

## U6 Academy “Circuit Training” Sample Academy Training

Number of players per station: 6-8

Time allotted per station 6-8 minutes

Number of coaches needed per station: 4-8 (Each station could have two coaches with 8)

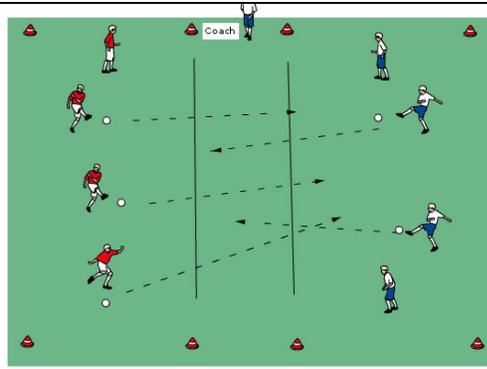
<p><b>Station 1</b> <b>Agility, Coordination, and Balance Activities</b></p> <p><b>“Body Parts”</b></p> <p>All players have a ball inside a playing area. As a coach, you call out a body part, players must stop the ball with that body part. You can also play where players have to move the ball with a specific body part.</p>	
<p><b>Station 2</b></p> <p><b>Dribbling</b></p> <p><b>“Red-Light-Green Light”</b></p> <p>All players have a ball players and dribble in an area. Coach yells Red light or Green light. Red Light means stop and Green Light means go. A coach could also hold up a red vest or a green vest without speaking and now the players have to look up in order to find the light.</p>	

### Station 3

#### Finishing/Striking

##### Junkyard Soccer

Divide team into two teams. Each team goes to a half. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach. The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time.



### Station 4

#### Direction/Target Game

All players have a ball and line up on a line facing a direction. One or two players do not have a ball. For U6's a coach can be the shark too at first. The coach or the one or two designated players yell "Sharks and minnows" and that is the cue for all the players with the ball to try and dribble their ball to the other end of the square without letting the sharks steal their ball.

#### "Sharks and Minnows"

