!

**1. Freeze Tag**

- Play with No Ball to start. Coach or Players designated as Tagger. Inside area players move around trying not to be tagged. If you are tagged, yo are **FROZEN**. Players must receive high five from another player before returning to game.
- **Add Ball** - Players now **DRIBBLE** and avoid Tagger/s. If tagged, **FROZEN** player can receive high-five and continue, or players can create a gate for players to **PASS** thru.

**Coaching Cues:**

Head Up - Protect the ball - Dribble - Find Space



**2. Messy Backyard**

- Split field, creating two “backyards”. Allow for space in the middle as shown. Each Team has their own “backyard to clean.” Players use **PASSING** and **STRIKING** skills to send balls to opposing teams backyard. After 90seconds. the team w/ the least amount of soccer balls in their backyard wins!
- Play 2-3 rounds, Switch backyards.

**Coaching Cues:**

- Head up! - Strike w/ Inside or Laces



**3. Combat - 1v1 or 2v2's**

- Set-up - Either 1 or 2 lines on each side of Pugg net. Use assistant/parent to help with lines, if needed.
- Coach Passes ball to either team creating 1v1-2v2 scenario. Players in possession are encouraged to **ATTACK** the goal. Players w/o the ball encouraged to **DEFEND** goal and recover ball. If defender/s recover ball, they can try to score!





# WYSA 4v4 Sessions Plans - Prek and Kinders

## Week THREE

Topic: Understand the game, technical development, and fun games!

### 1. Gate Dribble

- Set-up multiple **GATES** around your area. Gates can be narrow or wide.
- You can play w/ **NO** Ball, and a Ball. Ask your players, "How many **GATES** can you **RUN/DRIBBLE** thru in ;30sec., **GO!**" When players return ask how many they ran/dribble thru.
- Add turns(2x thru **GATE**) and Figure 8 **DRIBBLE**(3x thru **GATE**).

#### Coaching Cues:

- Head up - Light Touches to Keep Ball Close - Control > Speed



### 2. Builders and Bulldozers

- Split players into two teams - One Team = **BUILDERS** and One Team = **BULLDOZERS**.
- **BUILDERS DRIBBLE** and build up cones. **BULLDOZERS DRIBBLE** and use strikes to knock down cones. The team with the most cones built, or knocked down, wins!
- Play 2-3 rounds switching new **BUILDERS/BULLDOZERS** each time.

#### Coaching Cues:

- Head up - Keep Ball Close - Strike w/ Inside or Laces



### 3. Combat - Numbers Game

- Make two teams. For each team, designate each player with a number(1,2,3,..etc.) Coach delivers ball into space, calls out any number, and those players enter area to play 1v1-3v3.
- To avoid collisions send ball to wide areas.

#### Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



Week FOUR

Topic: Understand the game, technical development, and fun games!

### 1. Individual Dribbling

- Set-up small area for individual dribbling skills. Coach should demonstrate proper techniques using **LACES**, **INSIDE**, **OUTSIDE**, and **SOLE** of foot.
- Add turns - Inside/Outside Hook, Pull Back, Cruyff
- Add Pressure - Coach or player becomes **DEFENDER/S**

**Coaching Cues:**

Head Up - Dribble - Light Touch - Control > Speed



### 2. End-Zone Game w/ Targets

- Set-up two end zones about 20 yards apart (use width/length of area). Two Teams.
- Each team starts in their end-zone. Players from each team **DRIBBLE** across to opposing teams end-zone and try to knock down targets. Players **CANNOT** enter into opposing teams end-zone, although they must **DRIBBLE** back to their end-zone to recover a ball.
- Team that knocks down the most targets, **WINS!**

**Coaching Cues:**

Head Up - Dribble - Find Space - Inside Pass - Laces Shot



### 3. Combat - 1v1's

- Set-up - Either 1 or 2 lines on each side of Pugg net. Use assistant/parent to help with lines, if needed.
- Coach Passes ball to either team creating 1v1-2v2 scenario. Players in possession are encouraged to **ATTACK** the goal. Players w/o the ball encouraged to **DEFEND** goal and recover ball. If defender/s recover ball, they can try to score!



Week FIVE

Topic: Understand the game, technical development, and fun games!

