

# U-6 Training Session Planner

<b>No.</b>	<b>Date</b>	<b>U-6 Game Objectives</b> Attacking Objectives • Score	Defending Objectives • Prevent Scoring	<b>U-6 Techniques</b>  • Dribbling [ ] • Instep Kick [ ] • Throw - In [ ]
		<b>U-6 Principles of Play Used to Achieve Objectives</b> Attacking Principles • Penetration		Defending Principles • Delay

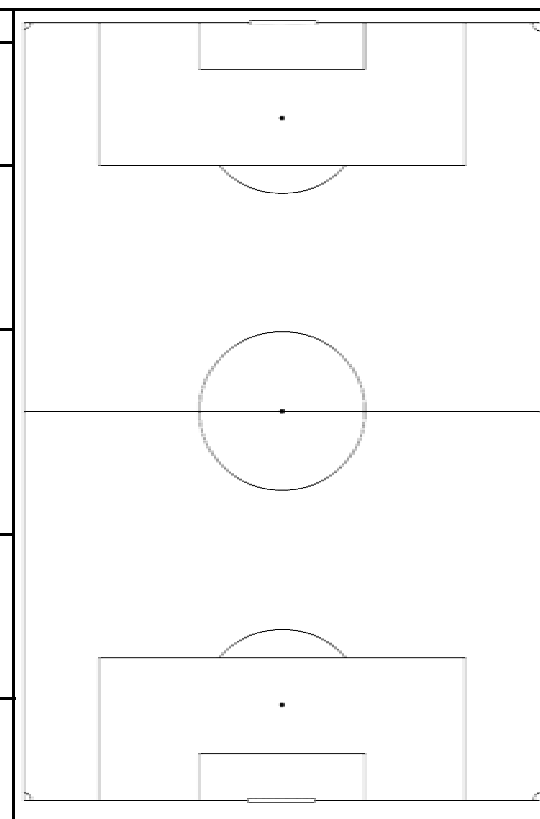
Player	Present	Absent	Activity
			Warm-up & Stretch
			Introduce Technique
			Training Games (no more than 2)

**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.

Conditioned Scrimmage

**Announcements**



**POSITIVE INSTRUCTION AND ENCOURAGEMENT!**