

U6 Skills

Passing- [Video for inside foot passing](#)

- Plant your standing foot next to the ball, strike the center of the ball using the inside of your foot, and follow through toward your target.
- Make contact using the flat instep area (from the base of your big toe to the middle of your heel). Never kick the ball with your toes!
- Strike the exact center (the heart) of the ball. Hitting too high causes the ball to bounce, while hitting too low makes it fly into the air.
- Keep your upper body slightly leaning forward over the ball rather than leaning back.

Controlling/Trapping- [Video for controlling and trapping](#)

- Use the inside, sole, or outside of your foot to absorb the ball's momentum with a relaxed posture.
- **Inside of the Foot:** Turn your toe slightly outward and lock your ankle. Use the arch to cushion ground passes so the ball stops cleanly near you.
- **Sole of the Foot:** Raise your toes slightly and place the bottom of your foot on top of the ball to halt its movement instantly.
- **Head Up:** Keep your eyes on the ball until contact, then glance up to see your surroundings.
- **Body Posture:** Keep your knees slightly bent, stay low on your toes for balance, and position your body directly in the path of the incoming ball.

Shooting & Striking- [Video for striking](#) [Video for shooting](#)

- **Take a touch:** Push the ball a small step or two ahead of you so your leg has room to swing.
- **Plant your foot:** Place your non-kicking (supporting) foot roughly 2 to 6 inches to the side of the ball.
- **Aim your toe:** Point the toes of your plant foot directly at your target (the goal).
- **Bend your knee:** Keep a slight bend in your planting knee for stability and balance.
- **Use your laces:** Strike the center of the ball using the top of your foot (where your shoelaces are), rather than your toe.
- **Lock your ankle:** Keep your ankle stiff and point your toe down toward the ground so your foot doesn't wobble on impact.
- **Lean forward:** Position your chest and upper body slightly over the ball to keep your shot low and under control.
- **Follow through:** Swing your kicking leg straight through the ball toward your target and let your momentum carry you forward onto your striking foot.

Dribbling- 1. [Video for dribbling](#) 2. [Video for dribbling](#) 3. [5 soccer dribbling drills for beginners](#)

- **Stay on your toes:** Avoid running with your heels flat on the ground so you can react and change direction quickly.
- **Lean forward:** Keep your chest slightly over the ball to stay ready to sprint or shift angles.
- **Use both parts of the foot:** Alternate lightly between the inside and the outside of your feet for agile control.
- **Keep it close:** Do not kick the ball far ahead or keep it trapped directly under your feet; push it just far enough so your next step meets the ball naturally.
- **Take small touches:** Use frequent, soft taps rather than big strides to stay in control.

[Video on close ball control](#)

Positions-

- Players should be taught basic positions on the field where they should stand and some of the key elements of their position. (Forward, Midfielder and Defender)

What to do when...

- **A goal is scored:** 1st look to the referee for confirmation the goal was scored. Then return the ball to the center mark for a kick off. Players should return to the side of the field of the goal they are defending.
- **An injury occurs:** players shouldn't crowd the injured player. Once the referee has paused the game they should remain in place(they can take a knee). Coaches wait to be called onto the field by the referee.