**1. PACMAN**

- Place all of the balls in an “arsenal” for the **Pacman**. **Pacman** dribbles area trying to eat the ghost by **PASSING** the ball at players feet. If you get eaten(hit by the ball) you become **Pacman** too!
- Last player standing **WINS!**
- Play 2-3 rounds.

**Coaching Cues:**

Head Up - Dribble - Pass - Control > Speed



**2. Obstacle Course - Dribble + Shoot**

- Set-up two lines of players and 3-4 cones for technical dribbling course. Each player has their own ball.
- **Level 1** - Player passes to Coach + Agility Run thru cones + Receives from Coach + Turn and Shoot
- **Level 2** - Player dribbles thru cones/gates using insides and outsides of feet + Shoot
- **Level 3** - Take away technical dribbling course. Player passes to Coach, who then passes back to player. Player must get around Coach(defender) before shooting.

**Coaching Cues:**

Control > Speed - Change Direction - Dribble - Pass - Turn - Shoot



**3. Combat - 1v1 or 2v2's**

- Set-up - Either 1 or 2 lines on each side of Pugg net. Use assistant/parent to help with lines, if needed.
- Coach Passes ball to either team creating 1v1-2v2 scenario. Players in possession are encouraged to **ATTACK** the goal. Players w/o the ball encouraged to **DEFEND** goal and recover ball. If defender/s recover ball, they can try to score!



Week SIX

Topic: Understand the game, technical development, and fun games!

### 1. Fox Tails

- Start playing with NO BALL.
- Players tuck a pinnie inside/outside their shorts resembling a "tail." Players move around space trying to avoid Coach/Players trying to snag their tails. The goal is to have your own tail, and/or more tails at the end of the round!
- Add soccer balls. Players now have to **DRIBBLE** their ball in area, still trying to avoid Coach/Players trying to grab tails.
- Play 2-3 rounds.

**Coaching Cues:**

Head Up - Dribble - Control > Speed



### 2. Collect the Treasure

- Split players into two lines as shown in image. Set-up balls in box/circle of cones 15-20 yards away.
- **Progression 1:** First player from each line runs out to **RECOVER** ball and **DRIBBLES** to **SHOOT** ball into their team's PUGG goal.
- **Progression 2:** First Player from each line runs out to **RECOVER** ball and **DRIBBLES** thru obstacle(CONES) before **SHOT** on goal.

**Coaching Cues:**

Head Up - Dribble - Control > Speed



### 3. Combat - Numbers Game

- Make two teams. For each team, designate each player with a number(1,2,3,..etc.) Coach delivers ball into space, calls out any number, and those players enter area to play 1v1-3v3. To avoid collisions send ball to wide areas.

**Coaching Cues:**

- Attack - Defend - Dribble - Pass - Shoot



Week SEVEN

Topic: Understand the game, technical development, and fun games!

### 1. Triangle Dribble

- Using cones make 5-8 triangles in the area.
- **Progression 1** - How many Triangles can you dribble thru? **Progression 2** - Players have to stop (perform foundation?) ball in triangle before dribble thru. How many? **Progression 3** - How many gates can you dribble thru w/ Coach as defender?

**Coaching Cues:**

Head Up - Light Touch - Dribble - Control > Speed



### 2. Passing Gauntlet

- Make a channel along the length or width of the field.
- **Progression 1** - Coach enters channel and players use striking skills, aiming below the knee, and try to target Coaches. **Progression 2** - Allow players in the channel. **Progression 3** - Allow parents in the channel!

**Coaching Cues:**

Head Up - Inside Foot - Laces - Control > Speed



### 3. Combat - 1v1, 2v2's, OR 3v3's

- Set-up - Either 1, 2 or 3 lines of players on each side of Pugg net. Use assistant/parent to help with lines, if needed.
- Coach Passes ball to either team creating 1v1-2v2 scenario. Players in possession are encouraged to **ATTACK** the goal. Players w/o the ball encouraged to **DEFEND** goal and recover ball. If defender/s recover ball, they can try to score!





# REPEAT!

“Repetition & routine are the bedfellows of success for young players”

For the remaining weeks, repeat previous sessions. Be creative! Add restrictions, obstacles, and/or more goals.

Players will succeed if they are given the chance to repeat familiar tasks.