



FC BELTON

U6 COACHING CARDS

2 x 30-Minute Sessions

Fun first, fun always.

Coach Blizzard's Goal: *"U6 players should learn to love the ball, love movement, and love the game — everything else comes later."*



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Week 1 – Session A | Ball Comfort

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Every player has a ball
- Dribble anywhere—kick, chase, stop

Game 1 (5–12):

Red Light / Green Light

- Green = dribble
- Red = stop ball with foot
- Restart fast—no talking

Game 2 (12–20):

Freeze Game

- Players dribble
- On “Freeze” stop ball any way
- On “Go” dribble again

Small-Sided Play (20–30):

3v3 free play (or 4v4)

- No positions, no coaching stoppages
- Sub often—keep it moving

Coach Cues: Run! • Stop! • Nice!

Success looks like: Kids want the ball and keep moving



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U6 Golden Rules

Do this every session:

- Smile more than you talk
- Use names constantly
- Keep everyone moving (no lines)

Do NOT do this at U6:

- No positions
- No passing drills
- No stopping play to coach
- No correcting technique

Golden Rule: FUN FIRST, FUN ALWAYS.



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Week 1 – Session B | Ball Comfort

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Every player has a ball
- Explore: dribble, stop, kick and chase

Game 1 (5–12):

Traffic Lights

- Green = fast dribble
- Yellow = slow dribble
- Red = stop ball

Game 2 (12–20):

Coach Says

- Call: “Stop ball / Run / Kick / Turn / Hop Over”
- Players copy quickly
- Keep it playful

Small-Sided Play (20–30):

3v3 free play

- Encourage effort, not results

Coach Cues: Go! • Keep going!

Success looks like: Players are comfortable touching the ball



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Week 2 – Session A | Dribbling

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Free dribble in the grid
- Add: “Change direction!” occasionally

Game 1 (5–12):

Sharks & Minnows (no eliminations)

- Everyone dribbles inside box or circle
- Coach (shark) jogs and taps balls out
- If ball goes out, player gets it and returns

Game 2 (12–20):

Follow the Coach

- Coach dribbles slowly around
- Players follow with their own ball
- Change speed and direction often

Small-Sided Play (20–30):

3v3 free play

- Let them solve problems—minimal coaching

Coach Cues: Keep going! • Nice run!

Success looks like: Players dribble freely without fear



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Week 2 – Session B | Dribbling

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Free dribble
- On cue: “Stop!” then “Go!”

Game 1 (5–12):

Race the Coach

- Coach dribbles to a line slowly
- Players chase with their ball
- Everyone wins—reset and repeat

Game 2 (12–20):

Turn & Go

- Players dribble
- On “Turn!” they turn any direction
- Keep moving—no technique talk

Small-Sided Play (20–30):

3v3 free play

Coach Cues: Turn! • Go!

Success looks like: Players try turns and keep moving



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Week 3 – Session A | Stop & Start

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Dribble and freeze on “Freeze!”
- Praise every attempt

Game 1 (5–12):

Freeze Tag (no outs)

- Coach tags dribblers gently (pool noodles are great)
- Tagged player freezes with ball
- Teammate’s tag frees them quickly—keep it fun

Game 2 (12–20):

Red Light / Green Light

- Faster calls to increase reactions

Small-Sided Play (20–30):

3v3 free play

- Encourage quick restarts on kick-ins

Coach Cues: Freeze! • Go!

Success looks like: Players attempt to stop and restart confidently



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Week 3 – Session B | Stop & Start

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Free dribble
- Add: “Stop ball!” randomly

Game 1 (5–12):

Stop & Go

- Call “Stop!” (freeze ball)
- Call “Go!” (dribble again)
- Mix quick and slow calls

Game 2 (12–20):

Musical Soccer Balls

- Players dribble while coach walks around (can use cell phone music)
- On “Stop!” or music stops, they freeze ball
- Restart immediately—no one is out

Small-Sided Play (20–30):

3v3 free play

Coach Cues: Stop it! • Go!

Success looks like: Players react quickly and keep playing



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Week 4 – Session A | Turning

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Free dribble
- Cue: “Turn around!” often

Game 1 (5–12):

Gates Game

- Set up cone gates around grid
- Dribble through any gate
- After each gate: turn and find a new one

Game 2 (12–20):

Turn & Run from Monster (Coach)

- Players dribble
- On “Turn!” turn and accelerate 3 steps
- Reset and repeat

Small-Sided Play (20–30):

3v3 free play

Coach Cues: Turn! • Run!

