
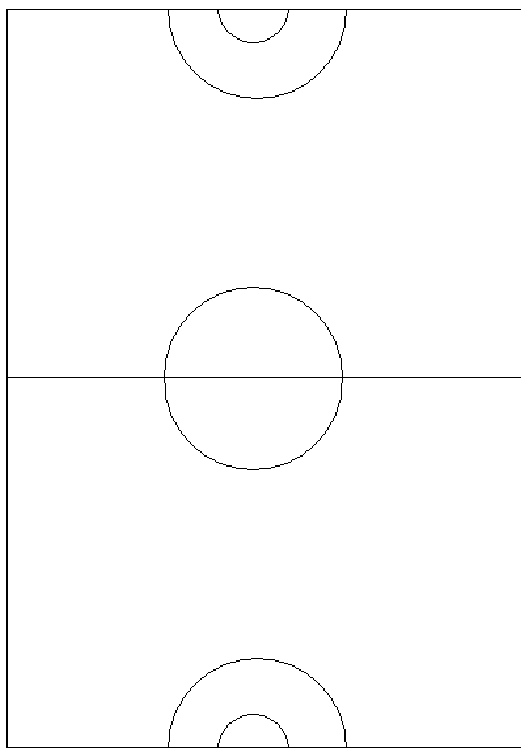


U-6 Training Session Planner

No.	Date	U-6 Game Objectives		U-6 Techniques
		Attacking Objective • Score	Defending Objective • Prevent Scoring	• Dribbling [] • Instep Kick [] • Throw - In []
Halifax / South Boston		U-8 Principles of Play Used to Achieve Objectives		
		Attacking Principle • Penetration	Defending Principle • Delay	

Player	Present	Absent	Activity		
			Warm-Up	5min	
			Introduce Technique	10min	
			Training Games (no more than 2)	15min	
			Water Break	5min	
			Game	25min	
Announcements					

- SAY** Explain the skill or technique
- SHOW** Demonstrate the skill or technique
- DO** Have children perform the skill or technique
- REVIEW** Review, correct and confirm proper technique

"THE GAME IS THE BEST TEACHER!"
 Use conditioned games to emphasize techniques:

- Score by dribbling across the line (ball within reach)
- Score only by kicking with 'weak' foot.
- Score by stopping ball on/near the line.