Success looks like: Players change direction naturally



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Week 4 – Session B | Turning

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Free dribble
- Add: “Turn and go!”

Game 1 (5–12):

Escape the Coach

- Coach jogs around the grid
- Players dribble away to avoid coach
- If coach touches ball gently away, player chases ball, and keeps going

Game 2 (12–20):

Gates Challenge

- Dribble through as many different gates as possible
- Celebrate effort—no counting needed

Small-Sided Play (20–30):

3v3 free play

Coach Cues: Go! • Nice!

Success looks like: Creative movement and lots of turns



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Week 5 – Session A | Kicking

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Kick forward and chase
- Encourage big kicks

Game 1 (5–12):

Clean Your Room

- Split area into two halves
- Balls start in one half
- Players kick balls to the other side
- Keep it moving—no scoring needed

Game 2 (12–20):

Hit the Coach

- Coach walks slowly in grid
- Players try to kick ball to hit coach below knees
- Celebrate every hit

Small-Sided Play (20–30):

3v3 free play

Coach Cues: Kick it! • Boom!

Success looks like: Players strike the ball with confidence



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Week 5 – Session B | Kicking

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Free kicks and chasing
- Rotate starting spots

Game 1 (5–12):

Knock Over Cones

- Set cones as targets
- Players kick to knock cones down
- Reset cones quickly

Game 2 (12–20):

Kick Through Gates

- Cone gates in pairs
- Players kick ball through a gate
- Retrieve and try another gate

Small-Sided Play (20–30):

3v3 free play

Coach Cues: Big kick!

Success looks like: Players enjoy striking the ball



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Week 6 – Session A | Shooting

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Dribble toward a goal and shoot
- Celebrate any shot

Game 1 (5–12):

Dribble → Shoot

- Start 5–10 yards from goal
- Dribble and shoot quickly
- Retrieve ball and go again

Game 2 (12–20):

Score & Celebrate

- Every goal gets a big celebration
- Keep the line moving (no waiting)

Small-Sided Play (20–30):

3v3 free play

- Encourage shooting—no forcing passes

Coach Cues: Shoot! • Goal!

Success looks like: Player's love shooting and celebrating



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Week 6 – Session B | Shooting

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Free dribble (shoot if open)

Game 1 (5–12):

Beat the Coach to Goal

- Coach jogs toward goal slowly
- Player's dribble and shoot before coach gets to goal
- Everyone gets multiple turns

Game 2 (12–20):

Rapid Fire Shooting

- Set 2–3 balls ready
- Quick shot, quick reset
- Keep energy high

Small-Sided Play (20–30):

3v3 free play

Coach Cues: Go! • Shoot!

Success looks like: More shots and more confidence



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Week 7 – Session A | Play Soccer

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Free play with ball
- Minimal instruction

Game 1 (5–12):

2v2 mini-games

- Short games (1–2 minutes)
- Rotate teams often
- Keep everyone playing

Game 2 (12–20):

3v3 game

- Let them play—no stoppages

Small-Sided Play (20–30):

4v4 if numbers allow

- Sub often; no positions

Coach Cues: Nice try! • Go get it!

Success looks like: Nonstop involvement and joy



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Week 7 – Session B | Play Soccer

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Free play

Game 1 (5–12):

Scrimmage only

- Let play run
- Encourage effort and restarts

Game 2 (12–20):

Scrimmage continues

- If needed, switch teams to balance

Small-Sided Play (20–30):

Scrimmage to finish

- End with big high-fives

Coach Cues: Keep playing!

Success looks like: Players play confidently with minimal coaching



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Week 8 – Session A | Celebration

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Player-choice free play

Game 1 (5–12):

Favorite game #1

- Choose the team's favorite from Weeks 1–7
- Keep it moving and fun

Game 2 (12–20):

Favorite game #2

- Another favorite—short rounds

Small-Sided Play (20–30):

3v3 festival play

- Rotate teams; celebrate effort

Coach Cues: You did it!

Success looks like: Laughter and smiles



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Week 8 – Session B | Soccer Party

30-Min Flow: 0–5 Arrival | 5–12 Game 1 | 12–20 Game 2 | 20–30 Play

Arrival (0–5):

- Music (if allowed) + free play

Game 1 (5–12):

Player favorites

- Let players vote quickly
- Run short rounds

Game 2 (12–20):

Score & Celebrate

- Big celebrations for all

Small-Sided Play (20–30):

3v3/4v4 play

- Parents cheer; coaches encourage only

Coach Cues: So proud!

Success looks like: Kids want to come back next season



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